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Checked Your Profile Lately?

by Jerry Sherman, Division Director

Division Director Election

by Don Page, Coordinator

The names of qualified candidates were solicited at the division meeting in Albany in April 2002 and in a mailing to voting officers early in 2003. Nominations closed on February 17, 2003 with the incumbent, Jerry Sherman, as the only nominee for a two-year term as division director.

The platform and patrol history of the candidate were published on the division website.

Ballots were sent out by the division office, were returned to the same address, and they were tallied by Division Administrator Donna McGraw and former ENY Region Director Jerry McGraw.

Of the 166 ballots sent out, 129 were returned in a timely fashion with 128 in favor of Jerry Sherman and one (write-in) for John Puppolo. Jerry Sherman is thereby elected for a two-year term starting at the division meeting in April 2003.

I've checked mine and I'm not happy with it but it's nothing that a few more sit-ups won't cure. But I'm not talking about that profile. I am talking about your member profile in the NSP database. It contains all your information including, if you wish, your e-mail address.

Why should you have your current e-mail address listed with NSP? NSP has a feature called "broadcast e-mail." No, you will not receive more SPAM, but you will receive important NSP news from the national office, the division, your region, and your patrol. If for some reason, a newsletter is delayed we can use broadcast e-mail to inform you of an important training opportunity. Just last winter the national office used this tool to inform us of a great Rossignol pro deal that was only available to NSP members and only online.

It is also important that your mailing address is correct in the NSP database so you will receive *Ski Patrol Magazine*, the *NSP Catalog*, and all division and region mailings.

Here's how you check your profile. Log on to the NSP website at www.nsp.org. Click on Member Services and log in. You will need your six-digit NSP number and a password. Instructions are there if this is your first time. Your information will be displayed including a link to edit that information. It's easy and you can also view the catalog and place orders online. *TRAIL SWEEP* and region newsletters are the biggest expenses that we, the division and regions, have. As more and more members have internet access if we can get everyone to view these newsletters online we can eventually do away with this expense and hold the line on your dues.

Be sure to visit the Eastern Division website at www.nspeast.org. Later on in this newsletter you will hear more about the Transition Team and the Implementation Team. Keep track of their progress on the division website where you will also find out how to send your ideas and comments to team members.

Have a great summer!

* * * * *

Eastern Division Transition Team Report – May 2003

by Rick Andriole

At the April 2002 Spring Officers' Meeting in Albany, the Transition Team was selected, met for the first time, and articulated its purpose – to examine the structure of the Eastern Division to make sure the organization is serving its members and that programs are being delivered effectively; goal – to examine the division's current structure and process to make them more efficient and patroller friendly; and objective – to streamline the organization to bring programs and opportunities closer to the individual patroller

The team met six times and communicated via countless emails, snail mails and phone calls between April 2002 and April 2003. These meetings included one at the Fall Officers' Meeting that gave the team and the region directors, assistant region directors, and section chiefs attending a chance to fully discuss the team's work. That discussion resulted in the posting of a progress report on the division website in late September, a copy of which was to be included in the fall *TRAIL SWEEP*. A copy was also sent to all region directors with a request to the them, and anyone else seeing the report, to discuss it with as many patrollers as possible and send any comments concerning the information contained in the report back for consideration as they continued to pursue their task.

The team next met in November and reviewed the September status report in light of any and all comments, suggestions, etc. received as of that date. That meeting produced an interim status report which again was distributed via the division website, emailed to all region directors and submitted for publication in the winter edition of *TRAIL SWEEP*. As you can see, a number of avenues were used by the team members to encourage as many patrollers as possible to read and comment on their reports. Unfortunately, due to circumstances beyond our control *TRAIL SWEEP* did not get mailed until late winter and then only included the September report. Partially due to these unusual circumstances only a small number of the approximately 7,000 patrollers in the Eastern Division responded to the team.

Although a large number of their comments were complimentary of the team's work and the reports, several contained suggestions or comments. The team, meeting again in March at the Student Seminar in Ascutney, divided the comments into similar areas and examined them in detail. These suggestions and comments coincided with several of the areas the team had been discussing in detail

over the past several meetings. The review pointed out that items involving division size; more efficient administrative structure; greater autonomy for regions; timely transition to a structure giving individual patrollers greater input into program structure, availability, and delivery; and the need for someone to oversee the day-to-day operation of the division were as important to those responding as to the team.

