

THE ERSARA CALL OUT



Edmonton Regional Search And Rescue Association | PO Box 79069 Sherwood Centre | Sherwood Park | Alberta | T8A 5S3 info@ersara.com Canada

June 2008

Volume 3

ERSARA “Gets Lost”

By Brad Ison

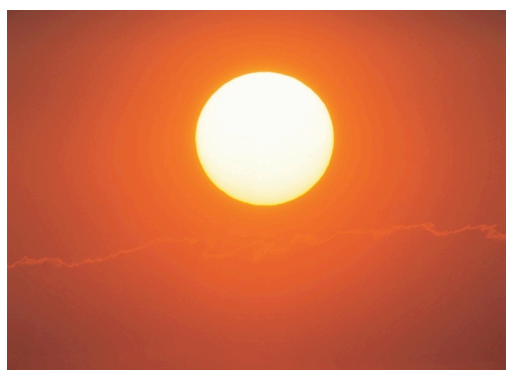
Edmonton Regional SAR is having a “Get Lost” Fund Raiser on June 14 – 15, 2008 at Cooking Lake, Alberta. This event is unique in nature, as each participant will “Get Lost” for one night somewhere in the Cooking Lake recreation area. Members are raising money by collecting pledges. The amount of money collected determines the supplies they get to take on the overnight portion of the event. Supplies range from all they can carry right down to their 24-hour survival pack. Money raised will go towards training, new equipment and day-to-day operational expenses.

Edmonton Regional Search And Rescue thanks all of the members who are participating in the event and would also like to thank those who donated money to the group.

Heat Illness

By Scott Loree MD, CCFP, Search

The warm weather has arrived, and with it comes the risk for heat illness. The most common cause of environment related death in the world, heat stroke mortality can range from 10 to 75%, depending on risk factors and if treatment is delayed more than 2 hours.



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Edmonton Regional Search and Rescue Association was formed in 1996 in Edmonton, Alberta as a 100% volunteer, non-profit charitable organization. They will respond 24/7, 365 days a year to any search as tasked by law enforcement agencies. ERSARA trains extensively throughout the year to meet and exceed the standards set out for SAR so we can give the best response possible to a search emergency.

If you have any questions about the event or want to donate money, please contact Brad Ison at (780) 484-2289 or brad.ison@shaw.ca



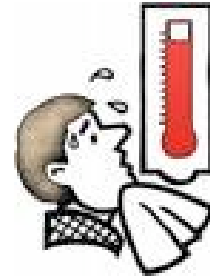
What is heat illness?

Heat illness is damage that results when the body is unable to cool itself adequately. Usually we are cooled by evaporation of sweat from the skin cooling warm blood, with flow to the skin increasing from 0.2L/min to over 8L/min when needed. This requires significant cardiac output, and reduces the blood flow available for exercise. It can even deprive the intestines of enough blood flow to allow bacteria to cross into the bloodstream, causing sepsis.

Risk factors:

Anyone with reduced cardiovascular function or increased load, such as heart disease, dehydration, vomiting or diarrhea, or fever and illness is at risk. Risk is further increased by exercise in a hot environment, insufficient fluid intake, inappropriate clothing, obesity, and lack of acclimatization. Several prescription drugs for blood pressure increase the risk, as does alcohol.

“The gut can only absorb small amounts of fluid at a time, so DRINK EARLY, DRINK OFTEN”



Prevention:

The first rule is hydration. Because of reduced blood flow, the gut can only absorb small amounts of fluid at a time, so DRINK EARLY, DRINK OFTEN. Cardiovascular fitness is essential - huff and puff exercise for 30 minutes daily will increase your heat and exercise tolerance. Lastly, acclimatization by gradually increasing activity, or spending increasing time in a sauna or steam room for 7-10 days before heat exposure will help significantly.

Symptoms:

The first stage is usually Heat Cramps, which often start in the calf muscles, are usually one-sided, and result from good water intake without adequate salt intake, diluting the body's natural salt concentration. Heat Exhaustion results from further depletion of water and salt reserves. You start to see headache, weakness, nausea, fatigue, and thirst; fast respiration and heart rate can also be present. At this stage, you may also see Heat Syncope, which results from too little blood supply to the brain. As with any syncope, some tonic contractions can happen, but unlike true seizures they are short lived, and resolve as soon as a person is horizontal and blood flow returns to the brain. Untreated, Heat Exhaustion will progress to Heat Stroke, distinguished by central nervous system signs, such as ataxia (difficulty with coordination), irritability, confusion, combativeness, and bizarre behaviour. This can progress to seizures, coma, and death if untreated. Interestingly, lack of sweating is a very late sign, and represents dehydration more than heat stroke itself.

