

Official Publication of the Eastern Division of the National Ski Patrol



## Division Director's REPORT

by John Kane, Division Director

The Eastern Division is poised for great things this year. One major change is the way we will be doing registrations for all Eastern Division programs. Orest Ohar, from the New Hampshire Region, is working with Program Supervisors to establish online registration. So far we have beta-tested online registration with the OET Program with great success. We have also introduced online registration for all division meetings going forward. You will soon experience this when participating in a Senior, Avalanche, MTR, Enhancement, or other Eastern Division registered programs. Thanks again to the Communications Committee, Treasurer Hugh Blocker, and, again, Orest Ohar for his untiring effort getting this off the ground.

Since adopting the National Bike Patrol as a stand-alone patrol we have registered a lot of new patrols. This has given bike-only patrols their own environment to grow as they need. We still have ski patrols doing bike patrolling at the typical season-round resorts. All other off-snow events continue to grow in numbers and the NSP continues to be proactive in adjusting to the needs of our customers.

During the summer we had our 10th Annual Certified Boot Camp at HurriKane Cove in Harrison, ME. This year we had 108 patrollers, families, and friends in attendance to support Certified candidates currently in the program, those interested in participating in the Certified program, and others just simply taking it all in. Many of our patrollers have heard about the plane crash/MCI or have seen it on the NSPEAST website. It included eight firefighters from Harrison, Maine; Central EMS; State Police; and much more. Everyone experienced a "real-feel" event. It was another eye-opening experience for the participants and even some of the support staff.

Every year we challenge and train for what will be needed at the exam. All Certified modules are represented at this

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event (see Certified Program at [www.nspeast.org](http://www.nspeast.org)). This particular venue takes liberties with an MCI event that rival the best of the worst events possible. Keep in mind that all events are based on real events. Again, Scott Crofts and Jennifer Laitala made it all happen with the help of special guest/expert Ed McNamara. Special thanks to all of our Certified members/instructors for taking the time for our members.

Another off-season event is the Advanced Patroller School hosted by Jeff Baker and his New York and Pennsylvania contingent. You need to be thinking about all of the tools in your "toolbox" versus just focusing on one event. At this event, no one is an examiner or evaluator. Everyone works for the common goal. A different look and experience by all reports and this event is growing every year. Patrollers were required to complete the new ICS 100 course before attending and participating.

ICS 100 will be required of all patrollers by December of 2019. To obtain the ICS 100 course materials or take the course online go to <http://www.training.fema.gov/EMIWeb/IS/is100.asp>

ICS 100 is federally-mandated and is required of all federal, state, territorial, tribal, private sector, and non-governmental personnel at the following levels of responsibility in emergency management operations: first-line supervisor (Sergeant/Lieutenant), mid-level management (Captain/Shift Commander), command (Battalion Chief/Division Chief/District Commander/PIO), and general staff (Operations/Planning/Logistics/Finance-Admin). The NSP falls into this category. We are encouraging all patrols and program supervisors to find ways to include ICS training with other training platforms as early and often as possible. It makes sense for this to happen at OEC courses, Patroller Schools, Avalanche, and MTR courses.

If we can do a little at a time it will be easier on patrols not having to do this by December of next year. It is a self-paced course done by individual patrollers. Any instructor can reg-

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ister a course and post patrollers who can demonstrate their certificate of completion. Any new candidate must complete ICS 100 prior to becoming a patroller. Please consult your patrol director, region, or division leadership with any questions.

We are busy marketing the NSP in other ways with other organizations. "Meet a Member of the National Ski Patrol," hosted by Mark Clem, is on its third year. He has logged nearly 100 interviews around the Eastern Division during all seasons and at many different events. It is great to see the raw enthusiasm of our members. Please take a look and invite Mark to your area for an interview. It's a lot of FUN and informative at the same time. We try to feature stories about ordinary patrollers doing extraordinary things. There are many patrollers that could easily fit into a storyline. Please help us to highlight these patrollers and what they are doing to promote "Safety and Service." We're always looking for great stories about events you have been to, key information that all patrollers would benefit from, and other valued communications of interest.

With the help of the NSP Subarus around the division, we have attended many events logging 45,000 miles. We have supported off-season events with the American Lung Association as Safety and Gear (SAG) vehicles in New Hampshire and Maine. The Boston Ski & Ride Expo was fantabulous this year. Bernie Vallee and his set up crew did another phenomenal job with the NSP booth. The centerpiece was the NSP Subaru with the banners in the background. Special thanks to Seaport Event Coordinator Kirk Sweeny for positioning our booth in one of the busiest traffic lanes at the event. I had the opportunity to serve on the Thursday night shift with patrollers from

the EMARI, NH, and ME Regions. We had a lot of traffic come by the booth where we got to talk about what we do, answer some of the "Safety in Service" questions, and hand out NSP swag.

I want to thank all the patrollers who voted in this year's election. We are hoping that everyone had an opportunity to vote. If you noticed, the Eastern Division had only one candidate this year. There is good and not so good news here. First, we are thankful for Bob Scarlett who wanted to run for the National Board. The good news is that we introduced other great people equally qualified to serve, and they had an 80% chance of being successful. The not so good news is that we had four seats available with only five candidates running.

Why don't we have more of our great people interested? We need to create interest from our members to run for the board. How do we do that? You, people you know, and people they know, know someone who wants to do good work for the benefit of us all. This division has a lot of talented, hard-working, deeply committed, and thoughtful members ready to serve if we just help them to realize it. If you know who these people are please reach out to them today for next year's opportunity. For those from our division, and those from other divisions, we couldn't possibly do this without our election team coordinator, Tim Appleton. Simply put...he is the man!

Please let us know so we can help celebrate great events happening all over the east. As always THANK YOU for all you do! I look forward to getting around to a lot of events this year and hope to ski with many of you. Drop me a line to let me know what event you might be at and I will do my best to be there. In the meantime, I wish you the very best skiing and riding this season. Happy holidays! Be SAFE in all that you do.

**ICS 100 will be required of all patrollers by December of 2019.**  
To obtain the ICS-100 course materials or take the course online go to  
<http://www.training.fema.gov/EMIWeb/IS/is100.asp>



NANCY MAYBERRY

## Meet Your New Division Administrator by John Kane, Division Director

A search committee for the Eastern Division Administrator's position was created to find Donna McGraw's replacement when she retires in the spring of 2020. The committee, led by New Hampshire Region Director Paul Kelly did a thorough search division-wide to find the most qualified person for the job. Eight candidates applied for this important job. After a three-month process, the committee settled on three candidates who went for another round of interviews. All three candidates were qualified and could have done an outstanding job. However, we could only choose one. The winner is Nancy Mayberry from Camelback Mountain in the Eastern Pennsylvania Region.

Nancy is excited about the opportunity and has already been working with Donna for a deliberately long transition of the duties of Eastern Division Administrator. As many of you know, Donna has been our Administrator since 1982. Nancy will have the opportunity to learn and embrace the success Donna has acquired during these past 38 years. Think about that, Donna has been managing this job for nearly half the existence of the NSP! This is why we decided that the transition should be slow and steady. Nancy will have the opportunity to immerse herself gradually into the position for a successful and seamless transition.

Please help me welcome Nancy Mayberry to the Eastern Division team!

# Eastern Division and Social Media

By John Laitala, Web Admin

The Eastern Division is on Facebook! We are on Instagram, and Twitter, too. Social Media is a big part of everyone's lives today. We can't live without it!

The Eastern Division wants to increase its online presence. But we cannot do it without you. The next time you snap a #selfie with your patrol family, or when you're taking part at an OEC refresher, don't just post it—share it. Your stories and pictures want to be seen by the rest of your division patrollers. Remember the Eastern Division spans from the tip of Maine to the far edge of Pennsylvania, and as far south as Delaware.

If this does not work for you, you can always send your pictures and stories over to me and I will post them to the #EastDiv profiles.

Also, anyone who visits the Eastern Division Facebook page can post directly to it. So while you're updating your own FB page, add your patrol updates to the ED FB page as well (@NSP.East).

So this winter, be sure to tag and share your fun. Some popular tags to use: #EasternDivision #NSPEast #EastDiv. The more we all use together the larger our footprint will become.

Friendly reminder, the Eastern Division's social media profiles, as well as its websites and email addresses are:

- Facebook: @NSP.East
  - Twitter: @East\_SkiPatrol
  - Instagram: @nsp.east
  - Website: [www.nspeast.org](http://www.nspeast.org)
  - Email: [nsp.eastdiv.web@gmail.com](mailto:nsp.eastdiv.web@gmail.com)
- #ThankYou

## TRAIL SWEEP

*A publication of Eastern Division, published twice per year.*

CHARTERED BY CONGRESS

### 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.*

John Kane/Eastern Division Director

Laura Tucker/Editor

Jim Freeman & Barb DeMarco/Production

Editorial Office

23 Narragansett Ave., Pittsfield, MA 01201

860-908-7052 e-mail: [trailswEEP@yahoo.com](mailto:trailswEEP@yahoo.com)

## NJ REGION It's Not Always About Skiing



A recruiting table at the New Jersey Ski Council Expo held on October 26. Working the event were (l-r) John Rovetto, Stokes SP; Roger Copt, Delaware Valley Ski Patrol (DVSP); Hans Karlsen, High Point SP; Joe Manna, DVSP and NJ RD; and Stu Gillard, DVSP and NJ Region recruiter.



