



# OSAR NEWS

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Issue 1

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

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## In This Issue

Message from OSAR	Pg. 1
Contact Information	Pg. 1
Member Training	Pg. 1 & 2
Training Events	Pg. 2
SAR Teams within region	Pg. 2
Member Profiles	Pg. 2
SAR Fundamentals	Pg. 3
Hug-A-Tree and Survive	Pg. 4
Call for Contributions	Pg. 4

## Message from OSAR

**Contact Information** has been updated to reflect our new meeting and office locations. Look for new location information on our web page and in the next OSAR NEWS.

**Web Page** continues to evolve to reflect some of the ongoing work being done to our world wide presence. The pages have been completely redesigned to provide cleaner navigation and make room for expansion. They have a new look in keeping with what we do.

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## Contact Information

Our office is located on the main floor of the Kiwanis West Manor at 5314 - 50th Street.  
(We expect to be moving to new office in June)

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)

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## 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 search and rescue and emergency services community.

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

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

## Member Training cont'd

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.

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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## 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.

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## 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.

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## Member Profiles

Our third member to be profiled is Richard Astle.

Rick joined the team in 2001 and took on the role of secretary treasurer until September 2002 at which time new



elections were held. Rick took his training in SAR Fundamentals in the spring of 2001, is certified for map and compass/GPS navigation. Rick is also one of the teams amateur radio operators.

Rick's many roles with Olds Search and Rescue include newsletter editor and web master and he can always be counted on to help with any new project and is a valuable member of our team.

**Thank you Rick**

## SAR Fundamentals

### Gear - What to Carry

This is a love hate relationship since what you carry has weight and you want to be comfortable yet self reliant when on a trip or in the field. You need to choose the right pack and contents for your planned activity or SAR task. A large 48 hour pack would not be a welcomed companion on an afternoon walk around a lake or a single shift on a search. It would however be vital for a weekend climb of a small mountain or a remote search.

#### Choosing Your Pack

This is much like choosing your boots. The pack should be comfortable when loaded and feel more like you are wearing it rather than carrying it. There are several sizes ranging from the relatively unsophisticated fanny pack to the 5 - 7,000 cubic inch high adventure packs.

All back packs of size come in two styles, internal frame and external frame, each with their own unique qualities. The external frame pack was once the state-of-the-art choice of back packers but the internal frame pack has come a long way in design and can do almost everything the external frame can.

The external frame pack works best when it carries the bulk of its load high over the shoulders but it can be a hindrance in heavy bush because it will snag on overhead branches more easily. External frame packs offer a better buy in the lower price ranges as they provide better support and comfort. The external frame

keeps a small air space between you and the pack and is cooler in hot weather. A good internal frame pack when properly fitted will provide all the comforts you need while carrying the loads your hiking will require.

In SAR work we often need several packs suited to different search environments. You would not carry a large 48 hour pack when doing a 6 hour shift searching an urban setting or a small wood lot. You would likely carry a smaller day pack or wear a fanny pack carrying your essentials for a short duration activity. Similarly you would want to have your larger pack along if you were going to be on a search for more than one or two shifts since you may need to carry extra clothes, food and shelter items for use in the field.

Regardless of what SAR activity you are called to do you should be ready to pick up your packs and take them with you at a moments notice. A good practice is to have 3 packs, a fanny pack, a day pack and a longer term pack packed and ready to go. You can always move your navigation aids such as a compass/GPS as well as a basic first aid kit from one pack to the other as each situation dictates.

Remember your packs can be your friend or your enemy just as your foot wear so take some time to research your needs and choose the best combination and quality you can afford.

Next time we will look at what you should carry in each pack, what is common to each and how each will make your experience more enjoyable.

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## **Hug-A-Tree and Survive**

This spring Olds Search and Rescue, as part of its ongoing awareness program, has conducted 17 additional classes reaching 392 youth with the message contained in the Hug-a-Tree and Survive program. In our presentations the youth view a video, discuss the message and learn ways to reduce their risk and improve their rescue. We wish to express our delight in having Search and Rescue Didsbury become a contributing member of this program for area youth this year. We also need to recognize the support offered by Chinooks Edge School Division and our many volunteers. With this kind of support we will be able to continue to deliver this potentially life saving message to many more young people next year.

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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 3 to 4 times a year. 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.

Our web page also has room for regional news items and write ups on training and special events. All I need is your input. Send me an email with your write up and photos (jpg format preferred) to Twilight Consulting Services <[tcs-info@telus.net](mailto:tcs-info@telus.net)> subject OSAR NEWS Item and I will post them to our pages.

Rick Astle, Editor and Web Master

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

Have a great summer with friends and family and as few searches as possible.

Editor  
OSAR NEWS