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Division Director's REPORT

by John Shipman, Division Director

It's summer and the rain, and warmer and unsettled weather has arrived and our ski resorts have closed for the season. Some Colorado resorts were still open as I wrote this and Tuckerman, Mt. Washington Valley, was busy, especially, during weekends. It was a terrific winter season for many of the Eastern Division ski resorts. We had a long season of cold weather and more snow than normal. Along with the change of seasons, we welcome, our recently elected Eastern Division Region Directors:

- Dan Pascucci, Maine
- Bob Casello, Connecticut
- Frey Aarino, Southern Vermont
- Cal Goldsmith, Eastern Massachusetts & Rhode Island

To the outgoing Eastern Division Region Directors, we owe each of them our thanks for their exceptional and unselfish service and dedication to our division patrollers and to our great organization.

- Maine RD, John Kane: A 3-year Assistant Division Director, a great friend, an outstanding patroller with a kind and compassionate heart. His can-do attitude will be missed.

- Connecticut RD, Rick Knight: Served the division as an Assistant Division Director and six years as the Chair of the Eastern Division Finance Committee. Rick's capable leadership will be missed by the Eastern Division but he is now busy running for the National Board of Directors. Rick's financial and natural management abilities will be a big asset for the national board. We wish you success in your run for the board.
- Southern Vermont RD, Jim Boyle: Jim was responsible, in part, for a successful Eastern Division 75th NSP Anniversary Celebration held at Stowe, VT in October 2012. Now, a southern Vermont pro-patroller.
- EMARI RD, Chris Pringle: Chris has been our division's e-wizard and video specialist. Chris is running for the National Board of Directors and will be a great asset to the board. He is a talented and veteran patroller, has an IT business background and has held many NSP leadership positions.

Congratulations also go to the new and re-elected members of the National Board of Directors. Dave Walker, a long-time member and dedicated patroller in the Eastern Division, became a member of the National Board of Directors last January. Dave will bring first-hand experience and a depth of NSP program knowledge to the board. Two more Eastern Division National Board members serve our division members' interests. John Lawson from the Geneese Valley Region, was elected again as the Assistant National Chair of the National Board and Ed Mcnamara, an EMARI Region patroller, the National Board Chair. Congratulations go to all of our Eastern Division Leaders.

To wrap up the Eastern Division's 75th Anniversary Celebration, the Eastern Division Time Capsule was sealed shut last fall. The 6 1/2" diameter by 16" long stainless steel time capsule is located below the bench seat and the capsule is placed inside the stone monument. The bench proudly sits outside the main entrance to the Vermont Ski and Snowboard Museum on Main Street in Stowe, Vermont. The inscriptions on the stone bench and time capsule are clearly visible to all who drive or walk by. As a member of the Eastern Division, please feel free to stop by the Ski Museum and look around at the many exhibits, interesting artifacts, and the new ski patrol permanent display.

Wishing you and your family the very best for the summer months. Have fun and see you in the fall.



by Marty Silverman, Assistant DD

The streets of heaven are too crowded with angels tonight.

I recently I learned of the death of New Jersey Region Director Don Cavallo's wife at the early age of 50. It's been a tough year for spouses of patrolers. I've heard of the loss of four so far this year...I'm sure there are others. In my home patrol of Hidden Valley, PA, two wives of patrolers lost long battles with cancer this year. At our sister area of Seven Springs, a patroller's wife lost her life in a tragic ski accident.

The streets of heaven are too crowded with angels tonight. These dedicated wives, devoted husbands, significant others, girl and boyfriends, and moms and dads sustained us and gave us hope in moments of fear and anxiety.

When was the last time you thanked your spouse for supporting your efforts on the ski patrol, who took care of the kids while you skied, who drove the car home after a long weekend while you slept in the passenger seat? Young adult patrolers, who made sure you got up early to get to your shift on time, who drove you to your OEC classes, have you thanked them recently?

The ski patrol has an award to thank these people...the Angel Pin. In my opinion, it is not used often enough. Because of our wives, our husbands, our partners, our teachers, our parents, and our friends, every time we think we've reached our capacity to meet a challenge we look up and we are reminded that that capacity may well be limitless.

The streets of heaven are too crowded with angels tonight. Don't wait to thank yours. Your awards advisor can help you order an Angel Pin.

2014 ELECTION

News & Information

by Bob Bernatos, Election Chair

At the spring officers' meeting held at Albany, NY in April 2014, the following newly elected Region Directors joined the Eastern Division Board:

Frey Aarnio (SVT)
Bob Cassello (CT)
Cal Goldsmith (EMARI)
Mike McGinnis (SNY)
Dan Pascucci (ME)

The following re-elected Region Directors joined them:

Bob Bernatos (EPA) 2nd term
Butch MacQueen (WNY) 2nd term
Rob Lunn (NVT) 3rd term
Marty Silverman (WAPP) 3rd term

John Shipman was unanimously re-elected for his third term as Eastern Division Director by the Eastern Division Board.

Regions conducting elections for Region Director in the fall of 2014 are:

Central New York
Eastern New York
Genesee Valley
New Hampshire
New Jersey
Western Massachusetts

The Election Chairs for regions conducting elections in the fall of 2014 are:

Gerry Pollard (WMA) Gerry.Pollard@bhs.org
Sue Ellen Helmacy (NJ) sehmail@ptd.net
Paul Kling (NH) klingski@aol.com
Mike Adams (CNY) mike@kisa-labs.us
Don Page Eastern (ENY)
Greg Kott (GVly) Gregory.Kott@xerox.com

Following are the eligibility rules:

Region Director Candidates must be active registered patrolers in the region that they seek to represent, have a minimum of five seasons of patrolling experience, and have achieved Senior Alpine, Senior Nordic, or Certified status. Members currently registered as Auxiliary Patrolers (now Patrolers) are qualified to become Region Director Candidates if they have met the requirements described above at some point in their patrol career (Bylaws Section 4.1).

A Region Director may serve no more than three consecutive two-year terms, counting any terms served in accordance with Sections 3.1 or 3.5 herein. The Region Director's term shall commence on April 1, after the election (Bylaws Section 4.2).

Patrolers with questions can contact the respective election chair in each region, or you may contact Bob Bernatos, Eastern Division Election Committee Chair at bob.bernatos@nspepa.org.



HUGH BLOCKER

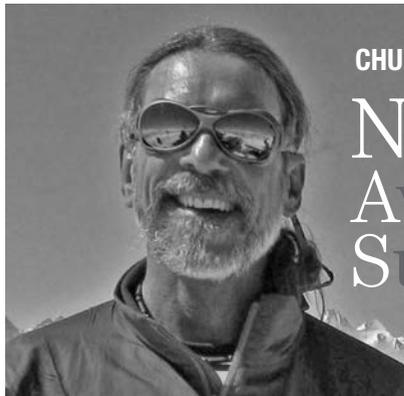
NEW Division Treasurer

Hello fellow patrollers. I would like to introduce myself to you as the new Eastern Division Treasurer. In March, I was elected by the Board of Directors to take over the position. I have been a patroller for 29 years, starting my candidate year in the Eastern Division, moving to the Southern Division for 14 years to help establish a new patrol, then returning to Blue Knob Resort in WAPP. My son, Woody, age 27, is a patroller at Wintergreen in Southern Division and my daughter, Karen age 24, is a patroller at Blue Knob with me. Both of my kids went into health care careers in part because of the influence of the ski patrol. My nephew, who is 18 has been on the patrol now for three years and has decided on a career as a paramedic as a result of his ski patrol experience.

I am a CPA who has been in private practice outside of Annapolis, MD for 33 years. When the need arose for Eastern Division to find a new Treasurer, WAPP RD Marty Silverman “invited” me to apply. As many of us know, an “invitation” is really a polite way of saying he drafted me. NSP has had such a large role in my life and my family’s life, I really could not say no when the need was put in front of me to help. In the past few months as I have worked with division leadership my respect and admiration for NSP, and Eastern Division in particular, has grown. We should be very proud of the leadership we have elected. They truly represent some of the best of the remarkable group known as NSP.

On the financial front, Eastern Division is in great shape. We have a fully funded Memorial Fund, which provides college scholarships to patrollers each year. We have more than two years of spending in reserves that is actively managed by investment professionals. In addition, we have a balanced budget without touching any investment earnings from our reserves. A Long Range Planning Committee has been established to look into the future and determine the best use of our resources to support the mission of the NSP in the Eastern Division.