New Jersey Region helps out at the Turkey Trot, a 5K Run in Lambertville, NJ. (l-r) Joe Manna, Delaware Valley SP and NJ RD; Diane Ullmer, DVSP; Rich Messina, Camelback SP PD; Jim Paradee, DVSP; and Val Smith, DVSP.

# 2018 Boston SKI & RIDE EXPO

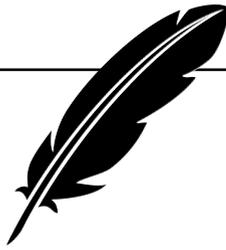
The Boston Ski & Ride Expo was fantabulous this year. Bernie Vallee and his set-up crew did another phenomenal job in making the NSP booth one of the most visited on the floor. As in past years, the centerpiece of the NSP Subaru with NSP banners in the background created the draw for potentially new NSP members. Special thanks to event coordinator Kirk Sweeny, Seaport Event Coordinator, for positioning our booth in high-traffic lanes at the event.

I had the opportunity to serve on the Friday night shift with patrollers from the EMARI, NH, and ME Regions. We had a lot of interested skiers/riders and bikers come by the booth where we got to talk about what we do, answer some of the “Safety in Service” questions, and hand out some NSP swag! It is really cool to interface with our skiing and riding public. We had a lot of young adults interested in joining the NSP at resorts all over the Eastern Division. Great turn out!



A lot of representation from our National, Region and local leadership at the 2018 Boston Ski Show. L to R: Bill Zall, Wayne Arsenault, John Kane, Rick Knight, Skip Mudge, Steve Lanier, Julia Simonds

## REMINDE**RS** from Our Historian by John Beach



50-year Affiliation Signs are still available for patrols that have been affiliated with NSP for 50 years or more. The custom-made, metal sign can be easily posted at your ski area to announce your patrol’s milestone. The sign displays your mountain’s name and the year the patrol started with NSP. The full cost of the sign is \$150, but once purchased, Eastern Division will reimburse the patrol \$50 towards the cost. Some regions are even willing to make a contribution to help defray the patrol’s purchase price. A picture of a sign and the order form are on the National website ([www.nsp.org/NSPMember/For\\_Members/Forms\\_and\\_Documents/Awards.aspx](http://www.nsp.org/NSPMember/For_Members/Forms_and_Documents/Awards.aspx)). Contact me if I can be of any assistance with this.

On a similar note, Eastern Division 50-year Service Pins continue to be available. These pins are unique to the Eastern Division and can be presented to any patroller with 50 years of unbroken service, including alumni years, to the NSP. A pin must be requested by a Region Director or Region Awards Advisor by completing the form which can be found under the Awards section of the division website. The request should be sent to me, John Beach, or the Division Awards Advisor, Eva Kunkel.

We request that the recipient complete a two-page questionnaire noting some of his/her patrol history as well as answering some fun questions regarding equipment and

memories. The form is returned to Eva or me, as we are keeping a log of their stories. This award has only been in existence for two years and we have proudly presented over 100 of them!

Every year, usually in the summer months, the U.S. Army celebrates its affiliation with NSP. This year I was, again, fortunate to attend the 10th Mountain Memorial Service at Whiteface Mountain, New York, on July 27. This annual event includes approximately 250 Army personnel, a full Color Guard, 10th Mountain Veterans, and invited officials. Every member of this division is taught the rich history of the connection between them and the NSP. If I dare say, they know it better than most of us!

The keynote speaker always points out how important the National Ski Patrol and Minnie Dole were in helping form the 10th Mountain Division during WWII. This year’s keynote speaker was Brigadier General Patrick J. Donahoe, Deputy Commanding General of the 10th Mountain Division, Fort Drum, New York.

At the end of the ceremony, a lunch is served in the Whiteface Lodge, giving guests and Army personnel a chance to mingle. I was fortunate to, again, have the opportunity to attend this year’s impressive ceremony with some fellow Gore and Whiteface patrollers. The event is open to us all and certainly something to see! With only a two-week notice about the date of the ceremony it can make it a little difficult to plan to attend, but I will do my best to inform you all when the date is decided upon.

In closing, keep in mind the 10th Mountain’s motto, “Climb to Glory.”

# Gathering of



by Stan White, CVSP Director & Mike Mullens, CVSP Assistant Director

On February 1, 2019, Canaan Valley Ski Patrol will host another group of wounded warriors with the Gathering of Mountain Eagles (GME) charity organization. Woody Aurentz of Greenville, South Carolina, started this group in 2008. Woody's young daughter was in a tragic bus accident in 1988. She needed and received great help from Woody's Army buddies. Because these soldiers provided life-saving and moral support to Woody and his family he felt that he should return the favor.

Since 2008 the GME has provided free of charge at least five adventure trips per year for military veterans who have combat wounds, injuries, or serious illnesses such as cancer and PTSD. They also include spouses as they are extremely important in the warriors' recovery. Their first ski trip to Canaan Valley Resort in Davis, West Virginia, was in February 2009. Since that first challenging event, the GME has provided free trips to 611 military men, women, and their spouses.

I first met Woody and his wounded warriors on the slopes in 2010. As a patroller, I was checking trails and noticed a group of men and women learning to ski and ride. Some of these warriors were assisted by a local group called Challenged Athletes of West Virginia (CAWV). I asked Woody about his group and how I could help. As a Gold Star Father of two sons who died in the service of our country, I have a special bond with wounded warriors. The members of my patrol eagerly volunteered to teach these military heroes how to ski and ride.

The next year, patrol family members and friends joined in to be instructors for the day. We started with a group of about 15 warriors and about five or six patrollers plus the instructors from CAWV. We had about one instructor for every two warriors. This number has grown and we now have approximately 50 instructors for 25 or 30 warriors. National Ski Patrol Board member Jay Zedak; Eastern Division Director John Kane, and Western Appalachian Region Director Bill Smith have been instructors for this event.

The visit of the GME is definitely the highlight of our ski season at Canaan Valley Resort.

For more information about the GME go to their website at [www.mountaineagles.org](http://www.mountaineagles.org), email [GME.Woody@gmail.com](mailto:GME.Woody@gmail.com), or contact Stan White at 304-542-0945 or Harold White at [harold.white@frontier.com](mailto:harold.white@frontier.com).



Navy veteran William White



Ride down the mountain with the patrol.



Gathering of Mountain Eagles and Canaan Valley Ski Patrol members.



Double  
Duty

## at the Hartford Marathon

Peter Hawley of the Butternut Ski Patrol in Great Barrington, Massachusetts runs marathons...lots of marathons. He ran his best time ever in the first edition of the 26.2-mile Hartford Marathon in 1994 and ended up cleaning up the course-afterward.

Peter knew there was going to be a marathon in Hartford, Connecticut in October of 1994, and he wanted to help, but he wasn't sure if he should be a volunteer or run. He ended up doing both. He talked to one of the people on the race committee and they said they needed runners. He needed a race to qualify for the Boston Marathon, something he was trying to do every year, so he agreed to run the race.

Not only did Hawley qualify, he ran the race in 3 hours, 21 minutes, his best time on the course. Then, because he knew nobody liked to stay after races to help clean up, he drove out onto the course and picked up the signs and took them home.

He had to qualify for the 100th Boston Marathon the next year, so he ran it again. He ran it again in 1996. Then he had run three, so he thought, "Oh no, I guess I have to keep doing this, so I have."

## New Member **BENEFIT** —PSIA/ED Partnership

We have established a new partnership for Eastern Division NSP members allowing participation in PSIA-East events for the 2018-19 season. This past summer the PSIA-E Board of Directors voted to allow NSP members to sign up for the majority of PSIA/AASI instructional events without an additional PSIA membership! This is an awesome opportunity to refine your personal skiing or riding skills and receive instruction from the best in the business.

Looking to improve your knowledge of skiing or teaching? Preparing to become an OET instructor or TE? Want to ramp up your bump skiing or get prepped for the Certified exam in the steeps and trees? This program is for you! Events of all types are located at resorts throughout the division. Event details are on the PSIA website and fees include lift tickets! In addition to course fees, NSP members will be responsible for a \$25 dollar registration fee.

### *How will it work?*

NSP members will qualify for various levels of PSIA courses similar to the way courses are open to PSIA members based on their experience and skill level. Most clinics offer multiple levels at the same event. If a patroller needs to be moved up to another level the instructors can make adjustments as needed.

### *How do I register?*

Registration for the events fills quickly. NSP members can view the entire schedule here <https://www.psia-e.org/download/ev/EventSchedule.pdf>. Choose the course you want to attend and call the PSIA East Office at 581-452-6095 to register.

We ask that all members recognize the significant benefit of attending PSIA events as guests and represent us well. If this pilot program succeeds we hope to expand the program in future years.

As the race grew, Hawley, the longtime president of the Hartford Track Club, who is a member of the race committee, helped more and more.

"Pretty soon I was helping before the race. The job got bigger and bigger every year. The first year, the one pickup was enough to pick up all the signs. Then we'd rent trucks. I was driving the truck for a while. They let me drive while someone else who didn't run would jump in and out of the truck."

This year was the 25th running of the Hartford Marathon. He has run 44 marathons – 24 of them in Hartford.