At the conclusion of the Ascutney meeting the team prepared its final report in preparation for the Annual Spring Officers' Meeting in Albany in April. This report was also posted on the website and emailed and snail mailed to all the RD's, Asst. RD's, and SC's so they would have time to consider and discuss its contents before being asked to vote on the recommendations it contained. This final report included the following recommendations for consideration and action at Albany meeting.

- No geographic change to the current Eastern Division
- Region Directors, elected by the region patrollers, serve as the Division Board of Directors
- Division Board of Directors can elect from the board up to four parliamentary officers; Chairman, Vice-Chairman, Secretary, and Treasurer
- If selected these board officers will have no administrative responsibility
- Region Directors serve as both RD and board member
- ED Board appoints all Division Program Supervisors
- ED Board appoints standing committees of board to be liaison with programs
- ED Board will meet at least twice a year but may meet more frequently
- ED Program Supervisor appoints program staff; Individual region structure will be determined by that region
- The Board may choose to create a division administrator position to assist the Board.

Starting with the RD's and SC's meetings on Friday night, followed by a detailed presentation by me on Saturday morning, and then a free and open discussion of the report on Saturday afternoon and into Sunday morning, all of these recommendations were fully discussed, debated, and in all ways examined. No one in attendance, whether a voting member or not, was denied an opportunity to speak. At the conclusion of this review the following recommendations were voted upon and approved:

Continued on page 3

Continued from page 2- *Transition*

- No geographic change to the current Eastern Division boundaries
- Individual Region and Sub-Region structure is determined by that region
- Region Directors elected by the individual patrollers within that Region
- Region Directors serve as Division Board of Directors
- Board of Directors can elect "up to" four parliamentary officers; Division Director, Vice-Chairman, Secretary, Treasurer
- Board will meet at least twice a year but may meet more frequently
- Division Director is responsible for overseeing the day-to-day operation of the Division
- Either a sitting board member or another active patroller can be the Division Director
- If current Region Director becomes Division Director he/she must resign as Region Director and another elected by Region
- Board will create a Division Administrator position
- Board appoints all Division Program Supervisors
- Board appoints standing committees for liaison with programs
- Division Program Supervisor appoints program staff

Recognizing the long history and contribution of Section Chiefs and Assistant Regional Representatives, it is resolved that the Implementation Committee shall develop a proposal which will maintain for the Section Chiefs and Assistant Regional Representatives some influence in the decision-making process at the division level.

Although these recommendations were approved by the voting members it was with the clear understating this is only a first step. The transition team began its task just about a year ago knowing that it was only being asked to be the initial architects of the transition and others would follow who would provide the actual transition details. That effort has already started as Division Director Jerry Sherman announced the formation of the Implementation Team consisting of three groups who will examine the areas of Governance, By-Laws, and Finance. As other areas are identified they too will be studied with a target of bringing any recommendations to the voting members hopefully by the April 2004 Officers' Meeting. In order for this second phase to be a success it is incumbent upon ALL individual patrollers to read, discuss, and respond to the reports provided by those three groups.

On behalf of the whole Transition Team thank you for your patience and your input.

Treasurer's Report – Year Ending March 31, 2003

by Rick Andriole, Treasurer

The following is the Treasurer's report for the period ending March 31, 2003, representing the activities for the 2003 fiscal year (April 1, 2002 - March 31, 2003).

This year's total income received shows an increase for the fiscal year of \$10,732 which is an 11% increase over the previous year (FY2002) and a 2% increase over FY2001. Fortunately this year was not only one of the best for skiing but the division also benefited from the hard work and dedication of the individual program supervisors and their program staff. The actual revenue figures show the primary driver of the increased revenue is the significant increase in program income. This increase plus the other revenue increases, coupled with a 5% decrease in budgeted expenses, results in a positive net income which exceeds the amount budgeted. This added revenue was not without cost but those programs that exceeded their budgets did so only after review by the appropriate assistant division director. The growth of our program income this year once again shows the potential of a program-oriented organization and its impact on the operating budget. In light of the changes at national, as well as those contemplated by the division, future budgets and budget reports may well begin to reflect program revenues increasing beyond the proportion of total revenue they currently represent.