If there is ever a question or concern about finances, please feel to email me at hughblocker@aol.com and I will be happy to help you in anyway.



CHUCK BOYD

NEW Avalanche Supervisor

I started XC skiing in the early 80s when I met my wife of 30 years Linda. A few lean winters got us into telemark skiing at alpine areas. Then with the encouragement of longtime friend and mentor Dick Gardiner, we joined the Pine Mountain Nordic Patrol in 1994.

I took my OEC training at Ski Sundown, and after completing the course joined their patrol. In 1996 we moved to Toulouse, France, where my wife managed the local office for her company, and I started my new career in guiding and ski patrolling becoming involved with the European Division based out of Garmish, Germany. For four winters,

I trained with the division in OEC, MTR, and avalanche education.

Returning to the USA in 2000, I jumped into the Senior Program completing it by the end of the season. During that time, I started teaching avalanche courses. In 2001, I was honored to be asked by Roger Damon to co-teach and mentor with him beginning at the Mountainfest in the Adirondacks and going right through to the L2 avalanche courses. When Roger stepped back, I became the IOR for most of the L1 and L2 avalanche courses here in the east for the last 10 years.

Along the way, I’ve attended the National Avalanche School, both Phase 1&2, International Snow Science Workshops, and The American Avalanche Institute for Avalanche Education instructor training. In 2010, I became the Assistant Division Avalanche Adviser, under Phil Galka. Last year after many years of training, and helping to develop the new program, I became one of NSP’s first Nordic Masters.

As the new Eastern Division Avalanche Adviser I hope to expand and build upon the already solidly running program. I look forward to working with everyone in the division. Enjoy the summer, and I’ll see you at the AMN meeting in September.

FINANCE COMMITTEE

by John Tuttle, Chair

The NSP Eastern Division Finance Committee led by outgoing chair Rick Knight from Connecticut, put together a balanced budget that was presented by incoming Finance Committee Chair, John Tuttle from CNY. The accompanying graphs depict where the money comes from and how it is spent.

The annual budget process begins in February with solicitation to the program chairs for their financial needs for the upcoming year. The Finance Committee studies the requests and puts a preliminary budget together for presentation at the Winter Board Meeting held in conjunction with the YAP Seminar. At that point it either is accepted or goes back to committee for more work. Finally, at the SOM, the budget is presented to the voting delegates for approval.

The Finance Committee is also responsible for the oversight of the investments, including the Memorial Fund. The investments results for the fiscal year ending 3/31/14 were up over 13% and for the last five years have averaged slightly over 16%. Consequently, our reserves are very solid at slightly more than 2.5 times our three-year average spending. Based on current spending, a dues increase is not likely in the near future. The Planning Committee, chaired by Paul Kelly is looking at how to responsibly use our excess reserves to benefit our members.

The 2014-15 Finance Committee, chaired by John Tuttle, includes past chair Chris Brodersen (NJ), past chair Rick Knight (CT), past Treasurer and current SC Alex Edwards (ENY), current Treasurer and SC Hugh Blocker (WAPP), RD Paul Kelly (NH), Legal Chair Bill Cline (WAPP), member-at-large Bob Priore (WNY), member-at-large Jim Quinn (WNY), and ex officio DD John Shipman. If you have any questions or concerns, please direct them to any of the above.



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TRAIL SWEEP

encourages submission of articles, pictures, and letters to the editor. All material becomes the property of the National Ski Patrol, and cannot be returned unless accompanied by a stamped, self-addressed envelope.

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DIVISION SCHOLARSHIP PROGRAM

by Dave Nelson, Advisor

The Eastern Division Scholarship Committee would like to thank our Division Director John Shipman for advising all students who attended the 2014 YAP Seminar about the scholarship program. This season we had the most students since 1974 apply for the scholarships.

The winners for the 2014 season are:

Rachel Wambach	Hunt Hollow, GV
Katherine Wolf	Blue Hills, EMARI
Chandler Gibbons	Hunter Mountain, ENY
Katherine Burns	Wachusett Mountain, EMARI

Since 1974, 89 students have been awarded over \$38,000 in Eastern Division Scholarships. Students may apply or reapply for scholarships each season and are encouraged to do so.

Please see our Eastern Division web page for all information on this program.

CONCUSSION in SPORTS



Eric Silva MD FACEP, Medical Advisor

As a practicing Emergency Room (ER) physician who sees and treats head injury patients on a daily basis, I feel that an article on the current state of understanding on head injury and treatment of concussion would be helpful to the patroller on the hill.

Currently not a day goes by that we don't hear about some professional athlete that has sustained a closed head injury and concussion. A few high profile cases of patients dying from their head injuries have added to the concerns regarding head injury and prevention. The days of "Put me in coach, I'm ok" and "You're fine, get back in the game" have no basis in the current management of the head injured athlete due to the understanding of the current impact of head injury.

Head injury and helmet use is an ongoing issue in all sports these days. Current estimates are there are somewhere between 1.6 and 3.8 million sports-related concussive injuries annually, representing between 5-9% of all sports related injuries. This number may actually be higher due to the reluctance of some patients to report perceived minor injuries in an effort to keep playing their respective sports. Sports with the highest incidence of concussions are football, hockey, rugby, soccer, and basketball.

The focus of this article is the mild traumatic brain injury (mTBI) patient with a Glasgow Coma Score (GCS) of 14 or 15 and without any focal neurological deficit. However, the modalities discussed here for this subset of patient with mTBIs may well be applicable to other more seriously head injured patients.

Concussion is defined as a traumatically induced transient disturbance of brain function and is caused by a pathophysiologic process. Concussions have also been referred to as mTBI. Not all mTBI are concussions. Concussions are a subset of mild traumatic brain injury on the less severe end of the brain injury spectrum, usually self-limited in duration and resolution. They occur as a result of the transmission of linear or rotational forces to the brain.

The result of this injury is initiation of the "neu-

rometabolic cascade." This complex cascade of ionic, metabolic, and pathophysiologic events is accompanied by microscopic axonal injury. The cascade is initiated by the body to protect the brain after injury. Limiting or controlling the body's responses may help to limit injury and speed the recovery process.

In general, recovery from a concussion is a 2-3 week process for the average case. It is difficult to determine which patients with concussion will go on to have prolonged recovery although there is some relationship between severity of injury and recovery. Other factors that can prolong recovery include previous concussion within the previous year or multiple previous concussions. Patients with certain comorbidities such as a learning disability, Attention Deficit Hyperactive Disorder (ADHD), depression or mood disorder may also experience delay in recovery. Other injuries such as neck and vestibular problems are also potential factors in the prolonging the recovery process.

Evaluation of the patient with mTBI includes a complete and detailed examination. Screening tools to help identify the signs and symptoms of concussion have been developed and continue to be refined. Patients may present with loss of consciousness and amnesia to the event. Other symptoms include nausea, vomiting, headache, dizziness or balance problems, fatigue, drowsiness, blurred vision, memory impairment, or difficulty concentrating. Adjunctive testing such as Computerized Tomography (CT) and neuropsychiatric testing are useful tools in the effort to define the extent of the patient's injury.

CT scanning of some patients is clinically useful in identifying those with more serious injuries. Patients with concussion will have no significant findings on CT of the brain. The use of CT scanning of head-injured patients is an area of significant study to help define that subset of patients that will benefit from neuroimaging while simultaneously avoiding unnecessary scans. There is a significant cost to the use of CT, and the exposure of the brain to radiation is not therapeutic and potentially harmful if overused. There are currently three major sets of clinical guidelines used to help define those at risk of more serious injury. Further study is required to determine which parameters should be considered when deciding who should be imaged.

There is a growing body of literature regarding neuropsychological assessment of these patients. Cognitive impairment is a major symptom of concussed patients. Rapid cognitive screening tools such as the Standardized Assessment of Concussion (SAC) and Sport Concussion Assessment Tool (SCAT2) are useful on the day of injury and can aid in the decision to allow an athlete to return to play. They are not a substitute for the more detailed neuropsychiatric assessment. Traditional (written) cognitive testing has been used since the 1980s.