Peter, the son of a patroller, joined the patrol in 1981. He has completed Level 1 Avalanche and a Mountain Travel and Rescue Enhancement Seminar. An active OEC instructor since 1990, he is a trainer for lift evacuation and self-evacuation.

# CNY Region Nordic/Backcountry Patroller Renders Care to Endangered Hikers

by Rob Winter, CNY Nordic Advisor

Highland Forest Nordic Patroller Seth Stucker was hiking in the Adirondack High Peaks on July 19 when he encountered two young men on the ascent to Mount Colden. The pair of college students had ascended, along with Seth, from the Colden Lake side. They were moving at a slightly faster pace and summited just ahead of Seth.

He saw them again as they began their descent. He had stopped for a breather and was chatting with the pair. He noted the time of 1730, that they had no equipment, and were wearing only shorts, t-shirts, and sneakers. They mentioned they were low on water, had no food, and it had taken them 5-6 hours to summit, much longer than anticipated.

They asked about a faster route to return to the Adirondack Loj. Seth asked to see their map and they reported they had no map or compass. Additionally, they had no light source(s). Seth suggested they avoid Avalanche Pass and they continued down.

Shortly after summiting, Seth felt that he should make contact with the pair due to their lack of preparedness. He caught up to them, asked to join them and they began descending together.

At a river crossing, he provided them with filtered water and a flashlight as they were losing light.

They continued on and at about 2030 hours one of the young men began complaining of the cold and his teeth were chattering very badly. Seth suggested they stop and bivouac for the night due to what he recognized as the onset of hypothermia and the growing darkness.

Seth provided the pair with shelter, extra warm layers, and food. He built a warming fire. They fell asleep around 2330, only to be awakened by a black bear entering their camp around 0030. The bear did back away and the two students slept while Seth awoke every 30 minutes or so to stoke the fire. They broke camp at about 0500, left no trace of the bivouac, and began the hike out to the Loj, arriving around 0800.

Highland APD Rob Winter noted a public "thank you" letter in a local newspaper in August to the "Good Samaritan named Seth" who helped his grandson and companion off the mountain safely. Details in the letter led Rob to suspect Seth as the good Samaritan, and inquiries with Seth confirmed this. The letter is printed at right.

Seth, who is an active duty USAF member and medic, credited both his military and Nordic/backcountry (MTR and OEC) skills for providing him with the skillset to recognize, treat, shelter and escort the pair to safety.



Seth Stucker

*The following letter was published in August 2018, in the Adirondack Express, a weekly newspaper published in Old Forge, New York.*

## A THANK YOU, PILED MOUNTAIN HIGH

This letter is intended as a huge thank you to "someone named Seth" who presumably lives in the Old Forge area. I have been told that Seth is an Air Force Field Medic, and is 30-something years old.

My grandson Michael and a friend were hiking in the Adirondacks on July 19. Michael and his friend became lost during the afternoon and were wandering aimlessly, ill-equipped to survive an overnight Adirondack stay when they encountered Seth. Seth saved them by lighting a fire for them and providing some items of clothing to protect them against the cold Adirondack night. The fire also helped protect them from a black bear growling about eight feet away and exhibiting decidedly bad intentions.

Thanks to Seth, my grandson and his friend were led out of the woods the following morning. Michael was able to celebrate his 20th birthday three days later. I will be forever indebted to Seth for his life-saving efforts.

If you recognize Seth from my less than adequate description, please let him know about this thank you note from a very grateful grandfather. And, yes, I have tears in my eyes as I write this.

*Joseph M. Belmont  
Frankfort, New York*

*Rob Winter, Highland Forest Nordic Ski Patrol APD responded to Mr. Belmont with the following:*

To Mr. Joseph M. Belmont and his family:

I'm writing with regard to your op-ed letter appearing in the *Adirondack Express* August 21-27, 2018 edition entitled: "A THANK YOU, PILED MOUNTAIN HIGH."

My name is Rob Winter. I am the Assistant Patrol Director for the Highland Forest Nordic Ski Patrol, Fabius, New York.

At the end of August, while in the Old Forge area for a family wedding, I had occasion to read the *Express*. I noted your letter and immediately suspected it was one of our ski patrollers, Seth Stucker. Seth is also an active duty U.S. Air Force Master Sergeant currently serving as First Sergeant of the 274th Air Support Operations Squadron (ASOS) Syracuse, New York. He is a medic.

I contacted our patrol director and we confirmed with Seth it was he who helped your grandson Michael and his friend on July 19-20 to shelter, manage exposure, and safely extricate from Mt. Colden to the Adirondack Loj the following morning.

I would be remiss if I did not stress here the importance of trip planning and proper preparedness before venturing out. This account, while a very happy ending, could certainly have taken a different course. Your letter reflects that.

We are extremely proud of Seth's actions, but not surprised. Seth never mentioned a word to us until I inquired of him. While I cannot speak to his military training, I can say with certainty he upholds the finest traditions and mission of the National Ski Patrol, "To help keep people safe on the mountain and during other outdoor activities."

You may be pleased to know we have nominated him for National Ski Patrol recognition and intend to notify his commander.

On behalf of Seth, best wishes to you and your family.

*Respectfully,  
R.B. Winter*

## • EXTRAORDINARY COURAGE •

I was so moved by this story I needed to share it with patrollers in the Eastern Division. Please join me in supporting Allison Sarver of the Spring Mountain Ski Patrol. She truly is an amazing person and I look forward to seeing her on the slopes again!

Sharon Friedel  
EPA Region Director



Allison Sarver

I would like to introduce myself and thank you, in advance, for taking the time to read my message. My name is Eileen Sarver, and my daughter Allison Sarver is a volunteer member with the Spring Mountain Ski Patrol. Allison has been fighting a rare illness for the last 6+ years and now requires an intestinal/pancreas/stomach transplant.

My reason for writing to you is to share Allison's amazing spirit of optimism, determination, faith, hope, joy, adventure, love for life, AND her love of being a ski patroller. When I say this activity is the love of her life, I say that with the utmost of sincerity. She is often heard telling others that this is what she lives for!

During these last few years of Allison's illness, she has managed to not only escalate her ski patrol skills and accreditations but also report to her shifts on the mountain with sheer determination and purpose. This activity brought not only immense joy and satisfaction, but it brought life to her spirit. It was better than any medicine a doctor could prescribe.

She has met and made friends with the most amazing of people through the NSP, and they have been a true gift to her. They would tell you it is vice-versa.

We find ourselves being called to share her story and raise awareness of this disease as there are many out there suffering in the same way. To give hope where there is none is a precious obligation and responsibility.

I am sharing a link (<https://www.gofundme.com/journey-for-a-miracle>) which will take you to a message written by Allison and the most current information about her condition. I do hope you will take the time to read it, get to know a bit about her – one of your patrollers – and perhaps find inspiration as well.

If you have access to share this story within your organization and possibly have fellow patrollers rally behind her during this most challenging of times, I would be most grateful. And, of course, perhaps just maybe someone who needs to hear this story, someone who may be suffering in the same way, can be helped by the sharing of her journey.

She is saddened that she will not be able to ski this upcoming winter, but the anticipation of doing so once again during the winter of 2019/2020 is sustaining her and giving her the stamina to endure the transplant and its recovery.

Thank you, once again, for taking the time to read my message.

*Here is the latest update on Allison's progress:*

As I write this, Allison is recuperating from two transplants. The first transplant took place on August 9th, but within a few short hours, she suffered severe complications which necessitated the removal of the organs. She received her second transplant, which now also included a liver, on August 19th.

Recovery has been especially difficult because of the two back-to-back transplants, but she is strong and determined. I am sitting in her hospital room looking at some beautiful pictures her fellow ski patrollers mailed her to boost her spirits and motivate her. She has been most blessed by these wonderful people!

She is, indeed, a true inspiration and a hero to many. She feels honored that perhaps her story might inspire others in their struggles and give them strength where most needed.

Eileen Sarver  
Fairless Hills, PA



# AVALANCHE NEWS

by Chuck Boyd, Supervisor

Snow has been falling in the Eastern Division and most ski areas have opened. Wolf Creek Ski Area in southern Colorado was the first ski area to open in the USA this season after a 30-inch snowfall in mid-October. It's time to start thinking about avalanches.

Ski and backcountry areas that have regular avalanches will document their snowpacks beginning with the first significant snowfall. If you are a skier who travels or lives in these places, it's time to start following the avalanche bulletins published daily by their avalanche forecast centers. If you go to [www.avalanche.org](http://www.avalanche.org) (the website for the American Avalanche Association) you can find where all the forecast centers are located around the world, click on them, and find their avalanche forecasts. I recommend finding areas that you would like to go to and have these bulletins emailed to you so that you will understand the conditions if you are planning a ski trip there this winter. This is some of the required homework for the L2 Avalanche course.

The AMN continuing education event was a huge success. Over 65 instructors from around the Eastern and Southern Divisions attended, exceeding the predicted enrollment. Great weather and camping allowed for camaraderie and the sharing of new ideas. The Eastern Snow and Avalanche Avalanche Workshop was held on November 3 in Freyburg, Maine. Guest speakers from around the country spoke on the latest developments in snow science and avalanche education. There was also a vendor booth section where some of the latest new ski and avalanche safety equipment was on display. This is the premier avalanche education seminar held here on the east coast. Hopefully, many of you made it there. Remember, as an avalanche instructor, you are required to attend one continuing education event every three years to maintain your instructor status.