Due to the timing of many of our program activities and the deadline imposed by our fiscal year end, the close of the fiscal year is usually held open for a few days to allow program supervisors to complete and submit their income and expense reports. This year all income and expense items received by the Treasurer after April 12, 2003 will be recorded and included as part of the 2004 fiscal year.

Our balance sheet shows that the financial condition of the division continues to be strong with total assets of \$281,932. These funds represent holdings in cash, insured savings deposits, money market account, and mutual fund investments.

In closing I would like to say thank you to all the division, program, and region staff; and patrollers with whom I've had a chance to meet and work with over the past four years. Your cooperation and support have made my job as treasurer, if not easy, less difficult than it could have been. I encourage all those involved with program development and presentation to extend the same level of cooperation to the new treasurer as well.

Great Experience: The Theme for a Northern Vermont Alumni Gathering

by Rick Hamlin, Region Director

Dawn in the Champlain Valley on Sunday, March 2 found a steady drizzle of rain greeting those brave souls who dared expose themselves to the elements after a week of hibernation from subzero temperatures. Many retreated to their shelters feeling shut out once again by Mother Nature. Those with more experience, experience earned on the mountains that give the valley its form, knew that there could be a much different story at higher elevations and were willing to roll the weather dice by heading out to ski. Along with their protective skin of Gore-Tex®, they brought that experience with them and the group who finally assembled at the Top of the Notch Restaurant at Smugglers Notch could make some unique claims regarding that experience. But more on that later.

This special group did not assemble by chance, but as the result of an invitation. An invitation sent by Hal Downing, the Alumni Advisor for the Northern Vermont Region. Hal wanted to bring together retired Northern Vermont patrol-ers for an on-mountain gathering, the first official gathering of its kind in the region. While the Alumni Program has been a part of

the National Ski Patrol for many years, it has tended to serve only as a membership category, not a rallying point for activities in Northern Vermont. When Hal took the advisor's position, his goal was to change that. He recognized that even though patrollers had retired, for whatever reason, the characteristics that make a good patroller live on even after their service to the public had ended. One of those characteristics is teamwork and the desire to be part of a tightly knit group. Hal wanted to provide a venue where the alumni members could get together and satisfy that desire. One of his very early decisions was to make sure that some of the gatherings occurred on the mountain and would hopefully include active patrollers. After a few calls, a site was located for the first region alumni get-together, Smugglers Notch. Patrol Director Dave Sills received the idea with open arms and promised to make sure the alumni members were welcomed. A date was set, the invitations were sent, and Hal kept his fingers crossed that the weather would cooperate.

So back to that rain thing, there wasn't any on the mountain, not a drop. What fell from the sky that day was snow, and it fell all day long. It was a fitting tribute for the alumni members who gathered at Smugglers Notch, a tribute that was definitely earned. Twelve alumni members responded to Hal's invitation and these twelve patrollers could claim a total of 259 years of patrol experience among them. This number is not a typographic error. A little quick mathematical gymnastics will return an average service of over 21 years per alumni member attending. That's a lot of experience, no matter how you cut it.

The alumni arrived, the snow arrived, and so did food. Six feet of sandwich surrounded by cheese, crackers, salad of every shape and color, and plenty of cold beverages. They mingled with on-duty patrollers and all shared the feast that Hal had brought to the top of the mountain earlier in the day with the milk run crew. Eating followed skiing, which was in turn followed by more skiing. It was a great day and one enjoyed by all. The only way it could have been improved was if more alumni members had attended, and Hal is already working on that for next year.



Photo by B. Mero

From left to right, back to front, years of service in parentheses:
Ken LaPlante Jr. (25), Steve Goss (34), Chris Leach (30),
Ken LaPlante Sr. (32), Hal Downing (15), Margaret McIntosh (23),
Jim Thompson (30), George McIntosh (33).
Others who attended, but did not make it into the photo were
Kathleen Laverty (18), Beth Schiller (12), Brad Holden (5),
and Bernie Chabot (2).