More recently, computer-based testing such as Immediate Postconcussion Assessment and Cognitive Testing (ImPACT), Automated Neuropsychological Assessment Metrics (ANAM) and Headminder have received much attention and are used extensively. Each type of testing has its limitations and some experts currently recommend a hybrid model with a combination of written and computer-based

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testing. The hybrid model may provide the most accurate assessment of the concussed patient and help to monitor and evaluate his/her recovery. Current literature does not support baseline pre-testing of athletes where adequate normative data is available. Patients with mood disorder, depression, learning disabilities and ADHD or other cognitive disability may be exceptions to this position.

There is a limited body of current evidence regarding the most effective treatment of concussion. It appears that some amount of rest early on may be beneficial to the patient. There is at least some literature that too much rest may also be potentially detrimental to the recovery process. There is need for further study to more clearly identify the proper length and type of rest needed.

There is also literature that suggests that some amount of low-level exercise may prove beneficial to the post concussion patient. Again, there is need for more detailed prospective study to clearly elucidate the specifics. Timing of initiation and intensity of exercise are issues to be considered.

There are other less well-studied modalities, which have shown early promise in helping the recovery process. Rehabilitation techniques have shown to be effective for patients with associated vestibular dysfunction or neck injury. Additionally, Amantadine is the first medication showing some possible improvement in the recovery process. Numerous other pharmacologic interventions have been considered but thus far, none have shown any promise.

As a skier and patroller for many years, the nearly ubiquitous presence of ski helmets is hard to miss. There is no

convincing evidence, however, that helmets are protective for head injury. In fact, the most recent data from the National Ski Area Association showed that over half of fatalities from head injury were wearing a helmet at the time of injury. Nevertheless, some resorts now mandate that their employees wear helmets.

While California legislation was recently defeated, other states, including New York and New Jersey, are looking to legislate the use of helmets for skiing with children under 18. This legislation is proposed to protect children from injury. Current data suggests that children, especially in the age range of 5-10 years, are much less prone to head injury than older children and young adults, who appear to be at much higher risk of concussion. Italy and Austria have already passed laws requiring children to wear helmets.

The current state of management of patients with minor traumatic brain injury is an area of extensive interest. More information is needed, preferably in the form of prospective randomized studies designed to give answers to the many clinical questions that exist. Results of such studies will allow us to better provide proper treatment to minimize prolonged or permanent impairment. Return to normal function is key to individuals' health and wellbeing.

We have made significant progress in our ability to recognize those at risk, diagnose their injury, and aid in the recovery process. As we learn more, the guidelines will change and outcomes will improve. Prevention appears to be key, and adequate recovery before returning to sport is crucial. Awareness of those at risk and ski patrollers' role in initial assessment and treatment is the beginning of skiers' and boarders' roads to recovery.

INSTRUCTOR DEVELOPMENT

by Ellen Conrad, Supervisor

It has been one year since I accepted the position of Instructor Development Supervisor for the Eastern Division and where has the time gone?

In this past year, there have been a number of emails back and forth pertaining to upcoming ID courses, questions on the new material, requests for help in staffing some ID courses and more. Without a doubt, the Instructor Development Program is staffed with enthusiastic and energetic program advisors that are its backbone. The strength of the NSP programs begins at the Instructor Development level. I have seen great results in our program and know that we provide a strong base for NSP Programs. Thank you to all the region advisors... keep up the good work.

The past year has not come without its challenges. It has been very difficult to communicate, educate, and encourage the ID staff. NSP records indicating which patroller is involved in which NSP discipline have been

nonexistent. NSP program rosters have been filled with inaccuracies and omissions making the task of communicating within the NSP programs near impossible. NSP has promised to rectify the problem as quickly as possible. For those of you experiencing the same frustrations please find the patience to give NSP the time they need.

One thing I have noticed in the past year is that there are a number of regions that are holding ID Courses in the summer. What a great way of getting the potential instructors into the mentoring program of their discipline as soon as refreshers are planned in the late summer or fall. These mentoring instructors have the ID information fresh in their minds and are excited to put it to work. If you are considering running an ID course summer is a good time to prepare for the upcoming ski season.

For those of you working within the Instructor Development Program, thank you for your efforts and please keep up the good work!



ALUMNI... A Great Choice

by Gerry Clark, Alumni Advisor and Bob Cassello, CT RD

I know it's hard to think four months ahead since a good number of us don't even know what we are doing on the weekend. However, there are some of us that have already made a decision that we've been postponing for a long time and that's to slow things down and look at another avenue in NSP so that we may stay part of the great organization.

One avenue is the ALUMNI. Who really is or can be an alumni member of the National Ski Patrol? You can!

According to the NSP Policy and Procedures:

5.8.1.1 Persons who choose to be an alumni member are those who have retired from active patrolling. Alumni members will be recognized as alumni by their membership identification card, which indicates the combined years as both an active member and an alumni member.

5.8.2 Alumni membership is available to anyone who has been registered with the NSP as a patroller for a minimum of one year.

5.8.3.1 Alumni members are not required to fulfill any refresher requirements, except as required to maintain instructor status

This is probably a vague area for many current members and maybe you don't feel the need to consider it but take a minute and think about it. This is a direction that many of us can, will, or should consider.

All of us, who are current patrollers, will eventually have to choose to retire from active patrolling. Our knees may get tired. Handling a toboggan loaded with a patient and various types of equipment may become a bit more difficult. Maybe the hips or knees don't work the way they used to. Some patrollers have gone the route of alumni early because of busy life schedules but have still remained involved in NSP in some capacity

You can do a lot as an alumni patroller. How many patrollers have retired who actually taught us? How often have we seen skilled patrollers walk

WAPP Patroller Named 2014 Sports Chiropractor of the Year

The American Chiropractic Board of Sports Physicians (ACBSP) recently announced the annual winner of the prestigious "Sports Chiropractor of the Year" award; Dr. Anne P. Sorrentino of McLean, VA. She is only the third woman ever to receive this honor. Anne Sorrentino is an EMT and patroller for Hidden Valley Ski Patrol in the Western Appalachian Region.

Most recently, she served as the Medical Manager for the Super Pipe and Slope Venues at the Dew Tour Breckenridge in December of 2013, an Olympic qualifying event. She has served as the team doctor for the Indiana University of Pennsylvania Men's and Women's Ice Hockey Teams for the past six years.

Anne Sorrentino is a staff doctor at Grove Spine and Sports Care in Tysons Corner, VA. She also teaches for DC On-Line, Active Release Techniques, and the SpiderTech Taping System. She has served on sports medical teams for several events including USA Track and Field Nationals in Des Moines, Iowa, IRONMAN Lake Placid, NY State Games of America 2013, and the Pennsylvania Keystone Games. In 2011, she was selected to serve a clinical rotation at the United States Olympic Training Center in Colorado Springs, CO.

Originally from St. James, NY, Sorrentino maintained a practice in Indiana, PA for 24 years. She currently practices in Tysons Corner, VA. A 1982 graduate of St. John's University, NY, Dr. Sorrentino received her Doctor of Chiropractic degree from Palmer College of Chiropractic, IA in September 1988, graduating cum laude. She became a Certified Chiropractic Sports Physician in 1995 and received her Diploma in Sports Chiropractic® in 2012.



away from patrolling taking resources with them that will be hard to recreate or duplicate? How many times have we seen fellow patrollers leave patrolling and we stand there wishing that there were some way we could clone their ability and skills.

The skills that you possess can be a tremendous asset to all those fellow patrollers, as well as current and future candidates. Patrols need help in their aid room, enabling active patrollers to stay on the hill and keep the mountain safe. Maintain your refresher requirements and you can work in the patrol room. Maintain your OEC instructor requirements and you can continue to teach, evaluate, and help with OEC finals, challenges, and refreshers. You can still be an asset. You may be that wealth of information, skill, and ability your patrol, region, or division needs.

Other organizations such as Special Olympics and the Wounded Warrior Program can always use volunteers. Retiring from active patrolling may no longer be something to dread. Alumni is not a bad word.

If you are unable to find a contact in your region, you can contact me at gerrynsp@earthlink.net and I will put you in touch with your Region Advisor/Coordinator or I will assist you.

At the Eastern Division Spring Officers' Meeting in April, Past Division Director Don Page received a standing ovation when it was announced that he had been named to the National Ski Patrol Hall of Fame.

