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Event Report

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Preparation For Winter - With 2 Dynamic Guest Speakers (event)

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Tue Nov 20, 2012

Leader: **Carol Hunter**

Co-Leader:

Dynamic - of or relating to energy or to objects in motion. That definitely describes both the speakers and the participants at last night's event.

The evening began with a flurry of activity as Dave Wooldridge from Ridge Wilderness Adventures divided us into three groups to prepare presentations on the different levels of hypothermia: mild, moderate and severe. With timbits as an incentive and extra points awarded for pictures and creative presentations, much laughter was heard as people let down their inhibitions and let the impaired judgement, confusion and unusual behaviours of hypothermia shine through. Next the teams chose one victim from each group to be wrapped in the hypothermia cocoon, a method for warming a body that replaces the older method of sharing sleeping bags. Dave ended his talk with a few words about the Wilderness First Aid course he will be offering for the club in April 2013. The exact dates will be announced later this week.

Next Niko Weis, avalanche instructor for Alpine Island Guides, took the stage so to speak. Using anecdotes, humorous analogies, slides and actual footage, Niko exposed some myths about avalanches and increased our understanding of how and where avalanches occur. Following an introduction to avalanche rating and risk assessment was a demonstration of the ease with which an avalanche beacon and transceiver can be used, Kim hid the beacon and Brenda quickly uncovered it, using a transceiver for the first time. Throughout the evening Niko stressed the importance of being properly educated and prepared when entering the back country, and signup has already begun for Avalanche Skills Training Level 1 (AST1) that will be taught in December.

Amidst the fun and laughter of the evening, learning took place. We are all a little more prepared for our winter excursions and the desire by many to learn more means both David and Niko will be returning to teach full courses in their areas of expertise.



[Carol Hunter photo]



[Carol Hunter photo]



[Carol Hunter photo]

Report contributors: Carol H,

Participant list (19 of 26): Denise A, Stella B, Kim B, Geoff B, Angela D, Linda H, Elaine H, Rod H, Carol H, Jeanine M, Marie M, Brenda O:***lapsed***, Garry O:***lapsed***, Harold O, Tim P, Michelle S:***guest***, Bob S, Allen W, Julianna W,

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