Alumni Refund at Work!

by Al Pels, Alumni Coordinator

Did you know that every June the national office sends a \$5,000+ alumni refund to the Eastern Division? (That's \$10 per alumni excluding lifetime members). RD's are then notified that they can request a \$5 refund per alumni from Division Treasurer Jeff Barcus.

Based on the number of alumni the refund ranges from \$150 to \$425 per Region. In 2002 the division received \$5010 from national for 501 alumni. Refund requests were received from 9 regions totaling \$1315. The balance of \$3695 remained with the division.

Once the refund is received the region director and alumni coordinator determine how the funds will be used. They can help promote the program, and/or other region activities or can be returned for a specific division program.

If you or someone you know is no longer an active patroller, consider an alumni membership to keep in touch with NSP. For further information contact your RD or me at 603-525-6688 or pels@topmonad.net



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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.

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It Was a Very Good Year!

by Noel Rios, Instructor Development

For most of you it had to have been a great ski year. It started early and finished late, with a little powder in between. There was a lot of instructional activity too, and it's time to thank all of our instructors, instructor/trainers, and trainer/evaluators who made the courses, clinics, and classes possible.

We shouldn't forget the region administrators and their staffs who help organize, recruit, coordinate, and support the efforts of their instructors. Without everyone doing his or her share, the mission of the NSP could not be accomplished. Congratulations to everyone for a job well done.

However, the job of recruiting talented and dedicated instructors never ends. All regions are in need of good instructors. Have you thought about becoming an OEC instructor, an S&T instructor? What about teaching Avalanche or MTR? The first thing you need to do is sign up for an Instructor Development course (formerly Phase I). These courses are also given in the off-season. Just let your patrol representative or region director know that you're interested so they can contact the ID staff about putting a course together.

Get ready for next season! Instructing also helps to keep your skills sharp and your knowledge up-to-date. Think about it!!



New Division Treasurer

by Jeff Barcus

As the newly appointed division treasurer I thought it might be helpful if you knew a little about me.

Since 1983 I have been a CPA. I have many years audit experience with not-for-profit organizations and understand the rules governing them quite well. I have over 20 years of tax preparation experience as well in all entities.

I have been a patroller at Bousquet, in the WMASS Region, since my entry into patrolling 12 years ago. I was Bousquet's lift evacuation instructor/advisor for many years, until I was cajoled into the Phase One thing. In 2001, I took Phase One instructor training and have spent time recently instructing OEC.

I served as the Region Treasurer for four years...and last but not least I, and my teammates, are the proud owners of last place in the most recent WMASS patrol competition!

2003 Level II Avalanche Course at Whiteface

by Nick Schiavetti, Avalanche Supervisor

The Level II Avalanche course was held March 6-9, 2003 at Whiteface, NY with 38 patrollers from 9 regions and 14 instructors from 7 regions in the Eastern Division in attendance. Eleven Whiteface patrollers, professional and volunteer, were included. The student/instructor ratio enabled close supervision of hands-on fieldwork in digging snowpits for stability evaluation, practicing probe techniques and transceiver searches, and provided a variety of background experiences in classroom lectures and demonstrations. Five of the instructors brought to bear the expertise gained in their prior attendance at the International Snow Science Workshop and the National Avalanche School. The Eastern Division Avalanche Scholarship programs funded these educational opportunities over the past few years.

The Whiteface Ski Patrol was a gracious host for the event, providing classroom facilities in one of their buildings, snowcat and snowmobile transportation of gear, and expert guidance around their mountain for the participants and instructors. Skiing to class in the morning was a great wake-up exercise.

The purpose of the NSP Level II Avalanche Course is to provide knowledge and skill for initial preparation for assumption of leadership roles in avalanche rescue, ability to support avalanche rescue operations, and competence to make ancillary rescue decisions. It is the capstone of NSP avalanche education. Managing it is a very demanding job that Instructor of Record Roger Damon performed with both dedication and superior talent. He was supported by a corps of instructors who were exceptional in their dedication of time and effort to make this course the huge success that it was.

