

# "LUCKY TO HAVE STARS"

## **Carrie Derin**

### **STARS Very Important Patient (VIP)**

Carrie Derin was looking forward to getting out of the city and celebrating the last weekend of summer vacation with her family in Moose Mountain Provincial Park, but the day didn't go quite as planned. During a family quad outing on Aug. 31, 2012 Carrie was pierced in her abdomen and impaled against her seat by a poplar tree that had fallen on the trail. She sustained a lacerated liver, damage to her diaphragm, shattered ribs and significant blood loss. While her husband raced to find an area with cell service and call for help, Carrie knew she needed to stay strong for her 10 and 15-year-old daughters.

"The only thing going through my head was I couldn't pass out and needed to stay awake," recalls Carrie.

When the STARS air medical crew picked up Carrie, she was in critical condition and they knew every second would matter. The flight crew took to the air, quickly landing at nearby Arcola Hospital where they made a two-minute stop to pick up blood. Carrie received that life-saving blood transfusion during the 40-minute flight to Regina.

Carrie spent the next couple weeks recovering in hospital before returning to her home in Regina. In November, she and her family visited the Regina STARS base to meet her flight crew.

"We're so lucky to have STARS here in Saskatchewan. When you see that helicopter in the sky, know that it's holding angels and carrying the best gift of all... life!"