The National Education Committee is in the process of reviewing two new avalanche courses to be offered by the NSP. The first will be a stand-alone, eight-hour companion rescue course. This course will help students who have already taken avalanche courses and would like to refresh their skills, as well as SAR teams who have taken a Level 1 course. The second course will be a senior elective, designed for patrollers who live in non-avalanche terrain and are looking for a course. Unlike the L1 Mod 1 classroom course which allows you to move forward to complete a

full L1 course, this course is for the senior elective only.

This winter we will again attempt to hold a Level 2 Avalanche course at Whiteface Mountain, New York. The tentative dates for this event are March 7-10, 2019. We will start the course at the Atmospheric Science & Research Center in Wilmington with some keynote speakers, then travel to both sides of Whiteface Mountain investigating and documenting snow conditions. Bob Vocke, one of Eastern Division's renowned avalanche educators, and the recipient of the Eastern Division's Avalanche Scholarship will speak to us about his experiences at the 2018 International Snow Science Workshop (ISSW) which was held in Innsbruck, Austria.

Sunday will be a full-on mock organized rescue exercise using all of Whiteface Mountain. Information about this course and registration along with possible discounted lodging will soon be available on the division's webpage. Anyone interested in taking this course will need the following prerequisites: completion a Level 1 Avalanche course within the last three years and certificates of completion for both the ICS 100 and 700 courses. They must be able to ski black diamond terrain at Whiteface.

On January 26-27 we will hold the field sessions of the Level 1 Avalanche course Modules 2 and 3 at Whiteface Mountain. Any student who has completed the L1 Mod 1 course within the last year is eligible to register for this course. A certificate of completion of the L1 Mod 1 course is required as well as proof of completion of the ICS 100 course. As with any avalanche course held at Whiteface, you must be able to ski their black diamond terrain.

We will be holding our annual Level 1 Avalanche courses at Smugglers' Notch, Vermont, February 1-3, 2019 and Mount Washington, New Hampshire, March 22-24, 2019. Watch the division calendar for the registration information. This year the registration for Level 1 and Level 2 Avalanche courses will be online, as well as the pre-course assignments.

We're all looking forward to a snowy and cold winter for the continued success of our program. I would like to thank all of the instructors and ITs for the hours of hard work they put in to help provide this program. We are always looking for new avalanche instructors, so reach out to your local Region Avalanche Advisor and get involved.



(l-r) Les Blomberg, Roger Damon, Chuck Boyd at the 2018 Level 1 Avalanche Course at Smugglers' Notch

# Instructor Trainers & Six-Pack Lessons

by James Miller, Instructor Development Supervisor

NSP has added a new online course called Instructor Trainer Guidelines. This short, self-paced course provides resources to Instructors, Instructor Trainers, Region Program Administrators, and Division Supervisors who are involved with, or wish to be involved with, the Instructor Trainer roles and responsibilities. Potential Instructor Trainers can return to this course at any time to review these materials. There is no need to enroll in a course on the NSP website before beginning this short course.

This brief PowerPoint program stresses the two main parts of being an Instructor Trainer:

- Understanding the job of the Instructor Trainer; and
- Understanding the Quality Management System of NSP.

It is crucial that the Instructor Trainers review and follow these guidelines.

NSP is an educational organization, NSP:

- Dictates the programs offered;
- Provides the instructor manuals;
- Provides the concluding objectives; and
- Provides the lesson guides.

NSP provides everything except the method instructors use to teach the lesson. Those methods are learned through the Instructor Development Program.

Another part taught in the Instructor Development Program is Six-Pack Lesson writing:

- Set;
- Concluding Objectives;
- Informational Delivery;
- Student Activities;
- Student Summary; and
- Monitoring and Evaluation.

The Six-Pack is the format all instructors need to use to be sure all aspects of the NSP lesson are met. This is NOT just for beginning instructors. Six-Pack Lessons need to be done by every NSP Instructor who is teaching an NSP lesson. There should be no exceptions. The Six-Pack Lesson reference guide can be found on the Eastern Division website under Programs/Instructor Development. This reference guide will assist you in writing your lessons.

This brings me back to the Instructor Trainer. The Quality Management System allows NSP:

- To build excellence, confidence, competence, and performance of our instructors;
- To establish accountability for instructional skills in our instructors;
- To hold instructors accountable to program standards; and
- To provide continuous improvement feedback.

Quality Control and Quality Assurance are the main parts of the Quality Management System. Quality Control defines the national standard for educational program delivery and ensures that the delivery of all NSP educational programs is

consistent across all venues. Quality Assurance establishes the auditing process necessary to ensure that NSP programs are being delivered at the level prescribed by the national standard. Quality Assurance involves monitoring and evaluating the delivery of NSP programs and services.

NSP expects our Instructor Trainers to do the Quality Assurance of our instructors. One part of Quality Assurance is for the Instructor Trainer to review the Six-Pack Lesson plan, before the instructor's evaluation.

Instructor observation with evaluation is part of the process for instructor recertification. Therefore, it is essential for the Instructor Trainer to ask the instructor to see their Six-Pack Lesson plan and instructors should be ready to provide one.

The new NSP Instructor Trainer Guidelines along with the Six-Pack reference guide helps our instructors meet the national standards of the National Ski Patrol, but only if they are utilized. The primary mission of the Instructor Development program is to help all our NSP instructors and Instructor Trainers become the best that they can.

## Form a Patrol Awards Committee!

by Eva Kunkle, Awards Advisor

When you think about the start of the season, OEC refreshers, snow, and skiing you usually are not thinking about NSP awards. However, while participating in your refresher, wouldn't it be nice to see fellow patrollers receive awards rather than listening to your PD drone on about how wonderful this ski season is going to be, how much snow is predicted to fall this winter, and the changes the resort is making to the mountain? Well, you can be the one to make that happen. It isn't difficult and it doesn't have to be time-consuming.

One way is to consider forming an Awards Committee at your patrol. Think about the people who know everyone. Every patrol has at least one of those people. Find out which patrollers like to write and are good at it. Ask those people to be part of your patrol's Awards Committee, part of the decision-making process. Schedule committee meetings once or twice a month during the season. Discuss who might be eligible for one of the many awards NSP has to offer. Become very familiar with Chapter 12, Awards Program, of the *NSP Policies and Procedures* manual and have committee members do the same. Once you become familiar with the different awards and the nomination process, it makes it easier to identify deserving patrollers.

Please remember that it's not a good idea to download and save blank NSP award nomination forms to your computer. Always go to the NSP member website and download the latest version. This will ensure that I won't get in trouble with the National Awards Coordinator!

As always, if you have any questions or need help with an award, please contact your Region Awards Adviser. They are all listed on the Eastern Division website under Programs/Awards.



by Erik Karlsen, MTR Instructor

Other than during retirement, when does one get an opportunity to take 143 days dedicated to traveling the entire United States? Never, unless you quit your job at 28 years of age and just go for it! I was fortunate to be able to travel across the United States and Canada while backpacking in 30 national parks. I've learned many useful skills through Mountain Travel and Rescue classes that increased my confidence that I was ready to tie knots, help with low angle rescue, or search for a missing skier while patrolling on the mountain. But, MTR skills never seemed to come in handy in the real world.

That is until I lost my tent poles the day prior to traveling backcountry in the mountains of British Columbia. All I had was a tarp and some knowledge of how to tie a couple of knots. Whenever I was in the backcountry I started all my campfires with flint and steel and had a compass and map with me everywhere I went. Practicing these skills routinely provided a "safety net" in case my first option failed.

This episode began when I arrived in Banff, British Columbia, Canada and went to the Wilderness Center to see what options I had for doing a backcountry tour. This became the routine upon arrival at all the parks I visited, and the ritual became second nature and typical of how every park visit unfolded. The routine worked well, and a helpful park ranger set me up with permits to hike backcountry for three nights and four days. That evening I was super stoked to have stitched together such an amazing trip even though most camping areas were booked since it was the height of the hiking season. To top it all off, the sun was shining, and the moose were plentiful. I drove to the trailhead where I planned to set off the next morning on my solo hike and I began to gather all my belongings to get an early start the next morning. Everything was coming together; I was listening to my favorite music while packing my Ten Essentials for my four-day tour. Life was good, and stress was non-existent...until I realized that my tent poles were missing.

That night I drove all over Banff and Jasper National Park, double backing on the places I had been in search of my tent poles. No poles were to be found. As the sun began to set I had to muster-up

"Plan B" because I wasn't about to give up on one of the best backpacking tours of my trip! I knew I had a tarp in the roof storage of my car and a cache of random cord that I used for emergency shelter building during MTR classes. This was not ideal, but it would get the job done! I took the tent out of my pack and replaced it with a tarp that I purchased weeks before at the local hardware store near home. I grabbed a handful of rope that I could use to tie up a shelter. Keep in mind, this was brown bear and mountain lion country, so I was a bit skeptical of this alternative. But, if I followed the "leave no trace" protocol, "maybe the bears wouldn't even know I was there" I reassured myself. The next morning, I did one last look through my car to see if I could find those dang poles; but no luck. Eventually, I set out on my way up into the peaks of British Columbia while conjuring thoughts of various shelter designs I recalled building in my MTR classes.