The course took place over four consecutive days, consisting of two full days (including evening sessions) in the classroom and two days of field training in the "Slides" area on Whiteface Mountain. These active avalanche paths were the focus of the course, especially for the Whiteface patrollers. Prior to the outdoor fieldwork, all students participated in an avalanche simulation using a computer-generated scenario requiring the deployment of a variety of personnel including ski patrol, sheriff, forest service, area management, ski instructors, medical team and a wide array of rescue equipment and communications gear. Each student was assigned a role and was required to respond accordingly to the developing

So, You Are a Patrol Leader ...

by Bob Scarlett, Legal Advisor

So you have been elected a patrol leader. Congratulations! Now run, do not walk; better yet, gather your skis, buy a ticket to some far-off ski resort where the skiing is good – New Zealand maybe – and hide. You have no idea what you have gotten yourself into. You have volunteered to spend many hours taking care of your patrol for no significant material benefit. For that, NSP thanks you and pretty much every individual who has ever been a member of NSP thanks you. Simply put, you are the most important leader in the system. Your responsibility is not sections, regions, or divisions; your responsibility is to take care of your patrollers.

Since you are so important, if you feel a tap on your shoulder and you look around, you might find the lawyers are there (zip up that wallet).

...Run, and ...

Quickly, you will find out that you not only have to know how to run a patrol and train your people in accident care, but you also have to understand the legal principles which NSP operates under and which, if properly applied, protect your individual patrollers (and you) from being sued.

Let me make something very clear; you, as the patrol leader, are responsible for protecting your patrollers. This includes looking after their legal welfare. Make sure that your patrollers understand that they ski as agents of the mountain. Make sure the ski area maintains an insurance policy that covers volunteer members of the ski patrol. Make sure that your patrollers act in a



situation as new data and events were projected on a large screen. Students also had the opportunity to complete a written exam and a report of the data analysis of the results of their outdoor snowpit excavation.

The topics we covered in the classroom sessions included: avalanche awareness; avalanche hazard levels; the “avalanche triangle” of weather, terrain, and snowpack; snow mechanics and avalanche dynamics; stability evaluation; and current control strategies. As people interacted with the avalanche environment, we discussed the human factors, personal safety, and route selection. The importance of self-rescue of a person by the other members of the party was compared to the relatively slow response of a formal rescue organization. Rescue techniques appropriate to both methods were discussed. Mary MacQueen’s presentation of the capabilities of rescue dogs had us on the edge of our seats.

Field sessions provided additional hands-on learning experience in route finding and travel in avalanche terrain, and afforded time and space for more practice with avalanche transceivers

The site selected for snowpit analysis and stability assessment offered a surprising variety of conditions. Very large crystals that were created during a time of high temperature gradient in

the snowpack demonstrated how their relative weakness persists for weeks.

An exercise on Sunday morning provided the opportunity to exercise the Avalanche Rescue Plan the class had developed. Wearing their new hats as Rescue Leader and Hasty Team Leaders, Whiteface patrollers were able to assess the effectiveness of the rescue plan and found a few areas that could be improved.

Mary and Butch MacQueen’s demonstration of avalanche dogs and their search techniques showcased their faithful golden retrievers, Willow and Badger. All of the instructors and students were impressed by the expertise and performance of the dogs and enjoyed watching them ride the lift up and the toboggans down Whiteface in their patrol uniforms!

The class was a tremendous success for all involved. We look forward to the next Level II Avalanche course to be offered in the division. We encourage all patrollers who have completed either the Level I Avalanche or the Avalanche Fundamentals and Rescue course to consider investing the time and effort into completing the Level II course. You will find that what you will get out of it is well worth the effort!

Continued from page 11 - Syndrome

Pain—is intense and made worse by passive stretch of the muscles within the compartment.

Paresthesias—sensory deficit, is present early in the syndrome but may not be entirely reliable because of the degree of pain.

Paresis—muscle weakness, is present in all cases but may be difficult to interpret.

Pink—skin color is usual, not the pallor seen with arterial occlusion.

Pulse—distal pulses are usually present even though blood flow has been interfered with.