The Hall of Fame was established in 2013 to honor those who have served and bettered the NSP for many years. Five members were inducted in the inaugural class:

Charles Minot "Minnie" Dole
Roger Langley
Harry Pollard
Dr. Warren Bowman
Dr. Gretchen R. Besser



Past Division Director Don Page Honored

Groundwork has been done to put together a provisional charter application for the New York Museum of Skiing and Ski Hall of Fame. It will be sent to the New York State Education Department for review and approval.

A list of 18 founding trustees from all facets of the ski industry has been put into place and I have been asked to be one of the 18 representing NSP in this project.

The plan is to have a multi-million dollar facility located in North Creek, NY. This planned site will be next to the original Gore Ski Bowl, which is now part of Gore Mountain Ski Area. The village of North Creek and the Ski Bowl were the birthplace of the ski trains from New York City in the 1930s and it is rich in NSP and ski history.

NSP has been asked to play a large part in this new museum. Our history with

the 10th Mountain Division, local old-time ski clubs, and ski areas will be an important part of the museum. This will be a long-term project estimated at five to seven years. New York State has very high standards for museums and I believe this one will be one of the best in the country.

The other project that I am actively pursuing is a way to give more recognition to our fellow patrollers who have hit the 50-year service milestone. All too often 50 years of service comes and goes with little to no acknowledgment. At this year's Spring Officers' Meeting, we came up with some ideas to rectify this. One is a special retro 50-year pin. Another idea was to ask the patroller to submit a biography of his or her patrol history along with a photograph which could then be published in *Trail Sweep* or *Ski Patrol Magazine*.

If anyone has any ideas or suggestions for either of these projects please contact me.

NEW Projects & Ideas

by John Beach, Historian

Eastern Division Patroller

TOM KNISS Raises the Bar



Left to right: Phil Galka #004, Deb Cowell NM Candidate, Rick Shandler #007, Tom Knies #009, JC Cowell #008, and Steve Devine #006. Photo by Greg France #003

Tom Knies of Montage Mountain in the EPA Region is the first patroller in NSP to attain both Alpine Certified and Nordic Master status.

He started patrolling in 1985, became an Alpine Senior in 1992, and went on to become a Senior S&T TE and IT and OEC IT. He served as the Montage Patrol Director and as the EPA Northern Section Chief. Tom has shared his passion, skills, and willingness to teach with many patrollers in the Eastern Division. Always looking for a challenge, he entered the Certified program attaining Certified #521 in 1998. Awarded National Appointment#9044 in 1999 he is also the recipient of three Yellow Merit Stars and a Patroller Cross.

These accomplishments would normally be enough for any patroller, but Tom didn't stop there. He always had an interest in the Nordic program and began patrolling with the Upper Delaware Nordic Patrol. He attained his Nordic Senior in 2009 and is a Nordic S&T instructor. As his history has shown, if there is a next level, Tom will go for it. Tom approached Division Nordic Advisor Greg France to ask about the new Nordic Masters program. With good guidance and hard work, Tom completed the three-phase program for the Nordic Masters Evaluation consisting of independent evaluations from the Nordic, Avalanche, and MTR Programs. The final phase culminated in an overnight solo search and rescue of two injured hikers on the Appalachian Trail. Tom successfully completed the program and was awarded Nordic Master #009 this year.

Greg France, Division Nordic Advisor, crowed, "We are proud to welcome Tom to the Nordic Master Program."

CERTIFIED PROGRAM

by Bill Jordan, Chair

This past year was a very successful one for the Certified Program. We welcomed two new members: Bart Gabler #786 from Hidden Valley and Mike Wess #787 from Blue Knob both in the WAPP Region. A job well done gentlemen!

There were two "boot camps" held over the summer with 23 new potential candidates attending. This has turned into a great means of introducing the program to potentially interested candidates. It's a low-stress, high-energy weekend full of training and a bit of fun. My thanks to John Kane and Jeff Baker for their continued efforts supporting these camps.

We held three pre-courses: Sunday River, ME; Montage Mountain, EPA; and Hunter Mountain, ENY. Through this process, we welcomed seven new candidates. Of note, there was a candidate that participated on a snowboard for the first time ever.

Our annual exam was held at Whiteface Mountain, ENY. This was the first time that many of us have ever been to the "Face" and the mountain is to be commended for being an outstanding host, we look forward to returning there in the future.

Over 165 individuals representing almost every region in the division gathered for the awards banquet. The Certified members were honored to have Region Directors Rob Lunn (NVT), Rick Knight (CT), Alan Miller (ENY) and John Kane (ME) present. National Director Ed McNamara, National Certified Chair Steve Kuller, and National Transportation Director Jay Zedak were also in attendance.

The plans for next year's exam are set. We will be heading to Smugglers' Notch in the NVT Region March 19-22, 2015.

As soon as the plans for the boot camps and the pre-courses are set they will be posted on the division website. I encourage anyone interested to contact their Regional Certified Advisor.

What a great season! As the snow continued to fall the opportunities for avalanche training grew. It seems almost everyone I spoke with this year had an experience, or knowledge of an associate's experience, where avalanche forces reshaped their terrain.

BIG THINGS HAPPENING in the AVALANCHE PROGRAM

by Phil Galka, Past Supervisor

Except for a few inbounds incidents, most were in the backcountry beyond the boundaries of the ski areas. As our season continued into the spring we remembered to pass on a caution to the public and our fellow patrollers. Take extra care and be safe!

New National Avalanche Instructor Manual and Curriculum Roll Out Planned for Fall 2014

The upcoming revision of the NSP Avalanche Instructors Manual and the Avalanche Program Curriculum will roll out this fall at the Eastern Division AMN Meeting. The new revision is a national update and will make the curriculum content more accessible to the Eastern Division Patrollers. The National Avalanche Program Director is working with Division Supervisors and Division Instructor Trainers to have the curriculum fully implemented for the upcoming season. Watch for further announcements this summer.



Meet Chuck Boyd Our New Eastern Division Avalanche Program Supervisor

I am pleased to introduce Chuck Boyd as our new Supervisor. Chuck is a NSP Nordic Master who patrols both Ski Sundown Alpine and Nutmeg Nordic Ski Areas in the CT Region. Chuck has been involved in the Avalanche Program at the local, region, division, and national level for over 15 years.

He is an active climber who has climbed Mt. Everest and attempted other 8,000-meter peaks including K2 and Broad Peak. His many certifications and accomplishments include:

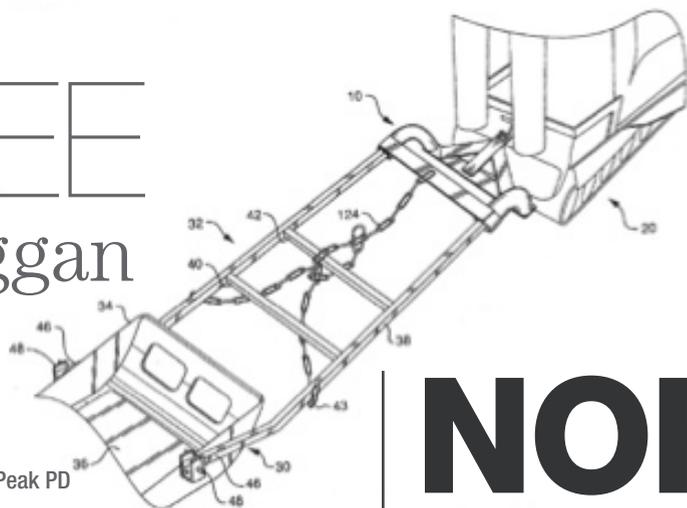
- American Mountain Guides Association (AMGA) Certified Rock Instructor, Single Pitch Instructor, Climbing Wall Instructor Provider, Ice Instructor Course
- PSIA Nordic Downhill Instructor
- National Ski Patrol Level II Avalanche Instructor Trainer
- American Avalanche Association Member
- Graduate National Avalanche School
- NSP Senior Alpine Patroller, Senior Nordic Patroller, and Nordic Master.

We look forward to working with Chuck in the upcoming season.



