

THE ERSARA CALL OUT



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Volume 2

ERSARA Fundraiser

By Denis Babin

Edmonton Regional SAR is having our annual Fund Raiser on November 15/08. The last time we held this event, we rose over \$6000 for our group. This year we hope to raise over \$10,000.00. The monies that we raise go toward additional training, day to day operational expenses and extra supplies for ERSARA.

We have the band "Rule of Nines" confirmed and the event will be held at the club "On the Rocks" (Jasper and 117 St)

At the fund raiser we will also be having a Silent Auction and might also have a live auction for a couple of "big ticket" items. What can you do to help us with this event? You can donate an item for our Silent Auction or the Live Auction.

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My email address is denis.babin@ersara.com. Additional details like ticket prices etc will be posted in our news letter over the next few months.

If you have any questions or want to help us out with the fund raiser, please get back to me. Any help that you give is greatly appreciated.



Emergency Road Kit Essentials

By Denis Babin

Planning on doing some driving over the next few winter months? As you know, weather conditions can change very quickly in Western Canada and you may end up being stranded on the side of the road until weather conditions improve or help comes along.

Here are some suggestions on what you should have in your vehicle in case something does happen during your travels:



- Emergency blankets
- Extra winter jackets, winter pants and winter shoes
- A good pair of winter gloves/mitts
- Candles/matches/ lighter in a deep can (a coffee can is ideal)
- Small shovel and a multi tool
- Axe/hatchet
- Cell phone adaptor
- Wind up radio (some come with a cell phone adaptor)

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Bow Hut: A Mountaineering Trip

By George Harman

For years now my friend, Howie Koch and I organize a beginner mountaineering trip to a place called Bow Hut. Last summer was no different, with a party of 13 we ventured above the tree line for 3 days and 2 nights, bagged a peak, enjoyed feasts of food, drank wine and the all important Scotch, and enjoyed the scenery.

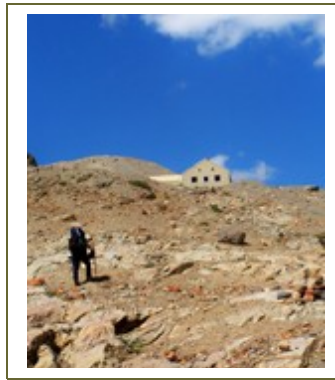
Bow Hut is an Alpine Club Hut that sits on a rock bluff below the Wapta glacier. The hut holds 31 people, is made up of a combination of sleeping area and visiting area with a hallway to join both. Two outhouses are attached to the hallway so we don't have to venture outside. The Hut is equipped with wood stoves, propane cooking

"Then we hike up to a large rock that acts as a natural bridge over a river that feeds the lake from a glacier."

stoves and lighting, all the kitchen utensils, saws and axes to cut wood and foam mattresses to sleep on. To get to the hut you start walking the 10ks from Bow Lake located about a half hour drive south from Saskatchewan River Crossing on the Banff-Jasper highway.

Our party was a combination of STARS flight nurses, paramedics, doctors, a pilot, two children, Edmonton fire fighters, and the odd guys out, Lance Lazaruk his friend Daryl, and me. Part of the group met on Wednesday night at a self managed camping area on the David Thompson. On Thursday we early birds hiked all the group equipment and the bulk of the food up to the hut so the others wouldn't have the weight, how nice. We hiked back out and met the rest of the party later that night.

We all got up Friday morning, ate breakfast, tore down camp and left for Bow Lake. Once we arrived at the lake parking lot we donned our packs and boots and started the hike. The day was beautiful, clear sky with a slight breeze and hardly any bugs. The first part of the hike is a half hour to an hour trek on an obvious trail around the lake. Then we hike up to a large rock that acts as a natural bridge over a river that feeds the lake from the glacier. There is about another hour and a half to two hours of hiking on a trail through large rock scree and forested area. The hike continues into an open rock-strewn bowl. We have to hike through this then up a ridge to the hut. The average time is 4 to 6 hours. We ate a huge dinner, which included appetizers, soup, the main course with wine, then dessert.