If the diagnosis is confirmed by pressure measurements and clinical suspicion, immediately remove all compressive and circular dressings (cut all casts) and if there is still no change in findings then surgical decompression by releasing the fascia around the contained muscle (fasciotomy) is required as an emergency.

Compartment syndrome is an uncommon complication of fractures of the upper and lower extremity. However, the results of compartment syndrome, if not properly treated, can be devastating. A high index of suspicion on the part of the treating personnel, a rapid diagnosis by use of pressure gauge monitoring devices, and appropriate surgical intervention when needed as an emergency, will prevent poor outcomes from this syndrome.

...Run Fast!

professional and civil manner to the skiing public. Make sure that they are ultra careful in using specialized equipment such as skimo-bikes. Understand the need for patrollers to work together to preserve evidence of their good work at an accident scene. Fill out those accident reports carefully and legibly. Obtain witness statements when needed, and, most important, understand that there are a group of lawyers known as the Eastern Division Legal Committee who are there to help you with any legal questions you might have.

Minnie Dole might have started our great organization; however, the responsibility of continuing to train individuals to rescue that injured skier falls on your shoulders. For taking up that burden, and Minnie Dole’s legacy, we all thank you.

SEPTEMBER 2003

- 6-7 Fall Show
Belleayre Ski Center, Highmount, NY
Bob Hamilton
- 6 Avalanche/MTR/Nordic Instructors' Meeting
Belleayre Mountain, Highmount, NY
Butch MacQueen 716-354-9235
macqueen@madbbs.com
Mary MacQueen 716-354-9235
nitrogoldens@yahoo.com
Pete Snyder 570-698-6173
psnyder@ptdprolog.net
- 8-10 Northeast Winter Sports Summit/
Risk Management Workshop
Mount Washington Hotel, Bretton Woods, NH
Ski Maine Association 207-761-3774
greg@skimaine.com

OCTOBER 2003

- 26-31 National Avalanche School
Reno, NV
Butch MacQueen 716-354-9235
macqueen@madbbs.com

NOVEMBER 2003

- 22-23 MTR Fundamentals or Level I
Spring Mountain, EPA
Bernie McManus 610-692-3070
bmcmamus@voicenet.com

JANUARY 2004

- 3 S&T T/E Training Clinic
TBA
- 30-2/1 Nordic Fest
Mountain Trails, Tannersville, NY
Karlis Kopans 914-962-3511

FEBRUARY 2004

- 7-8 S&T T/E Clinic
TBA
- 28-29 Nordic Senio
Highland Forest, NY
reg France 845-557-3340
bgfrance@warwick.net

MARCH 2004

- 7-8 S&T T/E Clinic
TBA
- 19-22 Student Training Seminar
Gunstock Ski Area, Gilford, NH
Jerry Hyson

APRIL 2004

- 3 CRREL Seminar
Cold Regions Research and Engineering
Laboratory, Hanover, NH
Butch MacQueen 716-354-9235
macqueen@madbbs.com
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nitrogoldens@yahoo.com
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psnyder@ptdprolog.net

2003 Eastern Division Outstanding Awards

Large Ski Patrol	Montage	EPA
Small Ski Patrol	Cockaigne	WNY
Administrative Patroller	Bob Scarlett	EPA
Alpine Patroller	Brant Maley	EPA
Auxiliary	Sandra Dredge	EPA
Instructor	Sharon Freidel	EPA
Nordic Patroller	Tom Adler	GV
Patrol Representative	Diane Smith	WNY
Professional Patroller	Ed Kupillas	EPA
Student Patroller	Bryan Evans	EPA
William Gross 1st Aid Trophy	Joe Clocic	EPA
The Significant Monkey "990"	Rick Andriole	WMASS

NATIONAL APPOINTMENT

Jeff Marks	EPA	9558
Dick Bensel	EPA	9628
Bill Brown	EPA	9712
Edward Neureuter	EPA	9758
Greg Wasson	EPA	9876
William McCasey	WNY	9686
Catherine Grove	WNY	9782
John Swartz	WNY	9784
Mary Lyn Boberg	WNY	9802
Robert Perry	WMASS	9702
Bob Presutti	WMASS	9700
Chris Williams	WMASS	9704
Richard Parrish	SNY	9716
Pete Durdon	CNY	9452
James Snyder	CNY	9622
Deborah Foss	EMARI	9824
Tim Bruce	ME/Pro	9696