FREE Toboggan Hitch Plans

by Bob Wright, Pat's Peak PD



Free plans & specifications are available to build a hitch that connects to the handles of your toboggan. It can be pulled behind a snowmobile or ATV. It is available by sending an e-mail to bob@patspeak.com

We used to try all kinds of tricks to help get a toboggan over flat ground or uphill to the first aid building. These included: sitting backwards on the snowmobile seat and holding onto the toboggan handles, holding onto a rope attached to the snowmobile and letting it tow us and the toboggan, or disconnecting the handles and connecting the short toboggan tow bar. As many times speed in getting an injured guest to first aid is crucial to their outcome or comfort, we looked for a better way.

I designed a hitch which can be seen on YouTube at Ski Patrol Toboggan Hitch (<https://www.youtube.com/watch?v=3Kc9NuQbhSg>). This hitch is constructed of two exhaust pipe 90-degree elbows, several pieces of 1/4"x 2" sheet steel, a short length of chain, and a spring clip. It can be fabricated easily in your welding shop in less than an hour. We have been using this hitch for over eight years.

I have held U.S. Patent # US 7,032,906 B1 since April 25th 2006. This patent ran out on the 25th of April this year. Rather than renewing it, I decided to make it available free to members of the National Ski Patrol.

Just e-mail me at the above address and I will send you a detailed drawing and a brief description of how to construct it. The safety chain we installed on the hitch has never been required as the pressure exerted on the handles holds the toboggan firmly attached.

NORDIC

by Greg France, Supervisor

The winter of 2014 brought some of the best on and off trail Nordic ski conditions in recent memory. Whether you were in WAPP, EMARI, SNY or NVT conditions for Nordics throughout the division were solid...if not exceptional.

In September, Valley Forge Nordic hosted the Avalanche, Mountaineering & Nordic Annual Fall Instructor Refresher. The Valley Forge National Park facility impressed all who attended. Highlights of the meeting were the presentation of National Appointment #11450 to Rick Shandler by Pennsylvania Regional Director Bob Bernatos and a keynote speech and presentation of the first National Nordic Master numbers by Kevin Johnson the National Nordic Program Director.

In January the Allegany Nordic Patrol, in WNY ran a Division Nordic Senior Evaluation. The Nordic S&T Evaluation saw three patrollers from Genesee Valley Nordic and one from the host Allegany Nordic Patrol complete the component.

Along with more on-snow patrol days, 2014 saw more Nordic patrols integrate the National Incident Command System (ICS) into their patroller training. Interfacing with local and state agencies is something that is not out of the ordinary for a number of Nordic patrols in the division. These patrols usually work within the national, state, or county park systems where ICS governs most of their emergency response procedures. Currently for the majority of our patrollers, unless they are a member of an outside agency, it is the exception rather than the rule that they have ICS credentials.

As a patrol director or mountain leader, the need for certification will only increase. An understanding of ICS when working with local police, fire, or EMS agencies will only enhance your effectiveness and increase the opportunity for success in emergency operations.

In 2015, we will be emphasizing the development of the New Nordic Senior.

Hope to see you all in September for the AMN refresher at Northfield, Massachusetts. Have a great summer

YAP Injured in School Knife Attack

—Fund Raising Drive in Place

by Marty Silverman, WAPP RD

Jared Boger, a Young Adult Patroller from Seven Springs Ski Patrol, was one of 21 students wounded in a knife attack at Franklin Regional High School in Murrysville, PA on April 9.

Boger, 17, was among the most seriously wounded with a knife to the chest and through the liver just millimeters from his heart. In critical condition, he underwent four surgeries in five days to repair the damage.

Just days after the stabbing, YAP patrollers, the Murrysville Community, Hidden Valley and Seven Spring Ski Patrols and the Central Blood Bank of Pittsburgh banded together for a blood replenishment drive. A special Facebook page, dedicated to the blood drive, was created and social media played a large role in the success of getting the word out.

Another patroller touched by the stabbing was Elizabeth Hermann, the Western Appalachian Region YAP Advisor, who has worked with Jared for the past two seasons. She created a poster that was shared via several social media outlets along with an extensive email roster. She rallied her Region YAP group and had over a dozen YAP associated patrollers, family, and friends donate blood in honor of Jared. It proved to be an extremely successful event with 152 units donated. It far surpassed the 70 the blood bank had initially anticipated. In addition, Michael, Jared's roommate at the YAP Seminar in Maine, held a blood drive for him in his community in New Jersey.

Jared was released from the hospital just two weeks after the incident but has a long road of recovery ahead of him. Jared and his family are extremely glad he is home and appreciative of the well wishes he has received from across the country and the efforts on his behalf from the local community.

At first, his exercise and therapy consisted of doing laps around the living room, dining room, and kitchen. Though he was still weak, the community banded together to help Jared get to his prom for a brief appearance. A limo was donated and he and his girlfriend were greeted to a great media splash, with local TV covering the event. The limo had instructions to bring him home when needed as he tires easily and dancing isn't part of his therapy yet.

Former EMARI RD Chris Pringle made a video of the Division YAP event in Sugarloaf, Maine dedicating it to Jared.

A fund has been set up to assist Jared and his family with

the high cost of his care and recovery. The response has been tremendous from all over the division.

- New Hampshire Region Section Chief Lisa Kling donated a homemade quilt, which was raffled off at their annual awards banquet. Lisa has done this for more than 20 years and raised more than \$10,000. The region made the decision to use some of those funds to make a contribution to Jared and his family.
- Several years ago one of the Western New York Region members, Norm Shihl of Holiday Valley Patrol, passed away and left a fund to support any patrol-related activity or need. Dick Grainger, of Holiday Valley Patrol, who is the executor of the fund, announced he will be sending a \$500 donation to the Jared Boger fund.
- The New Jersey Region held a 50/50 raffle at their awards dinner and raised a total of \$548 for Jared. The winner, Matt Cavallo, donated half of his winnings.

As of this writing, donations have also been received from the Western Appalachian Region, Eastern PA Region, the Wachusett Ski Patrol, and many individuals and businesses. If you would like to contribute, you can send your tax deductible contribution to:

Bill Cline
Division Legal Adviser
PO Box 7
Somerset, PA 15501

Please make checks payable to the Western Appalachian Region—Jared Boger Fund.

Jared and his family could use your support and they thank you for your contributions.



WAPP RD Marty Silverman presented Jared Boger a framed poster, signed by the Region Directors, Section Chiefs, and Advisors that attended the Spring Officers Meeting in Albany.

Welcome: the Hybrid OEC Refresher Format

by Paula Knight, OEC Supervisor

Over the past two years, the refresher committee has been overseeing the option of on-line refreshers, for our OEC yearly refresher requirements. The process of placing this concept into action has been a successful one, with the outcome of a hybrid refresher consisting of two components...an online didactic component and a face-to-face skills refresher. Your comments reflecting a desire to structure the refresher with more time for practice skills has been heard and addressed.

With this being the first year, the hybrid option will be available to everyone. Your region will be able to decide to opt into the hybrid format or choose the traditional format. Region administration will be working on their particular details in the next few weeks as early planning starts to take shape. As your region has in the past, communication will be posted as to the directions they want you to follow.

What will the hybrid will look like? The curriculum of the OEC Refresher will not change. What you will see is the delivery of content broken up into two process styles. Information that is to be presented in didactic form will be hosted in an on-line format. This format will have a series

of slides/screens with information and the opportunity to check your learning. An unlimited amount of time to complete this portion will be available to you. Upon conclusion you will print a document that will authenticate your participation in the on-line portion of the refresher. Next step, with the online completion document in hand you will need to attend a skills-based refresher. Here you will be engaged in skills-based stations that will address the remainder of the cycle curriculum. Past practice has shown that each component of the refresher should take approximately 3-4 hours.

As many education institutions are using the convenience and economic benefits of electronic testing it is only natural that the NSP would follow in a similar process. Many people have had direct input into the inception, development, and implementation of this format. The final product is one that has been met with positive reflections from the patrollers that tested this format nationwide.

Your region administration will be guiding you in the process for this upcoming refresher season. This is a good thing.

BOWLINE VS. FIGURE 8

by JC Cowell, MTR Supervisor

Many of us learned the bowline when we were Scouts. What a great knot and a great story about a rabbit, his tree, and a hole. Someone showed me how to tie it one handed and I practiced it for a week until I thought I was a bowline superstar. Later in life I was told that we don't use the bowline any more, instead for most things we use the Figure 8.