“The first stage of heat illness is usually heat cramps, which often start in the calf muscles”

Treatment:

Treatment is URGENT!! Begin with oral salt rehydration, with 1/4 to 1/2 teaspoon of salt in each litre of water. Aim for a least one litre of fluid by mouth. Remove the patient to a cool, shaded area. If actually hyperthermic (above 38C), actively cool the patient by soaking the skin with tepid water and fanning to increase air movement - avoid shivering. Unless neurological signs are present, most patients



Committee News

The Training Committee

Bart Pouteau will remain as chair.

June 7 Practice search - Cancelled

MIT Wrap Up – June 14

On May 27th the ERSARA Mountain Bike team started its summer training.

Members: Brad, Jolie, Scott, John M., Daryl B., Darryl Z., Darlene, Jesse

Training Questions??? [Email Bart Pouteau](#)

The Membership Committee

The Membership Committee would like to thank Leah Betker for all of her hard work and expertise as the past Membership Committee chair. The committee now welcomes Bonny Burton as its new chair. We welcome her dedication and commitment to this new role. Welcome Bonny!!

Members: Cheryl (Recruitment Director), Sithara, Leah, Lorna, Chris, Joel

Membership Questions??? [Email Bonny Burton](#)



Dedicated members train all year long.

The PDC Committee

Denis Babin will remain as chair.

Members: Glen, Amanda, Lee, Jerry, Stephanie, George, Mona, Terri, Steve, Craig, Sherman, Heather, Matthew, Brenda, Nigel, Joseph, Dwayne, Brandie, Shannon

PDC Questions??? [Email Denis Babin](#)

The Equipment Committee

Paul Kuchma will remain as chair

Members: Louis, Bob, Michelle, John H., Dave, Arran, Germaine, Bill, Lance, Serena, Rene, Ben, Brian, Adrienne, Mike, Hadi

Equipment Questions??? [Email Paul Kuchma](#)

Our next recruitment class will
be in 2009

Why I love ERSARA

By Germaine Lacroix

I am Germaine Lacroix and have been an active member of ERSARA since April 3, 1997. I always wanted to help out in the community and this provided an opportunity to do so. I enjoy working with people and the outdoors.

Through my eleven years of volunteer service I have taken numerous courses for ground searching and for the Civilian Air Search and Rescue Association. The courses I have taken are Basic SAR Fundamentals, Map, Compass and Navigation, Wilderness First Aid, Evidence Handling, Man Tracking (Tracker 1), Winter & Summer Survival, Civil Emergency Response, Team Leader Course, Incident Command, Court Demeanor, Basic Structural Rescue, Basic Emergency Preparedness, Volunteer Search and Rescue Aircrew (FLIR), SAR Medic, Initial Response Incident Commander, Critical Incident and Post Trauma Stress and Human Factors in High Risk Environments. Within my portfolio I have letters of recognition from Prime Minister, Jean Chretien for the International Year of Volunteers, a letter of thanks from Premier Ralph Klein for assisting in the Pine Lake Tornado disaster, several letters of thanks from the various Police Agencies and my 5 year certificate of appreciation from the RCMP. I was recognized as Star Volunteer of the Week with 630 Ched in October of 2005.

"Search and Rescue has provided me with the opportunity for personal growth"



"I have taken numerous courses for ground searching and for the Civilian Air Search and Rescue."

Through the years my volunteer hours have been spent on searches, fund raising, participating on the membership & recruiting committee, the Program Development Committee, the equipment and base camp and Tim Horton's donut & coffee committee. I also volunteer with the Sherwood Park Radio Club in events that involve traffic control and parking lot security for various community events, which usually provides donation funds to ERSARA.

Over this time period I have seen several members come and go and return again. Search and Rescue has providing me with the opportunity for personal growth and development along with many friends I consider to be family. I cannot imagine my life without ERSARA.

Watch for [ERSARA](#) in Edmonton's Capital EX Parade July 17



Fruity Granola Energy Bars

"A quick and healthy snack to bring along on a search or camping trip."

INGREDIENTS

v

2 cups rolled oat or quick-cooking oat
1/4 cup wheat germ
1/2 cup diced dried apricot
1/2 cup raisins
1/4 cup sunflower seed
1/2 teaspoon cinnamon
1 pinch salt
1 tablespoon melted butter or mild vegetable oil
1/2 cup brown sugar
1/4 cup liquid honey
1 egg, lightly beaten
1/2 teaspoon vanilla



DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Spray a 9-inch square baking pan with non-stick cooking spray or brush with oil.
3. Combine oats, wheat germ, apricots, raisins, sunflower seeds, cinnamon and salt in a large bowl.
4. Combine melted butter and brown sugar in a small bowl until sugar is dissolved.
5. Stir in honey, egg and vanilla until smooth.
6. Stir liquid mixture into dry mixture until dry ingredients are evenly moistened.
7. Press mixture firmly and evenly in prepared pan.
8. Bake for 20 minutes, or until golden and firm.
9. Cool on wire rack before cutting into squares or bars.
10. Wrap individually for easy grab and go breakfasts and snacks.



Next Edition
September 2008

On the Rocks Fundraiser
Update on the new bus
Committee News

Sincerely,

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