Peter Koch	ME/Pro	9698
Ken Schweinsberg	WAR	9668
Bob Snoby	WAR	9718
Jerry Timcik	WAR	9666

LEADERSHIP COMMENDATION AWARD

Berny Calkins	Kissing	8313
	Bridge	

DISTINGUISHED SERVICE AWARD

John Kane	EMARI
Jim O'Connor	EMARI
Boo Hodgskin	CNY
David Malone	CNY
Jeanne Eldridge	GV
Merle Eldridge	GV
Jack Hustler	GV
James Guderian	GV
Richard Doyle	GV
Duncan Black	WNY

MERITORIOUS SERVICE AWARD

Paul Steiner

PATROLLER'S CROSS

William Smith	CNY
Timothy Manion	CNY
Marcia Mundrick	GV
Ryan Courtemarche	EMARI
Lonnie King	WNY
Robert Hayes	WNY

PURPLE MERIT STAR

Lawrence Close	CNY
Thomas Lyons	CNY
Massimo Sammons	CNY
Betsey Reeves	EMARI
Chuck Hatlestad	GV
Roland Lunser	WNY
Jeff Burgess	WNY

BLUE MERIT STAR

Brian Bamberger	CNY
Randall McNeil	WNY
David Johe	WNY

YELLOW MERIT STAR

Sam Arfanella	EPA
Bill Brown	EPA
Joseph Budney	EPA
Jerry Dulay	EPA
Rich Hartman	EPA
Tom Kneiss	EPA
Flo Rutherford	EPA
Greg Wasson	EPA
Patricia Beagle	WNY
William Marx	WNY
Sara Bamberger	CNY
Victor Bradbury	CNY
Joel Lee	CNY



SEPTEMBER 8, 9 & 10, 2003

**MOUNT WASHINGTON HOTEL,
BRETTON WOODS, NH**

**NATIONAL SKI PATROL RISK
MANAGEMENT WORKSHOP**

Lift Evacuation, Unique Situations and Problem Solving:

A hands-on session working with Throwing & Flipping; "Big Grips"; Preparing for odd situations (i.e. chairs on or under sheaves, awkward terrain, rapid response); Adaptive Equipment. Participants will work with others to explore various options for dealing with problems that arise during lift evacuation.

Plus: Risk Management, Terrain Park Operations, Incident Command Systems (ICS), National Ski Areas Association (NSAA) fall workshop series, Ski area operation practices, Regional seminars, technology tips, and more.

Trade Show: More than 100 exhibitors will display their products and services in the Grand Ballroom.

Monday September 8, 2003

7:00 am Daily Registration Opens
Continental Breakfast
8:45 am Workshops begin
11:30 – 1:30 Trade Show Open
Lunch Served

Monday afternoon September 8, 2003

1:30 – 3:45 Workshops resume
3:45 – 6:30 Trade Show Open & Reception
6:30 Poolside BBQ
8:00 Fireworks Display

Tuesday September 9, 2003

7:30 am Breakfast
8:00 am Breakfast Keynote
9:00 – 11:45 Morning Workshops
11:45 – 1:30 Trade Show Open
Lunch Served
1:30 – 3:45 Afternoon Workshops
3:45 – 6:00 Trade Show Open
Reception

Wednesday September 10, 2003

Make-A-Wish Charity Golf Tournament



• SHOW LODGING:

The Mount Washington Hotel and Resort Bretton Woods, NH
Show Rate per night:
Hotel Lodging: \$109 Single or Double
The Lodge at Bretton Woods: \$89

• RESERVATIONS:

1-866-214-4119
Group: Northeast Winter Sports Summit
Lodging Reservation deadline: August 15, '03 to receive group lodging rates. (Group rate after 8/15 pending availability of rooms. Additional area lodging available)

• AREA LODGING:

Mount Washington Valley Chamber of Commerce.
1-800-367-3364 www.4seasonresort.com