I resisted, I loved the bowline, but I listened and learned from folks much smarter and more experienced than I am. I learned that for many things the Figure 8, or one of its many forms, is just better, simpler, and safer than the Bowline. Don't get me wrong the Bowline is still a great knot and has some advantages but as with everything you need to use the right tool for the right job.

Want to learn more about knots? Here is a great website: www.Animatedknots.com. But you can't learn to tie knots just by watching so I suggest you take an MTR course. There are many across the division. Some are focused, for example MTR-Enhancement courses concentrate on one or two areas of interest like low angle rescue (lots of ropes, knots and stuff) or navigation (maps, compass, GPS, and other tools and tricks to help you get unlost). Our other course offerings MTR-Fundamental, MTR-1 and MTR-2 cover a broad range of topics that will make you a better patroller. You will learn how to be more comfortable, confident, and better at dealing with situations outdoors. Check the calendar at <http://www.nspeast.org/html/calendar.htm>.

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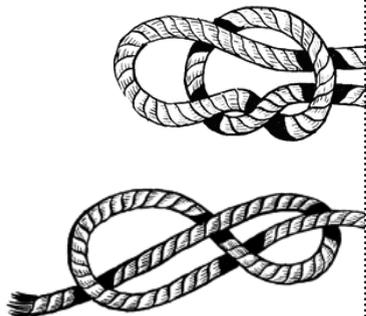
As always feel free to call or email and we can talk about the MTR Program or why did the rabbit run around the tree and what does that have to do with a bowline?

This past season we continued to expand our program offerings. The MTR-Enhancement course option that debuted during the 2011/2012 season continues to grow in popularity and has been a great success. One course focused on search and rescue. This one-day course filled in the gaps in the average patroller's training to satisfy the American National Standards Institute's Standard F2209. F2209 establishes the minimum training for land search team members and is being required by many search teams. As part of this event, the students were tested and certified by non-NSP search organizations.

All this was in addition to our full calendar of MTR Fundamentals, MTR-1 and MTR-2 courses offered across the division. We were also successful in reactivating the MTR Program in two regions that have not had programs for many years. We will continue to run MTR-E, MTR-F, MTR-1, and MTR-2 courses with the goal of having at least one course offering in every region every year.

The season concluded with two great events. Once again, the MTR staff provided the Saturday evening program for the Eastern Division Young Adult Patroller Seminar and we ended the season with a Nordic Master-MTR module evaluation.

During the 2014/2015 season we plan to continue growing the program. A division-sponsored MTR skills weekend is in the planning stages and as always, we plan to recruit and mentor more instructors and offer more MTR courses.



Patrollers Assist at Marathon by Marty Silverman, WAPP RD

Once again, the patrollers of the Western Appalachian Region assisted at the Pittsburgh Marathon as Rapid Response Team members. Last year, after the bombing incident at the Boston Marathon, the region was asked to assist. Boyce Ski Patrol director Pat Boccardi volunteered to coordinate the region's response team consisting of twenty local patrollers. This year, thirty patrollers from all over the region participated.

Race medical director Dr. Ron Roth reported of the 30,000 participants 166 runners (89 at the finish line medical tent and 77 at the medical aid stations along the course) were treated. Roughly 40% of those injured were treated for musculoskeletal issues (such as cramps and strains) and 30% for fatigue after marathon, half-marathon and relay races that were

completed under the green flag, representing good weather conditions.

Dr. Roth said that the Rapid Response Teams, made up mostly of 30 volunteer ski patrollers "are the hardest working individuals on our medial team." Dee Stathis, Director of Marathon Operations, echoed that sentiment, saying, "You made a huge impact on how our participants are cared for at the finish line."

The patrollers deployed in multiple areas to assist the University of Pittsburgh Medical Center (UPMC) medical staff and city paramedics in and around the finish line. Some were stationed along the last stretch of the race course, an area known for a high rate of cardiac incidents, to spot and assist ailing runners. Others were stationed just beyond the finish line, an area known as the drop zone because drained and hurting runners often stop and drop the second they cross the finish line. They kept the runners moving to avoid a pile-up and assist them into a wheel chair or higher medical care if needed.

Dr. Eli Friedman, who supervised the Rapid Response Teams, thanked the team for their efforts and sacrifices, saying, "Though the weather was great, I would argue that it was your quick triage and identification of potentially ill runners that kept people out of the medical tent and with their families and friends. You all did a fantastic job. We look forward to seeing you in 2015!"



Never Ending FEELING

by Craig Larson, Young Adult Patrol Supervisor

After great discussion of what trail to ski next, Hayden, my seven-year-old son and I, made our way to the chair lift. Hayden was raring to go. Up, up, up, we went as we headed to the top of the mountain. As we approached the unloading area our excitement grew, Hayden swinging his legs fore and aft hoping the movement would magically get us to the bull wheel faster. We couldn't see the trail from the unloading area but we were ready.

As we skated around the corner and through the bend, our eyes fell on the trail for the first time. The trail we had come up this lift to ski, the trail we wanted to brag about to our buddies as well as to mom, was in our sights. We decided we wouldn't tell mom until after we made our way down. At the first sight of the trail all the excitement that had been bubbling from Hayden's body was gone! It was on Hayden's face; the face of sheer terror as he came to an abrupt stop staring down the hill. There it was, the trail, White Nitro!

The longer he looked down the hill, the more his small body began to tremble. There was not a hint of excitement left in the boy, the boy who couldn't wait to hop off the chair-lift a moment ago. The longer I looked down the hill, the more I questioned my decision to come to the top. Maybe we won't tell Mom anything. If I can only get Hayden down the hill in one piece, before the tears pool in his boots, and come up with a crazy cover up story before he sees his mother.

We made it down, one turn at a time. Exhausted, Hayden made it down. It may not have been pretty but we made it! At the bottom, we stood in silence, not looking at each other, but looking at our accomplishment, Hayden's legs still shaking, my heart still racing. What an accomplishment. What a story to share with friends. What a story NOT to tell Mom.

If you have been to Sugarloaf, you have probably seen White Nitro. Hopefully, you have had the opportunity to ski this signature run. If you went to the Eastern Division Young

Adult Patrol Seminar did you ski White Nitro? Did your legs tremble with fear as my son's did or did you tear down the face with complete control?

The Eastern Division Young Adult Patroller Seminar was held at Sugarloaf this year, the home of White Nitro. With 43 Young Adult Patrollers attending and a large snowstorm the week before it would have been difficult not to have a grand time. Many first time participants chose to clinic, giving them a weekend full of hands-on skills training. Those competing displayed their skills on senior level terrain and senior level scenarios.

Attendees had the following to say:

"What a great weekend. Coming from a small hill, which has no steep terrain, let alone bumps, I was extremely nervous to drive a toboggan. By the end of the toboggan clinic my nerves were gone and I felt like I was in control of the sled. The ski clinic helped my feet. I can't wait to drive on the big ones again."

"The instructors were amazing and willing to stand aside all day long as I displayed my skills despite the weather...makes a new patroller feel important and valued."

"I will PLAY (Participate, Learn, Articulate, Yield) in order to be the best patroller I can be."

"My patroller skills have never been so tested! All the time and effort I put in at my home mountain truly was worth it. I wish I could go again next...even though I am going off to college, my patrol career has just begun."

We should be proud of the next generation of patrollers as they left their mark on the terrain of Sugarloaf.

Below is a list of this year's winners.



OVERALL

1st	Caleb Parnell	Blue Knob, WAPP
2nd	Thomas Eshleman	Hidden Valley, WAPP
3rd	Katie Burns	Wachusett Mountain, EMARI

SKI/RIDE SKILLS

1st	Caleb Parnell	Blue Knob, WAPP
2nd	Benjamin Longacre	Blue Mountain, WAPP
3rd	Abigail Lent	Pat's Peak, NH

TOBOGGAN SKILLS

1st	Benjamin Longacre	Blue Mountain, WAPP
2nd	Abigail Lent	Pat's Peak, NH
3rd	Jared Boger	Seven Springs, WAPP

OEC SKILLS

1st	Katherine Burns	Wachusett Mountain, EMARI
2nd	Thomas Eshleman	Hidden Valley, WAPP
3rd	Maddie Appleton	Mount Southington, CT

BEST OEC ASSESSMENT

Katherine Burns	Wachusett Mountain, EMARI
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HANS HYSON AWARD

Caleb Parnell	Blue Knob, WAPP
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If you didn't make this year's seminar, you can check out all the action at <https://plus.google.com/photos/109964741770244799073/albums/5995452466094952049?authkey=COK9m-vjCwfyHSA>. To keep in constant contact with the Young Adult Patroller Program like us on Facebook: Eastern Division Young Adult Patroller Program.