The hike up was nothing short of amazing (minus the bugs), with breathtaking views of lakes and wildlife. A huge 14-point bull elk was calling across the valley and a massive moose was grazing throughout the meadows in the alpine country. Night after night I persisted on building an emergency shelter with simply some rope and a tarp to protect myself from the weather. My MTR training and experience really kicked in and made the difference on this solo backpacking tour. Thankfully, I did not encounter any dangerous wildlife. I was also able to traverse the backcountry utilizing the navigation skills I learned. I have a passion for bushcraft and primitive camping, so MTR may have not been a "make it or break it" factor in this successful tour, but it definitely resulted in the seamless use of all my essential skills. Because of the knowledge and experience gained from MTR, when faced with a dilemma, I was able to adapt and overcome resulting in an epic backcountry tour.

I began my tour in New Jersey; traveled by car across the country to California. I worked my way north through the Sierras and the rainforests of Washington State. From there I crossed into Canada and headed east across British Columbia and Alberta. I looped south toward the U.S. Rocky Mountains and headed back east across the northern tier of the United States to New Jersey making it home just in time for the annual AMN meeting. I visited over 30 national parks, hiking and overnight camping in all of them while leaving no trace...except for those tent poles!

MTR Supervisor's Note: Take an MTR course and find your next adventure! Check the NSP East website or log into the NSP website and search the NSP Course Schedule for "Course Contains" "MTR" or "Mountain." Contact: Steve Devine, MTR Program Supervisor at [steve.devine@camfil.com](mailto:steve.devine@camfil.com) or 973-356-8897



# CERTIFIED



## is Growing and Changing

by John Wilson, Chair

I have received numerous calls from ski patrol members referencing the “Certified Program 50th Anniversary Event” article recently published in the *Ski Patrol Magazine*.

The most frequent question asked after reading the gracious two-page spread in the national magazine was “how can I get involved?” How can you, the patroller, get involved or how can the Certified patroller become more active at events? The answer is two-fold...Communication and Action by both the interested patroller and the Certified program.

### COMMUNICATION

Earlier in the month of November, I emailed out to all Certified patrollers a three-year roadmap outlining goals and objectives we need to accomplish to address recruitment, retention, and growth in the Certified program both on the division and national levels.

Objectives for the next three years:

- 2018-19 – Strengthen the structure and core of our program;
- 2019-20 – Expand the base through events and member recruitment; and
- 2020-21 – Research and development focus.

The Certified Program will be implementing calibration days. Certified calibrations are a one-day event that allows candidates and members to actively train together to explore and expand their skill sets in all disciplines. These will take place at the Patroller School events on the pretest days (Fridays) listed here and will give us the opportunity to train together before the annual examination in March. The S&T components will train at Sugarloaf and Killington. At McCauley, the OEC staff will meet and spend the day setting up scenarios and reviewing grading. Avalanche, Low Angle Rescue, Outdoor Risk Management, and Lift Evac will be covered as well. They will set up individual scenarios to practice and train each individual component in the morning, then coordinate a scenario in the afternoon combining all modules. **T**ogether we all learn, **E**veryone gains, and we all **A**chieve **M**ore—**T**EAM.

### ACTION STEPS

The Certified program is using the newly designed [www.patrollerschool.org](http://www.patrollerschool.org) website giving members the ability to register for and attend Certified calibrations days and Patroller School events in advance. This new venue for registration uses technology to our advantage to collect money, relay information on attendance, relay accommodation information, and

provide direct lists of attendees so instructor numbers can be refined weeks before the events. Register early and bring a friend.

The next action is to visit the division website and look up your region’s Certified program contact. We have recently updated our Region Certified Advisors list. These key contacts will have information and a positive attitude and will answer all questions about the Certified Program.

In closing, the Certified program is moving forward at a quicker and larger pace than ever before. We are striving to retain our current members and recruit new ones. The Certified calibration days combined with our annual exam make for a great upcoming season. Get involved, ask questions, register online, attend an event, and make time to witness the annual exam at Jay Peak this March. You will have fun, learn, and will grow your ski patrol family.

If you have questions, you can find me skiing at McCauley Mountain in Old Forge, New York or please call at 315-723-0929.

### CERTIFIED EVENTS

January 25	Sugarloaf	S&T – Pretest/Calibration Scott Crofts, 508-333-8880 sacrofts@statestreet.com
February 1	Killington	S&T – Pretest/Calibration Don Mills, 802-324-2068 go2dmills@gmail.com
February 8	McCauley	OEC, LAR, LE, ORM, AVY/Calibration Jon Wilson, 315-723-0929 jon@deliverypath.com
March 22-24	Jay Peak	Annual Exam & Meeting Jon Wilson, 315-723-0929 jon@deliverypath.com

### PSPA EVENTS

January 24	Sunday River	Pretest Bob Franz president@pspa.org
February 7	Killington	Pretest Bob Franz president@pspa.org
March 7-8	Cannon Mtn.	Annual Exam & Meeting Bob Franz president@pspa.org

# Green Eggs & Seminar

by Craig Larson, Young Adult Supervisor

“Do you like green eggs and ham?”  
“I do not like green eggs and ham.  
I do not like them Sam I am.  
I do not like them in a house.  
I do not like them with a mouse.  
I do not like them here or there.  
I do not like them anywhere.”

What a silly story. What a book; *Green Eggs and Ham* by Dr. Seuss.

My children are old enough to read. They are all old enough to read on their own and pick books that are appropriate for both age and ability yet *Green Eggs and Ham*, a book that all three of my children have read, still sits on the bookcase. Every once in a while this book gets pulled from its place, off the bottom shelf, and read. Read aloud. Read with feeling. Read with purpose. My kids would tell you they are reading each word on the page but they are not. They have heard and read the book so many times, it's memorized. It's become automatic.

I enjoy the show they put on while reading. I enjoy their silly voices. I enjoy their energy and their desire to convey the message.

If you have not read this book or it's been a long time since you have, now would be a good place to stop reading this article and read *Green Eggs and Ham* by Dr. Seuss.

This book is nothing but a silly story of one's attempt to convince another to try something; to try green eggs and ham. The refusal to try green eggs and ham is upfront and deliberate yet the attempts continue, all kinds of attempts to convince the other to try green eggs and ham. In the end, green eggs and ham are tried. Green eggs and ham are tried, eaten, and liked!

The effort of convincing one to try the unknown paid off.

The following paragraphs are testimonials of young adults who were timid or afraid to try the unknown.

“When someone says skiing, I probably think of something different than what the average person thinks of. I think of toboggans, OEC, Young Adult Seminars, and Friday nights closing the mountain. I started my first year with the Young Adult Program as a small 15 year old, kind of quiet, and overwhelmed with all the people, tasks, and skills I had to learn. Being with the other teens made me feel wanted and a lot more confident in my own abilities. I made a lot of connections with other teens and gained skills that I could take with me anywhere in life. If you know me, I am physically small and pretty shy. Ski Patrol and the Young Adult Program has taught me a lot of valuable lessons; how to take on big challenges, how to be a leader, and how to be more outgoing. Even though patrolling is a lot of work, I am grateful for the YAP program. —LP”

“I was a senior in high school when I went to the YAP seminar. To be honest, I didn't want to go. I had loved my time as a YAP; loved the regional event and had a lot of friends in the program. I didn't want to go because I was afraid I wouldn't place in the competition. Ultimately, I was afraid to fail. At the event, I ended up placing 2nd in OEC and 2nd Overall. I had been afraid to fail, so I was afraid to try. The ED YAP helped push me out of my comfort zone and learn to not be afraid to fail and try new things. Don't be afraid to try. —TE”

“As a fifteen-year-old girl, it can be hard to find yourself. Joining Ski Patrol as a young adult patroller is one of the best things I could have ever done. I learned so many skills that are applicable to many parts of my life and are used day in and out. Something I have been able to take away from this program is lifelong friendships. The friends I have made have so many similar and different interests as me, without this program I would never have had the opportunity to meet them. I am forever grateful for the experiences, skills, and friends I have gained. —AH ”

Each year young adult patrollers from around the division gather for a long weekend at the Eastern Division Young Adult Patroller Seminar. This will be the weekend to try something new.

Hopefully not green eggs and ham.

Join the Eastern Division Young Adult Program Staff and other young adults from Maine to West Virginia at Jiminy Peak, Hancock, Massachusetts, March 15-18, 2019.

If you have never attended an Eastern Division Young Adult Patroller Seminar; this is the year! Try something new. If you have been before, this is your year. Even if the seminar is automatic like reading *Green Eggs and Ham*, come. Come with energy. Come with enthusiasm. Come with your story.

Here's what you get by attending the Eastern Division Young Adult Seminar:

- Three nights of lodging (Friday, Saturday, Sunday)
- Breakfast on Saturday and Sunday
- Dinner on Friday, Saturday and Sunday
- Lift tickets
- Free skiing on Friday and Monday
- Hands-on skills training
- Patroller competition
- Relaxed stress-free enhancement track
- Mystery events
- FREE swag and so much more! All for \$375.00!

All registrations for this event will be done online at

[www.bit.ly/edyapseminar](http://www.bit.ly/edyapseminar)

More information for this event can be found on the Eastern Division webpage and on Eastern Division Young Adult social media outlets.

Don't be afraid. Try something new. I'll see you at Jiminy Peak.



