



# OSAR NEWS

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Olds Search and Rescue, P O Box 4283, Olds, AB Canada T4H 1P8

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## Message from OSAR

This issue of OSAR NEWS has been redesigned to better organize new information.

**Contact Information** has been updated to reflect our new meeting and office locations.

### New Executive Officers.

President	Darwin Schatz
Vice President	Patrick Radford
Past President	Michelle Maschke
Secretary	Anne Tuggle
Treasurer	Dana Pochapsky
Directors	Ralph Wade
	Jim Findlay
	Chris Christofferson
	Joel Weder
	Catherine Lutz

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## Contact Information

Our office is located on the main floor of the Kiwanis West Manor at 5314 - 50th Street.

Office phone (403)556-5994 ( answering machine )  
Access Dial (403)556-7500 ( 24 hr paging service )

Meetings are held in the training room of Olds Fire Hall at 7:30 pm on the second Tuesday of each month.

Web site <http://www.telusplanet.net/public/osar/>

Email [osar@telusplanet.net](mailto:osar@telusplanet.net)

**Web Page** continues to evolve to reflect some of the ongoing work being done to our world wide presence.

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Email [osar@telusplanet.net](mailto:osar@telusplanet.net)

Web Site <http://www.telusplanet.net/public/osar/>

## Member Training

Training of search and rescue personnel is a two sided program requiring members to take training in new techniques and procedures for

different search situations as well as refresher training in already acquired skills. Much of this training is scheduled on an as needed basis often with little notice to members and sometimes the training schedule changes due to unforeseen challenges.

Our training information comes from many sources within the SAR and emergency services community.

Olds Search and Rescue tries to keep abreast of this training by posting upcoming courses on our website and in our office with as much detail as we can at the time of posting.

Training sessions are open to other SAR and emergency services groups as well as members of the public where possible. Some courses have limited space and are on a reserve priority basis going to SAR members first.

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## Training Events

Please consult our web page for upcoming training and practice events of interest to groups in the Central Alberta area. We will try to keep the listing up to date with dates and contact information.

## Regional SAR Teams

We have added information to our website which includes the locations of other central region SAR groups. This information provides group names, meeting nights and times and contact information. Basic information will be shown here as a reminder.

Name	Meeting	Contact
Sundre SAR	1 <sup>st</sup> Wednesday each month at 19:30 hrs	(403) 638-3435
Red Deer SAR	2 <sup>nd</sup> Thursday each month at 19:30 hrs	(403) 341-4788
Didsbury SAR	Last Thursday each month at 19:30 hrs	(403) 637-2688
Rocky SAR	4 <sup>th</sup> Tuesday of Feb, May, Aug & Nov at 19:00 hrs	(403) 844-2834
Olds SAR	2 <sup>nd</sup> Tuesday each month at 19:30 hrs	(403) 556-5994

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## Member Profiles



Our second member to be profiled is Patrick Radford.

Pat was one of the original 12 members joining the team in February 1990. He served as team president from 1993 through 1996 and participated in the many training activities.

Pat received training in basic rescue, rescue

## Member Profiles cont'd

leader. Fire fighter 1, ice rescue, H2S, first aid/CPR, EMT and SAR Fundamentals to increase his knowledge and skills.

Pat is employed by the County of Mountain View and as a casual EMT for Caroline and district. Pat also owns a cow/calf operation and Weekend Warriors Paintball SW of Olds.

Pat has lived in the Olds area all of his life and is a valuable member of our team.

**Thank you Pat**

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## SAR Fundamentals

### Backpacking: Relaxation & SAR

Since SAR work involves a lot of walking usually with either a day pack or something larger I thought I would write about an activity which will condition us to the rigours of SAR work and provide enjoyment and relaxation as well.

Contrary to popular belief backpacking is safe. You seldom get hurt and the benefits are good health, clear lungs, sharper mind, and cleaner skin. It is also cheaper than many other forms of recreation.

The backpackers equipment is much like that of a carpenter or mechanic. If you buy cheap it may break the first time you use it, however, you will find the vast majority of a backpackers equipment is of high quality and comes at a reasonable price. There are three main items for

which quality should not be compromised. Your shoes, backpack and sleeping bag should be of the best design and quality you can afford for the type of trips you plan. Your shoes are used whether you are doing a day trip or several days on the trail. The backpack will also carry all your supplies while on the trail and it must be able to carry out all of your garbage and keep your supplies safe. The sleeping bag must be suitable for the seasons you backpack in and you may require more than one. Your sleeping bag can be purchased after you have gained some experience with day trips and trails of varying length and difficulty after all just like an infant you must learn to crawl before you can walk and run.

Let us talk about shoes and foot care. As a in SAR work the better you feet are the better you feel. Tired feet means a tired hiker or SAR worker. So what are we looking for in a shoe to keep our feet feeling good. First of all we need a durable sole with a composition lug to grip the ground and cushion the foot from rocky trails. The boot should have a strong sturdy toe and thick tongue to protect the top of the foot. The tongue should also be attached to the side of the boot below the eyelets for water resistance. Your boot should be high enough to support the ankle without chaffing yet flexible enough to allow the ankle to pivot freely. Your hiking boots should fit your feet properly with your heel fitting firmly so it will not ride up when you walk and the toes should be somewhat loose but not enough that the ball of your foot moves. You may find that an insole may solve some minor fit problems. When you buy a new pair of hiking boots you should wear them for a few hours to help them mould to your feet before hitting the trail. If the new boots are leather soaking them in water for a few minutes before putting them on will speed up the moulding process. Wear them for a few hours while

letting them dry naturally and not by a heater as heating will cook the leather and the boot will not last as long as it should.

Your boots will take care of your feet if you take care of them. Keep them clean and use wax (polish) to help keep them waterproof. Painting the seams with a silicone sealant as well as waxing will keep them water repellant and clean.

Once you have your boots looked after consider your feet inside the boot. Moisture and friction are your worst enemies. When your feet get damp either from sweat or stepping in water it is

time to change your socks. Even in a wet boot dry socks will help keep your foot healthy. Moisture and heat provide an ideal environment for athletes foot. If you add friction to this mix blisters are sure to follow. Keep your boots snug and your feet dry. A good rule to follow is to stop every couple of hours to rest and remove your boots to allow your feet to cool and dry. A five minute rest can work wonders when you are on the trail or conducting a search

In our next issue I will look at the backpack you will need for each type of trip or search activity. You will find the similarities are amazing.

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### **A Call for Contributions**

Olds Search and Rescue is very interested in what is happening elsewhere and invites other teams to send photos and brief articles for inclusion in our newsletter. I try to get an issue out every quarter and the deadline for the Winter 2004 issue is January 31, 2004. With your help this newsletter could have regional appeal and become a source of information for all groups. I look forward to hearing from you.

Rick Astle, Editor

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Thank you to all who have helped by providing input for OSAR NEWS.

Have a great fall and holiday season with friends and family and as few searches as possible.

OSAR NEWS Editor: Rick Astle

November 16, 2003