As I scroll through this season's photos, I am excited for the future...the future of the Eastern Division and the future of the Young Adult

Program. Patrollers who have graduated from the program are returning in roles of leadership. Mountains that have never had Young Adult Patrollers are having students show an interest in patrolling. Regions are seeing the need for a Young Adult Patroller Advisor, and filling the spot with the future in mind. Events are being planned throughout the division in hopes of gaining more interest in the Young Adult Program and improving existing patroller skills. If you would like to see an event planned in your region, contact me. Now is the time to start planning.

My boards may be hung up. My pack may be put away. The snow may be all gone. But the feeling of skiing White Nitro has not been forgotten.



OUTSTANDING AWARDS

by Jerry Sherman, Awards Advisor

2014 NATIONAL OUTSTANDING AWARDS

Nordic Patroller	Skip Millor	GV
Nordic Patrol	Genesee Valley Nordic	GV
Patroller (formerly Auxiliary)	Teresa Mudge	EPA
Young Adult Patroller	Madeline Appleton	CT

Each year the National Ski Patrol recognizes patrols and patrollers from all across our organization with "Outstanding Awards." The purpose of this article is to explain the nomination process and encourage more members of the Eastern Division to make an effort to nominate deserving patrollers and patrols for these awards.

The categories include but are not limited to, the following:

- Outstanding Alpine Patroller
- Outstanding Nordic Patroller
- Outstanding Paid Patroller
- Outstanding NSP Patrol Representative
- Outstanding OEC Instructor
- Outstanding Instructor (non OEC)
- Outstanding Administrator
- Outstanding Nordic Patrol
- Outstanding Small Alpine Patrol (40 members or less)
- Outstanding Large Alpine Patrol

In the Eastern Division, nominations are due for all outstanding awards by March 1. The paperwork is submitted to me electronically as Word documents by the Region Awards Advisors. Unlike other Award nominations, Outstanding Award nominations must be written with no reference to patrol, region, county, or state. This anonymity is necessary to maintain a level playing field when the nominations are sent to a panel of judges from throughout the Division.

Eastern Division winners are announced at the Spring Officers' Meeting at the end of April. Our winners are then forwarded to the National competition and are due in Lakewood by June 1. A similar judging process is followed at the National level and the National winners are announced around July 15.

A detailed explanation of all the Outstanding Awards can be found in NSP Policies and Procedures, Chapter 12. Your Region Awards Advisor will be happy to help and if you would like to see examples of successful nominations please contact me.

Historically, some categories have a large number of nominees, others do not. The names of all Region Awards Advisors are listed on the Awards page on the Eastern Division website. Feel free to contact me with any questions.

2014 EASTERN DIVISION OUTSTANDING AWARDS

Large Alpine Patrol	Bristol Mountain	GV	OEC Instructor	Louis Marchi	EPA
Small Alpine Patrol	Ski Sawmill	WAPP	Patroller (formerly Auxiliary)	Teresa Mudge	EPA
Nordic Patrol	Genesee Valley Nordic	GV	Young Adult Patroller	Madeline Appleton	CT
Patrol Representative	Walt Behuniak	CT	William Gross Memorial Trophy	Dan Warfield	CNY
Administrator	Rick Knight	CT		Frank Martinez	CNY
Alpine Patroller	Edee McNamara	EMARI		Ted Fendick	CNY
Nordic Patroller	Skip Millor	GV	Jerry Sherman Award	John Beach	ENY
Paid Patroller	Karen Cote	NH	Patroller for Patrollers	Laura Tucker	WMA
Instructor (non OEC)	Missi Tamulen	EMARI			

2014 AWARDS

National Appointment			Andy Knapp	GV	Kirk Garber	WMA	Paul Schipritt	CT	
Kevin Larue	11446	NH	Pam Welch	GV	Paul Sebben	WMA	Norman Bird	CT	
Michael McGinnis	11458	SNY	Cyndi Sherman	GV	Burt Mitchell	CT	Scott Stoppa	CT	
William Brown	11460	NJ	Alison Potito	NH	Patroller Achievement Award			Morton Peak	CT
Doug Colangelo	11462	WNY	Ann Manzella	WNY	Bill Hunt	WAPP	Glenn Thorpe	CT	
Deb Whalen	11466	GV	Bill McCassey	WNY	Adam Ray	WAPP	William Ellison	CT	
Patrick Cusick	11468	EPA	Rosalie McDonald	WNY	Evelyn Alcrn	WAPP	Marie Keeton	CT	
Michael McDonald	11470	WNY	Denise Kaus	WNY	Tom Richards	WAPP	Jeffrey Barter	CT	
Joseph Manna	11490	NJ	Kristen Russo	WNY	Tom Yoder	WAPP	Eric Strom	CT	
Jeff Galm	11492	WMA	Stan Martin	WNY	Douglas Sinsabaugh	WAPP	William Baxter	CT	
Pat Garber	11494	WMA	Scott Stoppa	CT	Leslie Snyder	EMARI	Marshall Morris	CT	
Mike Mooney	11496	GV	Rick Knight	CT	Kelly Hurlburt	EMARI	Skip Mudge	CT	
Marie Osypian	11498	GV	Purple Merit Star		Win Bach	EMARI	Stanley Detwiler	CT	
Bill Gottermeier	11500	GV	Tom Howison	WAPP	David Zephir	EMARI	James Schaffnit	CT	
Rick Micoli	11502	GV	Stephanie Costello	NH	Geoff Gardell	EMARI	Joseph Varchola	CT	
Distinguished Service Award			John Eaton	WNY	Tim Breen	EMARI	Debbie Shenton	CT	
Jack Winter	WAPP		David Johe	WNY	Keith McIntyre	GV	Jonathan Olson	CT	
Joe Panczer	EPA		Liz Fenner	CT	Jim Boring	GV	James Houlihan	CT	
Tom Marrett	EPA		Jerry Sherman	GV	Dieter Henschel	GV	Tim Ryan	CT	
Tom Buckwalter	EPA		Blue Merit Star		Steven Drawe	GV	National Certificate of Appreciation		
Ken Graf	EPA		Jeff Freedman	WAPP	Chuck Harter	GV	Bob Frazier	WNY	
Robert Hall	EPA		Gregg Goldstrohm	WAPP	Bob Bryan	GV	Sadie Prescott	WNY	
Brenda Rizzo	GV		Brian Kazienko	WAPP	Therese Costich	GV	Jack Swartz	WNY	
Peg Doheny	NVT		Denis Graves	WAPP	Steve LaCrosse	GV	Mark Reihard	WNY	
John Brower	WMA		Bill Teamerson	GV	Linda Breen	GV	Rosalie McDonald	WNY	
Peter Neefus	ENY		Martha McIntyre	GV	Rich Meyer	GV	Carolyn King	WNY	
Meritorious Service Award			Fred Shelley	GV	Jennifer Grant	GV	Division Certificate of Appreciation		
Kristen Russo	WNY		Emily Robbins	GV	Jennifer Jesske	GV	Paul Kling	NH	
Michael McDonald	WNY		Elaine Pratt	GV	Scott Rosebrough	GV	Hugh Blocker	EPA	
Bill McCassey	WNY		Rick Walzer	GV	Glenn Becker	GV	Alex Edwards	ENY	
Rick Knight	CT		Chris Hellems	GV	Cyndi Sherman	GV	Angel Pin		
Phil Galka	NJ		Dan Roffman	GV	Bill Smith	GV	Nancy Janek	WNY	
Yellow Merit Star			Andrew Swarts	GV	Pat O'Hara	GV	Karen Filbert	WNY	
John Kane	ME		Betsy Landre	GV	Jan Scott	GV	Susan Shipman	EMARI	
Chip Moyer	ME		Ben Durack	NH	Mark Tornatore	GV	Karen Scarlett	EPA	
Robert Schlereth	WAPP		Karyn Cote	NH	John Starke	GV	Service Recognition Award		
Chris Pringle	EMARI		Dan Crooker	NH	Mike Podherecki	GV	Marvin Peck	75 Years	CT
William Iandola	EPA		Patriot Star		Greg West	GV	Conrad Manville	65 Years	CT
Kerry Meyer	GV		Eric Sanborn	EPA	Scott Wild	GV	Lorraine Whitney	65 Years	CT
Scott Rosebrough	GV		Charles Gordon	WNY	Robert Cross	WNY	Stephen Warner	60 Years	CT
Steve Duncan	GV		Patroller Cross		Mark Roman	WNY	Robert Brown	55 Years	NH
Chris Babcock	GV		Leslie Snyder	EMARI	Lew Fowlere	WNY	Charles Warren	55 Years	CT
Jeff Welch	GV		Michelle Goldsmith	EMARI	Kevin Lizak	WNY	Jack Kowalski	50 Years	WAPP
John Sokolofsky	GV		Paul Gangi	NH	Kevin McKegney	NVT	Jerry Leff	50 Years	WAPP
Russ Perrin	GV		Ann Migliaccio	WMA	Marygale Bouldin	CT	Gerhard Menzel	50 Years	WMA
			Bob Reggiannini	WMA	Beverly Dillon	CT	Robert Weitzel	50 Years	WAPP
					James Virgulto	CT			
					Brian Harman	CT			