# EASTERN DIVISION YAP SEMINAR 2019 MARCH 15 - 18

Online Registration  
Opens 1-1-19  
[bit.ly/edyapseminar](http://bit.ly/edyapseminar)



## Chasing the Dragon Management of Opioid Overdose

by Eric Silva, MD, Medical Advisor

While not the most common of presentations on the slopes, opioid overdose is a serious and potentially life-threatening condition. As patrollers become year-round providers for other events on the hill we may see more use and abuse. Fortunately, it is also an easily treatable problem. The key to the successful treatment of an opioid overdose begins with the patroller being able to recognize the condition. An understanding of the manifestations of opioid overdose allows us to provide the proper management for the patient in a timely fashion.

Opiates are extracted from the poppy plant (*Papaver somniferum*). They have been used recreationally and medicinally for thousands of years. The earliest references to opium, the original opiate, date back to 3400 BC. Opiates are part of the larger class of drugs, the opioids, which include additional synthetic and semi-synthetic drugs, as well. The basic problem is the same whether an opiate or opioid is the culprit. Opioid abuse is a worldwide problem and deaths from opioid overdose are numerous and increasing. Examples of opioids include heroin, oxycodone, hydrocodone, dilaudid, fentanyl, and meperidine.

Discussion of the pharmacology and pharmacokinetics of the various opiates is beyond the scope of this article. We should recognize that the most clinically important difference is a wide variation in serum half-life. This means some of these

drugs may be absorbed more quickly or last longer than others. This may depend on factors such as sustained release preparations or how the drug was taken. Some drugs are metabolized to other active substances, which prolongs the effects. This means we need to continue to assess our patients even after successful resuscitation to prevent a recurrence of symptoms.

Any history of opioid use or abuse the patroller can get from the patient, their friend or family, as well as at the scene will be useful during the patient assessment. The classic signs of opioid overdose include:

- **Decreased respiratory rate**—less than 12 may be as low as 0-4
- **Decreased mental status**—confusion, nodding, arousable or unresponsive
- **Decreased tidal volume**—shallow breathing
- **Pinpoint pupils**—constricted (miosis) reactive
- **Decreased bowel sounds**

Heart rate may be slow or normal; blood pressure can be normal or low. The hallmark of an opioid overdose is respiratory depression. If untreated, the patient may stop breathing. Cardiac arrest follows within minutes of respiratory arrest. We cannot forget the completion of

Cont'd on pg 15

our initial primary and secondary survey of the patient. Other significant considerations include hypothermia or trauma related to the overdose. It is also important to recognize that the overdose may be mixed with other substances, which may confuse the issue.

Treatment of a suspected opioid overdose begins with airway management. Proper airway positioning, suctioning, use of an oral or nasal airway as appropriate, and assisting with ventilations are the keys to a successful resuscitation. Use of a pulse oximeter measures oxygenation but not ventilation. If available to you by local mountain protocol, intranasal naloxone (Narcan) can reverse the effects of the opioid. While the use of naloxone can be very effective, not all patrols have this available to them.

Those airway skills that we practice every year during our refresher will keep the patient alive until we transfer them to EMS care. EMS crews and police will have naloxone available. It is a

very safe medication with a short half-life and should be used if available and opioid ingestion is a consideration. Positioning, nasal or oral airway, suctioning if indicated, and assisted ventilation with ambu bag or rescue mask are truly life-saving interventions.

Unfortunately, opioid abuse is an increasing problem in our society. It should not be a surprise for us to have a patient with an overdose at some time in our career. Successful management of the problem depends on prompt recognition of the condition. The most reliable and consistent finding in opioid overdose is significant respiratory depression. Treatments include proper airway management, ventilatory support, and naloxone if available on your hill. Naloxone is a safe and effective medication, which can reverse the effect of the opioid when suspected.

Basic airway management can and will save your patient's life, even if naloxone is not available to you. In the end, that is our goal.

Take Advantage of  
OET Training  
by Jim O'Connor, OET Supervisor

At the end of last season, my final ski days were June 1-3, 2018 where I met and taught at Mt. Hood with my counterparts of the Pacific Northwest, Far West, Central, Northern, Southern, and Intermountain Divisions at PNWD's annual Nuts and Bolts events. Among the topics the OET instructors addressed was exchanging methods for running sleds and sharing ideas on bringing training programs to patrol- lers to inspire interest in the Senior program.

The experience reminded me of how lucky we are here in the east to run not only one but up to six such events each season through our Patroller Schools. And our Senior evaluations don't happen once every two years, they happen 13-15 times every year in the regions of the Eastern Division.

The 2018-2019 season is well underway. The OET events are lined up for this winter and they have been posted on the Eastern Division calendar as well as the regional calendars. This season, registrations for Patroller Schools will be through the new Patroller Schools website at <https://www.patrollerschool.org/events/>. Please take advantage of the mountain experience and excellent instruction at these events. Many ski areas have multiple patrol- lers attending the events. It is a rewarding experience to

train with other patrol- lers on different terrain and gain new perspectives on the things we do every day on the mountain.

Patroller Schools offer skiing and riding events for all patrol- lers and are tailored to offer individuals what they need. The skill and experience of the instructors will build your confidence during an enjoyable time with fellow patrol- lers. You will capture ideas from patrol- lers in your group to bring back and build on for the rest of the season. Patroller Schools also offer training for the Senior and Certified programs, OET instructors, and OET trainer evaluators. Get together with some patrol- lers at your mountain and sign up today!

In other news, Eastern Division NSP is now teamed up with PSIA-E to offer courses previously only available to PSIA members. Patrol- lers can now contact PSIA-E and sign up for a vast array of courses offered in the East. These courses offer personal development and awareness, along with training to move to the next level. They cover all levels, all terrain, and all ways of getting downhill. This is a great opportunity to focus on your skiing and riding. See the PSIA article on Page 6 in this issue.

Last summer the records of more than 800 OET instructors in our division were reviewed and transferred to a new cloud database management system for access by regional advisors and division staff. Hundreds of corrections were made and submitted to national to update patrol- lers profiles. All OET instructors must check their profiles and pay attention to their expiration date. OET instructors need to recertify before the last day of the calendar year, 12/31/18 this year. If you are a toboggan instructor (now OET instructor) and your instructor status has expired or is about to expire, please contact your regional advisor about how to reinstate your instructor status.

OET instructors must maintain their instructor status by attending a Toboggan Trainers Workshop that incorporates OET Instructor Continuing Education every three years. This course is offered by your regions and at Patroller Schools. OET trainer evaluators must maintain their instructor status by attending Toboggan and Snowsports Trainer Workshops at Patroller Schools every three years that incorporate OET Instructor Continuing Education. Please review your profile and contact your regional advisor to maintain your instructor status.

# And the Answer IS

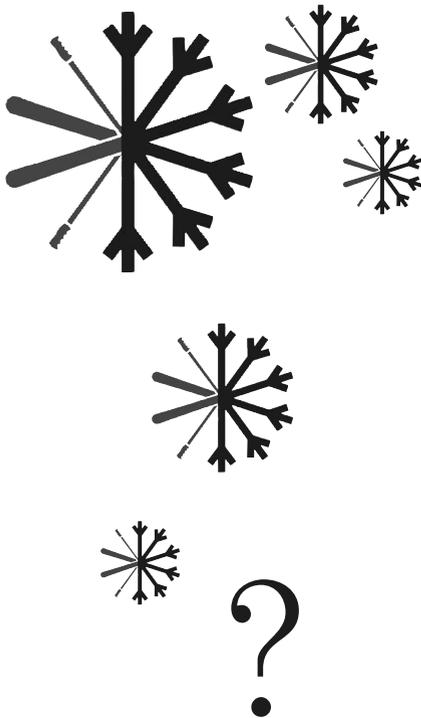


by Deb Foss, OEC Supervisor

The OEC Refreshers are completed, the weather finally seems to be cooperating...OK, it is as I write this, and, in most areas, we are already skiing! Welcome to another season!

The patrol representatives are busy completing their registrations, the OEC and OET on-hills are starting, and the OEC Module of the Senior Program, or the SOEC, is getting underway.

As I thought about what to write in this article, my thoughts kept taking me back to the most frequently asked questions that I receive. So here are just a few of them in Jeopardy format.



- The answer is...** If you log onto [www.nsp.org](http://www.nsp.org), sign in, and click on Member Resources/Education Forms you will find OEC Instructor Applications, Mentoring Forms, Observation Forms, Course Evaluations, and so much more.
- The question is...** *Where can I find the Instructor Application and mentoring forms?*
- The answer is...** If you log onto [www.nsp.org](http://www.nsp.org), sign in, and click on Member Resources/OEC you will find the past year's OEC refresher material. It will come in handy when you have to make up a refresher.
- The question is...** *Where can I find the OEC Refresher Workbook and study materials?*
- The answer is...** If you log onto [www.nsp.org](http://www.nsp.org), sign in, and click on Member Resources/Instructor Resources there are copies of all the e-newsletters that have been sent out so far. The information in these newsletters is great!
- The question is...** *Where can an instructor go to get new resource information?*
- The answer is...** If you log onto [www.nsp.org](http://www.nsp.org), sign in, and click on Member Resources/Instructor Resources you can find the OEC 5e Skill Guides, OEC 5e Activities, the OEC Test Bank, and many more useful documents and tools.
- The question is...** *What is the location where an OEC Instructor can find some of the support information that was in the old MyNSPkit?*
- The answer is...** MyNSPkit has gone away. If you need the OEC 5e PowerPoints you can log onto Pearson My Lab to get to the Instructor Resource Center. Contact me for details.
- The question is...** *What has happened to the MyNSPkit PowerPoints to teach OEC 5e?*
- The answer is...** The Spinal Motion Restriction Flow Chart available from your OEC Instructor.
- The question is...** *Is there a visual reminder of how to remember the Spinal Motion Restriction Protocol.*
- The answer is...** Physically you can, but you will get a note from National as you cannot serve as both the IOR and IT.
- The question is...** *Can I register a class as both the IOR and the IT?*
- The answer is...** There are going to be some really great OEC programs at Powderfall in April!
- The question is...** *Where can I go and have NSP fun and education at the same time?*

**Did you know...** That you can contact me with OEC questions via email at [debbief2@verizon.net](mailto:debbief2@verizon.net) or cell at 508-335-7991 and I would be more than happy to help you.