The Hut

The next morning we donned our harnesses and helped the other party members with their harness systems. At the Wapta glacier we divided up into our rope teams. The goal(s) for the day were to have a nice safe stroll on the glacier, have lunch at the Mt Olive/ Mt St. Nicholas Col, and attempt to summit one or both Mt. Olive or Mt St. Nicholas peaks. We were divided into three rope teams of three.

The rest of the party decided not to come with us but do some hiking off the glacier. We walked for about 3 hours seeing great vistas and some deep slots (crevasses). We made it to the Olive Nicholas Col where we had lunch. After lunch Howie and I discussed the next plan of attack. We noted a weather front in the distance and decided that only one peak was available. I took my rope team and Lances team up St. Nicholas Peak. Howie remained at the Col as one of his party had a sore knee from a previous injury. To summit the 9700 foot St. Nicholas Peak involves a ridge scramble with a moderate slope on one side and a vertical drop to the glacier on the other. After an hour we made it to the summit, located the logbook buried in the summit cairn, took lots of photos and enjoyed the view. We were arrived back at the Col and traveled back to the hut with Howie and his team. Then it was sack time.

The Sunday morning consisted of breakfast, making lunches, packing for the hike out and cleaning up the hut. It took up about 4 hours to hike to our vehicles.

On the Bow Hut adventure we have been able to Summit both Olive and Nicholas peaks in one day, this required and early start and perfect weather. We have had 10year old and 70 year olds on this trip. The nice part about Bow Hut is that it is easily accessible, and you don't have to bag a peak to enjoy the area.

The trip cost each participant approximately \$130.00.

If anyone is interested in an ERSARA trip next summer let me know. The best time to go is between June and mid September with the most successful for weather being end of July beginning of August.

Training Reminders

The Training

Basic First Aid – March 3 & 4

Wilderness First Aid – March 6, 8 & 9

Witness Statements – April 12

Evidence – April 12

GPS – April 27

Navigation – April 27

Survival – May 4

Training Questions??? [Email Bart Pouteau](mailto:bart.pouteau@ersara.com)



Dedicated members train all year long.

Why I love ERSARA

By Bonny Burton

In 2004 I had read an article in my work newsletter about a coworker that lives in Calgary and belongs to their SAR group. When I contacted him to find out more about it, he referred me to ERSARA.

I joined [Edmonton Regional Search and Rescue](http://www.ersara.com) in the fall of 2005 with the hopes and intent of helping others and to find outside interests to alleviate too much anxiety and prepare myself for empty nest syndrome which is creeping up in the next few years. When I joined I truly didn't know what to expect.

The courses we have taken have far exceeded my expectations and become more interesting and exciting as time goes on. Beyond the basic training I have taken Civil Emergency Response and Human Factors in High Risk Environments which I feel not only benefit me in my personal life but will benefit me in my work as a Safety Coordinator. I have enjoyed the relationships of people in the group and others groups and organizations we work with. It is so interesting to see such diverse backgrounds of people come together.



"It is so interesting to see such diverse backgrounds of people come together."

So far I have been able to volunteer on 4 searches, work two of the Half Moon Lake Triathlons, volunteer at a track meet at the U of A Butterdome work the booth at the Boat and Sportsman show and assist Jerry Fleming with a couple of Lost in the Woods presentations. I am also a member on the PDC and equipment committees.

I am grateful to be a part of this group and what I love most is meeting the people and spending time outdoors.

Emergency Road Kit Essentials from page 1

Wind up flash light (extra batteries if you have a regular flash light)
Warning lights or road flares
Sand, cat litter or traction mats
First aid kit
Tow straps
Tire chains
Energy bars and water in small plastic containers
Cards and games for kids
Extra pet food if you are travelling with your pets
Fire extinguisher
Toilet paper and paper towels
Gas line anti freeze
Road maps

(source; AMA/CAA and Public Safety Canada web sites)



Sincerely,

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“Keep your car well maintained, including having your tires at the proper pressure.”

All of the above items can be stored in a small storage container and should be kept in a easily accessible area.

Other points to remember is keep your car well maintained, including having your tires at the proper pressure and never letting the gas tank get below half full. Water condensation can occur if a gas tank gets near the empty point.

All of the above items can be purchased at any camping store, outdoor store or major retailer.

The best thing to remember is if the weather is bad, stay were you are and leave when the weather is better for driving.