{ A misconception out there is
that every toboggan instructor
has to be a hot skier who can
handle any terrain in any type
of condition. }

700+ S&T instructors in the Eastern Division “NOT ENOUGH”

by Bob Bluff, Supervisor

That is correct! The Eastern Division has 700 Toboggan Instructors and it is not enough. Unbelievably, that number is more than all the other divisions combined. Some patrols have plenty of instructors while others have none. Our objective is to have toboggan instructors on every patrol; in fact, we need them on every patrol. It has always been a requirement that each alpine patroller, along with their OEC refresher, refresh their toboggan-handling skills yearly and until last year, there was no vehicle to track it. Today there is. Every year, every alpine patroller has to be signed off on their toboggan skills by a toboggan instructor who has been schooled on the latest division requirements.

A misconception out there is that every toboggan instructor has to be a hot skier who can handle any terrain in any type of condition. That could not be further from the truth. The newest definition of the requirement is that a toboggan instructor must be able to handle any terrain at his or her own mountain. That makes more sense. We know that there are patrollers out there who would like to be involved but have not stepped up to the plate because of the misconception about the process.

Here is the procedure:

Step 1: Take the Instructor Development course. Options – Classroom or on-line. Either way you will have to complete a mentoring process

Step 2: Contact your region's ski and toboggan administrator. That person will assign you a mentor

Step 3: The mentor will coach you through the process

Step 4: When you have practiced teaching to the division's standard you will be registered as a toboggan instructor.

We are also looking for some talented patrollers to become Trainer/Evaluators. Would you like to improve your ski/ride and toboggan ability? Handle tougher snow conditions along with steeper tougher terrain? Get more out of your ski/ride day without being tired or sore the next day? Well that is a bit of a stretch. If you are not tired, you are not working hard enough.

If you really want to be good at something you have to practice and most importantly understand the subtleties of what you are practicing. Teaching the fundamentals of skiing, riding, and toboggan handling will improve your personal skills. The Eastern Division ski and toboggan trainer/evaluator mentoring program will do that for you in a positive, low key, and, most of all, fun environment. You will be shown how to accomplish all the skills needed to be the most efficient at skiing/riding and toboggan handling for yourself along with how to assess and develop tasks and lessons to correct others.

Gone are the days when the only feedback you received was “Nice Hat.” Today's S&T program focuses on what's working and builds from there. It also recognizes that every patroller is different in size, strength, ability, and physical issues. They also deal with some patrollers whose knee is on it “its last leg.” A good instructor can do all of that.

Make this the winter that you help yourself become a better skier or rider and toboggan handler while you help your fellow patrollers.

Introductions for becoming a Toboggan Instructor or T/E will be given again this season at the Sunday River, Elk Mountain, Windham, Killington and Holiday Valley Patroller Schools. Other training can be found locally through your region's ski and toboggan administrator (check with your patrol director or an S&T staff person for the contact information). Check out the Eastern Division Calendar for the dates and contacts for the division-sponsored events.

PATROLLERS NO LONGER WITH US

At the Eastern Division Spring Officers' Meeting in April, each region announced the names of patrollers who had passed away.

EPA

Doug Edwards Lapland Lakes
Terry Winokour Spring Mtn
Daniel Hertz Big Boulder/Alpine Mtn

SNY

Jim Trebilcock Holiday Mtn

NJ

Rocque Dameo National #5167/Alumni

NVT

Ken LaPlante, Jr. Smugglers' Notch
Lloyd Edwards Bolton Valley

CNY

Don Hyde Labrador
Stan Selwach Song Mtn
Richard Ryczek Song Mtn

GV

Brian Walsh Bristol Mtn

CT

Jane Ann Pease Ski Sundown
Dick Gardiner Ski Sundown
Bill Pease Ski Sundown
Frank McNamara Mohawk Mtn
Cynthia Griggs Ski Sundown
Alan Fisch Pahquioque

WAPP

Fran Strane Seven Springs

EMARI

Richard Marra Nashoba Valley
James Felton Nashoba Valley
Thomas Smith Wachusett Mtn
Robert Awad Wachusett Mtn

WMA

Al Walker Mt. Tom

NH

Al Pels Ragged Mtn
Michael Alafat Whaleback Mtn
Steve McKenna Highlands

WNY

Bob Murray Holiday Valley
Robert Yerge Holiday Valley
Margaret Lathrop Holimont
Gerald Hilger Holimont
Virginia Bristol Glenwood Acres
George Walsh Glenwood Acres

MISSING Memorial Fund Plaques

by Dave Nelson, Advisor

At the 1976 Eastern Division Spring Officers' Meeting held in Saratoga Springs, NY, the Eastern Division's Memorial/Scholarship Program was created. The purpose of the Memorial Fund shall be to invest all monies contributed in memory of the deceased and that these monies be available to any registered member of the Eastern Division to advance their education. The 1976 officers of the Eastern Division do hereby authorize to create a plaque to record the names of individuals for whom monies have been donated commencing with the 1976-77 ski season.

When I took over this program, there was a rumor in the Division that the first memorial plaque was missing. After asking around our many patrols to see if anyone had seen the missing plaque, no one had any knowledge of the missing plaque. We believed that this was only a rumor.

This past season I came across some old files from my first patrol. This patrol (Craigmour, NJ) had made some donations and these names were not on the first plaque that was handed to me when I took over the program. I continued my research and I found that there is a plaque missing. The first plaque was donated to the Eastern Division by Phil Dibble, former RD of the Connecticut Region and Joe Mosa, CT Capital Section Chief and presented to Bruce Holliday, Board of Trustees Chair. A rough copy of this presentation was also found showing that the plaque had 12 nameplates. I believe that there is more than one Memorial Plaque missing because I found that there are at least 34 names missing from the original plaques. What is very interesting is that the EMARI Region sent in a donation in the name of Roger Langley National Appointment Number #1. These names will be added to our website under the Memorial/Scholarship link.

Patrol Directors please check around your ski areas to see if any of the missing plaques are there.

At the Spring Officers' Meeting I spoke to our webmaster, Bill Gamble, and we are going to make it easier to view the Memorial Plaques and will be adding a list of all of the recipients of the Eastern Division Scholarships.

This past season we added 23 names to the fifth Memorial Plaque. Please consider donating to the Memorial/Scholarship Fund in the names of your past Patrollers or Friends of Patrolling. Their names will be engraved on the Memorial Plaques for remembrance. They are displayed at the Eastern Division Officers' Meeting and are also displayed on the Division's web page for all to remember our fallen heroes.

Doug Turner Peek 'n Peak
Randy Peterson Peek 'n Peak
Ty Schurman Peek 'n Peak
George Bliss Denton Hill

ENY

Dr. John Waldo Catamount
Carmany Heilman Catamount
Jack Cridland Royal Mtn

CERTIFIED

Rudi Harbauer #21 Windham
Ira Pike #38 Killington