Have a great season!



Pictured from left to right: Rena Perkins, Region Director; Bill Stritzler, Smugglers' Owner and Managing Director; John Kane, Eastern Division Director; Dave Sills, Patrol Director (retired); Eli Moore, Patrol Director



Mary MacQueen

## National Outstanding Small Alpine Patrol

by Mike Chait, Smugglers' Notch PR Director

The Smugglers' Notch Ski Patrol received the National Ski Patrol's Outstanding Small Alpine Patrol award on a snowy afternoon at the Smugglers' Notch Base Lodge. The award, given annually, accounts for a long list of honors. Smugglers' patrol team graciously accepted the award after far exceeding the necessary criteria.

NSP's Outstanding Small Alpine Patrol award is presented to a patrol that demonstrates excellence in performance and leadership at the regional, divisional, and national levels. Individual accomplishments by the Smugglers' Patrol weighed heavy into the patrol receiving the award.

Presenting the award was John Kane, NSP Eastern Division Director, along with NVT Region Director Rena Perkins. He cited Smugglers' as providing the vast majority of support for region events despite being the third smallest patrol in the region. Support comes in the form of instructors, trainer/evaluators, and instructor trainers, in both OEC and OET programs. Smugglers' patrol team also includes the region director, treasurer, OET advisor, medical advisor, as well as 14 OEC and OEC instructors, one avalanche instructor, and the national historian. Smugglers' is the only patrol to see two of its team inducted into the National Ski Patrol Hall of Fame.

Other factors in determining the most outstanding patrol are accomplishments the team has received over its fifty-plus years of National Ski Patrol membership. These accomplishments span from individual award recognition to lives directly saved by the patrol.

## National Outstanding Nordic Patroller

by Butch MacQueen

Mary MacQueen, the Patrol Representative for the Allegany State Park Nordic Ski Patrol was the recipient of the 2017-18 National Outstanding Nordic Patroller. This award is the most recent of her accomplishments during her 23-year NSP career. In 2017 Mary completed the Nordic Master program earning Nordic Master #11 certification. She currently serves the WNY Region as the MTR Program Advisor.

A member of NSP since 1995, Mary has served as an instructor and/or IT in the Avalanche, Mountain Travel and Rescue, OEC, and Nordic programs. She has also served as the Eastern Division MTR Program Supervisor. In addition, she co-founded the Allegany State Park Nordic Patrol when it became evident that the 39 miles of Nordic ski trails were in need of the services of NSP.

Mary is currently involved by assisting Eastern Division Nordic Supervisor Phil Galka and National Nordic Program Advisor Rick Shandler. In support of her roles in these programs, Mary has completed the training and been certified as a Level 1 PSIA Nordic instructor and as a Search Team Leader with the New York Department of Environmental Conservation. She has held Wilderness EMT certification leading to a deep understanding of extended emergency care as can be required in the backcountry during all seasons. Outside of NSP, Mary has served professionally as an EMT, paramedic and flight medic in the New York State EMS system, and is presently a Deputy Sheriff in Cattaraugus County, New York.

Starting as a teenager, she has been involved in breeding, raising, training, and showing Golden Retrievers and has been recognized as a "Breeder of Merit" by the American Kennel Club. Mary still grooms and handles her own dogs in the show ring and has trained dogs of many breeds in various forms of canine search and rescue, law enforcement detection, and patrol canines as well as obedience and therapy dogs. In her spare time cycling, kayaking, and hiking round out Mary's activities.



John Senick

## National Outstanding Patroller

by Steve Buzzard, EPA Awards Advisor

John Senick started his NSP career in 2013 and has rapidly developed into a leader and major contributor to the OEC program. He is a dedicated and outstanding member of our organization who offers much of his extra time as a continuing

education instructor. Since 2016, John has been the leader of his patrol's Candidate training program making significant improvements with the implementation of a new hybrid online training program and increased practical exercise training. He volunteers his time extensively during the summer and fall to train and prepare the candidates.

In 2018, John obtained his Senior OEC Patroller classification and presently serves as an OEC instructor contributing to the EPA Region during fall refreshers. As a CPR and OEC instructor, he has put a vast amount of personal effort into improving and standardizing program delivery and quality into his patrol's continuing education programs. His driving goal is to prepare better-trained aid providers for those who enjoy outdoor sports.

A truly a dedicated member, he believes in the NSP's continuing education process and is a mentor for patroller candidates and veteran members. We have watched his dedication and leadership in our OEC and CPR continuing education programs. He is rapidly developing and expanding his educator and leadership skills. He reflects credit on NSP as an EMT instructor at the local community college.

John volunteered and committed extra time this year supporting his patrol and resort by writing standard operating procedures for the "dispatcher" role. This is a new position that has received significant emphasis by area management. He oversaw training and qualification of over 15 Ski Patrol and Mountain Safety Team members to staff this critical position including the use of proper radio terminology and logging each step of an incident's response into the corporate safety management computer program. The program that John created has established a new level of professionalism for incident command.

## A Rare Breed

Since the inception of the Certified Program, a little more than 820 patrollers have achieved this status. Fifty-nine of them, or 7%, are women. Currently, of that 59, amazingly, 35 of these women or 59% are still actively patrolling. At the Certified Program 50th Anniversary event we were graced with attendance by 10 of these impressive women, plus one Alumni.



Sandy Macys Photography

In the picture are, left to right: Lauren Vaerewyck-Wroblewski - 809 (Swiss Valley, Central Div.), Deb Gordon - 803 (Catamount), Jenn Laitala - 765 (Wachusett Mtn.), Inese Jardine - 761 (Bear Creek), Linda Helms - 647 (Smugglers' Notch), Sharon Friedel - 606 (Blue Mtn.), Betsey Reeves - 579 (Nashoba Valley), Sarah Keating - 564 (Elk Mtn.), Leslie Carter - 451 (Massanutten, Southern Div. Chair), Deb Mithoefer - 420 (Bromley), and Mary Bozack - 26 (Alumni)

# AWARDS



## National Outstanding Awards

Alpine Patrol (Small)	Smugglers' Notch	NVT
Nordic Patroller	Mary MacQueen	WNY
Patroller	John Senick	EPA

## National Appointment

Kevin McDonald	11990	EMARI
Paul Bruno	12024	NJ
Mike McClure	12061	ENY
William Bock	12063	EPA
Steve Pappanastasiou	12065	EPA
Mike Russo	12068	WNY
Louis March	12076	EPA
Mitch Klein	12083	CNY
Tait Germon	12084	SVT
John Doll	12087	CNY
Steve Sippel	12088	GVR

## Leadership Commendation Appointment

Marsha Powell	8531	CNY
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## Distinguished Service Award

Dan Pascucci	ME	Erik Leo	SVT
Dave Harig	WNY	Mark Leukus	EPA
Joseph Kulina	SVT	Kathy Mahoney	SVT
Timothy Walker	SVT	Bill McMinn	SVT
Sue Haefner	GVR	Rebecca Moran-Rubin	SVT

## Meritorious Service Award

Jon Longley	EMARI	Dan Pascucci	ME
Rick Micoli	GVR	Terry Randolph (2)	SVT
Carolyn Nally	EMARI	Elaine Ryan	SVT
Caitlin Smid	SVT	Mike Weurthele	SVT
Tom Wallin	GVR	Sue Weurthele	SVT
Deb Whalen	GVR		

## Yellow Merit Star

Wendy Aarnio	SVT	<b>Purple Merit Star</b>	
Mary Lyn Boberg	WNY	Patrick Carrera	SVT
Robert Brown	SVT	Anthony "AJ" Delgiorno	SVT
John Bush	WNY	Roger Delgiorno Sr.	SVT
Michael Finnigan	SVT	Tim Eygabroad	GVR
Franklin Hawkes	WNY	Kenneth Grzyb	ENY
Amy Guth	SVT	Walter Hoerning	ENY
Ted Johnson	SVT	Alexander Jarrosak	SVT
John Kane	ME	Dan Knox	EMARI
Larry Kneip	SVT	Ed McNamara	EMARI
David LeMieux	ME	Dan Reilly	ENY
		Ken Reilly	SVT
		Matthew Scott	SVT
		Ian Smith	SVT
		Joel Swenson	EMARI
		Mike Weurthele	SVT

Tom Widger	SVT
Doug Zecher	SVT

## Blue Merit Star

Garecht Brunner	SVT
Jim Decker	WNY
Roger Delgiorno Jr.	SVT
Dan Farrell	ENY
Stanley Frangk	ENY
Tait Germon	SVT
Daniel Gold	ENY
Larry Greene	EMARI
Vern Haskins	SVT
Alexander Jarrosak	SVT
Bob Leo	EMARI
Erik Leo	SVT
Steven Levett	ENY
Natalie Manzi	SVT
Connor McGrath	SVT
Geoff Merrett	ENY
Deborah Mithoefer	SVT
Lawrence Mutty	SVT
Kelsey O'Driscoll	ENY
Michael O'Hare	SVT
Ian Smith	SVT
Mike Testa	EMARI
Christopher Thompson (2)	SVT

Robert Volmut	SVT
Devon Whitbeck	SVT
Merritt Willey	ENY

## Green Merit Star

Mike LeBlanc	ENY
Brandon Boutelle	ENY
Larry Burnah	ENY
Bill Everett	ENY
Tom Everett	ENY
Jim Hoyt	ENY
Robert Ickowski	ENY
Todd King	ENY
Jeff Kirschman	ENY
Matt Levenson	ENY
William Martin	ENY
Doug Quinn	ENY
Joseph Rine	ENY
Dan Robinson	ENY
Randy Rock	ENY
Kyle Sinclair	ENY
Chuck Spotts	ENY
Mike Tarantelli	ENY
Don Uhler	ENY

## Patroller Cross

Jim Decker	WNY
Paul Muska	WMASS

## Patriot Star

Christopher "Joe" Asher	EPA
Justin Asher	EPA
Joseph Bannon	EPA
Brandon Boutelle	ENY
Frank Casale, Jr.	EPA
Russell Cramer	EPA
Scott Fabian	EPA
Jeff Gubala	WNY
John Hanlon	ENY
Kenneth Hannon	EPA
Joseph Palaia	EPA
Terry Randolph	SVT
Michael Schraft	WNY
Kyle Sinclair	ENY
Charlie Zaverel	EPA
Douglas Zercher	SVT

## Patroller Achievement Award

Brian Bartleson	GVR
Dave Holmes	ME
Mark Lukacs	GVR
Tim Maxon	CNY
Michael Osterhaut	CNY
Chris Pedley	CNY
Sonja Thompson	CNY

## 50 Year National

### Lifetime Service Award

Wendy Aarnio	SVT
Robert Barbu	WNY
Wolfgang Boernert	EPA
James Breitenstein	SVT
James Briggs	WMASS
Dave Carter	SVT
Mary Davis	SVT
John Doherty	EPA
Bruce Federko	CNY
Ken Gable	EPA
Richard Gorman	WMASS
Jim McDevitt	SVT
Jim Nickerson	GVR
Dan Smeyers	SVT
William Wasserman	EPA
Keith Winot	EPA
Mitch Wise	EPA

## 50 Year Eastern Division Award

Wendy Aarnio	SVT
Robert Barbu	WNY
Dave Carter	SVT
Mary Davis	SVT
Tom Widger	SVT



# Memorial Scholarship Fund

by Harriet Frawley, Supervisor

In recent months the Eastern Division Memorial Fund has received contributions in the memory of John Thomas Gyger III, Janis Albrecht, and Toby David Abend. Contributions often come with letters, telling how the donors were positively influenced by the honorees. The three patrollers I mention are well remembered by those who served with them.

John Gyger began his patrolling career at Pat's Peak in New Hampshire, later lending his skills to Pleasant Mountain/Shawnee Peak in the Maine Region. Janis Albrecht served as Patrol Director at Killington, later transferring to Loon and Black Mountain, before finishing her career with the Whaleback Patrol. Toby Abend started out at Blue Hills, eventually becoming their Patrol Director. He also served at Nashoba Valley and Waterville Valley, and finally at Loon Mountain. These were three patrollers who left a lasting impression on innumerable fellow patrollers across several regions.

I also receive letters from the families of honorees, thankful that their family member's patrol years are so appreciated. Especially

touching are letters from family members of patrollers who retired some time ago. Learning that a donation was made in their loved one's name often comes as a surprise, and they're grateful to hear that fellow patrollers are thinking of them, even many years later.

The impact on the families is probably the greatest reward of the Memorial Fund. Are you a patroller who knew one of our Memorial Fund honorees and have a memory to share? Maybe you're a recent recipient of a Memorial Fund Scholarship and would like to share with an honoree's family how it's helped you reach your goals. In either case, I would like to hear from you.

Applications for the David J. Nelson Sr. Memorial Scholarship will be accepted from January 1, 2019 through March 31, 2019. The application is available on the Memorial/Scholarship Fund Program page on the division website.

## In Memoriam

### DEBORAH LOUISE HACKETT



Deborah Louise Hackett left this life on November 17, 2018. Deb was born at Wyoming County Hospital in Warsaw, New York, on February 22, 1962. Deb completed her education in Radiology Technology at Community College of Denver, Colorado, where she lived and worked for several years. She later moved back to western New York where she built a successful career in real estate with

Buncy Real Estate and ERA.

Deb was a very proud member of the Holimont Ski Patrol in Ellicottville, New York. Her circle of friends was wide and one can truly say that for her, her friends were the family she chose. She will be sadly missed by all who knew her.

Later in the summer, there will be an informal gathering at Lime Lake, New York, to celebrate her life. She is survived by her life partner, Richard Hughes of Centerville, New York; her mother, Janet Fish of Herisson, France; her father, Thomas Hackett of Buffalo, New York; her sister, Colleen R. Hackett of Washington, D.C.; and her brother, Patrick M. Hackett of Moravia, New York

# In Memoriam

## RICHARD J. BENSON



It is with profound sadness that the family of Richard J. Benson announces his passing, following a battle with Alzheimer's disease, on October 7, 2018. Dick was 84 years old. He was born in Albany, New York, the son of Joseph and Marion Benson, and raised his family in Dal-

ton, Massachusetts. He earned his Bachelor's degree in Economics from Siena College and a Master's degree in Education from North Adams State College. Dick also served with pride in the United States Army as a commissioned officer in Europe and later as a member of the Army National Guard.

He spent his 36-year career in education giving back to his community in the Pittsfield Public School system, beginning at South Junior High School as an English Teacher and later becoming English Department Chairman. He retired from Herberg Middle School, where he provided a positive impact in the lives of three decades of students. His students often recognized and called out to "Mr. Benson" everywhere he went for the remainder of his years. After retirement, he continued to pursue his passion for education by providing tutoring services to students at Berkshire Community College.

Dick was an avid skier, hiker, and outdoorsman who took great pride in his role as a member of the National Ski Patrol. He joined in 1978, was the Director of the Jiminy Peak Ski Patrol from 1984 to 1989, retiring in the mid-90s. He was the consummate professional and expected the best of everyone. During his tenure, he improved their candidate training program and made sure that a candidate training book was published. The program was adopted in total by Eastern Division.

Dick displayed his love for the outdoors, education, and literature in his memberships in the Adirondack Mountain Club, Appalachian Mountain Club, National Council Teachers of English, Massachusetts Council of Teachers of English, and the National Education Association.

Dick is survived by his devoted wife, Annemarie Oefelein Benson, as well as his two daughters, Heidi Benson and Jennifer Buckley and his son-in-law Tom Buckley; his five grandchildren, Abigail, Mallory and Chandler McNelis and Siena and Dalton Buckley; his brothers, J. Lawrence Benson and Thomas M. Benson; and nieces and nephews throughout New England.

## HERBERT L. SHERMAN



The New Jersey Region lost a dear friend when Herb Sherman passed away on September 18, 2018, at the age of 75. Herb fought a valiant battle but succumbed to a long illness. Born in Summit, New Jersey on May 31, 1943, he graduated from Summit High School in 1961, where he was an excep-

tional athlete holding three varsity letters. Herb received a Bachelor's Degree in Business from Fairleigh Dickinson.

Herb joined the National Ski Patrol around 1990 and quickly became one of our region's most valuable members. During his tenure, Herb skied at Craigmeur and Hidden Valley along with his daughter, Donna, also a patroller. An excellent skier and WEC instructor, Herb coached many patrollers and candidates in all phases of patrolling. He left an indelible impression on all who were fortunate enough to know him. Herb mentored then-candidate Terri Spellicy and she described him as, "A kind and gentle man who inspired me to help others and gave me the confidence to get out on the hill and do it."

In addition to his love of ski patrol Herb was an expert pilot, motorcyclist, and scuba diver belonging to the Morris Aero Club, the United Valley Gun Club, and the Goldwing Riders Association. One of his favorite memories was taking cross-country trips on his motorcycle with his wife of 52 years. He was the owner and operator of the Sherman Roofing Company and he continued to work as a roofer into his 70s.

Herbert is survived by his wife, Margaret (nee Montague); their daughters, Donna Tiu and her husband Romeo; Amy Fulton and her husband Steve; and Rebecca Jones and her husband Glenn; and grandchildren Theodore, Romeo, Meghan, Natalie, Liam, Nathan, Kellie, Julia, and Jayden.

I knew Herb well from patrolling and flying together. He was one of those rare people who with an unassuming, low-key manner prompted everyone to be a better person.

Herb Kushner  
Certified #54, National #8858