National Ski Patrol Risk Management Workshop • September 8-10, 2003 • Northeast Winter Sports Summit

Ski Area: _____
Patroller: _____ NSP Registration #: _____
Address: _____
City: _____ State: _____ Zip: _____
Day Phone () _____ Evening Phone () _____ Email _____

() Monday Only @ \$55*pp () Tuesday Only @ \$55*pp () 2 days – Mon & Tues @ \$85*pp

- * Discounted rates for NSP members
- Rates include: seminars, trade show, lunch, breakfast, receptions & Monday BBQ

PAYMENT METHOD:

VISA__ MC__ AMEX__ Discover__ or check payable to: Ski Maine__

Cardholder's Name _____

Cardholder's Signature _____

Card Number _____ Exp. date _____ / _____

Cancellations after 9/1/03 are subject to a \$10 fee. No refund for no shows. Substitutions are allowed.

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Portland, ME 04112
Phone 207-761-3774 Fax 207-879-9483
E-mail greg@skimaine.com
Complete show details: www.skimaine.com

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EASTERN DIVISION

SKI PATROL FALL SHOW

**September 6th & 7th
Belleayre Ski Center
Highmount, New York**

Ski, Board, and Boot Suppliers

Pro-forms

EMS Vendors

Toboggan Manufacturers

Clothing / Parka Suppliers

And more

Lectures / Classes / Demonstrations

All presented by

Eastern Division

**Watch your Region Newsletters
and Websites for more details**

HELP WANTED

CROTCHED MOUNTAIN SKI PATROL

Bennington, NH

**Become Involved With New Hampshire's
Newest Ski Patrol**

Qualified Patrollers Wanted

Weekday/Weekend/Weeknight

Volunteer and Paid Positions Available

Please Contact

Jeff Cady, *Patrol Director*

Crotched Mountain Ski Patrol

24 Dublin Road • Harrisville, NH 03450

Fall Show

Eastern Division will be hosting a pilot "Fall Show" the weekend of September 6-7. This event is open to all NSP members at no cost. Belleayre Ski Center, located in Highmount, NY, will be the hosting ski area.

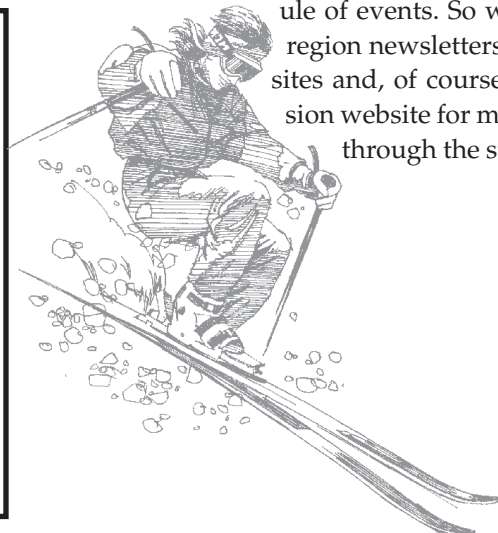
When we were looking for a location to host this event we looked at where all of you live. Feeding the addresses into a mapping program we found that a large portion of the patrollers in the division live within three hours of the Northern Catskills. With that information in hand we selected Belleayre.

Belleayre has been an outstanding supporter of the ski patrol over the years and has offered a wide range of services to support this pilot program. If you are the camping type, the trails in the beginner's area will be open for tent camping. In the adjacent parking lot campers can be set up, and if camping isn't your thing discounts will be available through the local lodging office. We will be using both of Belleayre's lodges and a shuttle bus will be available to transport people between the buildings.

If your local ski shops do not have a pro night here is your chance to talk to ski, board, and boot manufacturers. Pro-forms will be available.

Additionally EMS, clothing, toboggan, and other vendors that supply us with equipment will be on hand to take orders and answer questions. Discounts may be available for patrols looking to order supplies for the up-coming season.

And last but not least, we will have classes, lectures, and demonstrations set up throughout both days. We are still pulling together the schedule of events. So watch your region newsletters and websites and, of course, the division website for more details through the summer.



JAN. 30-FEB. 1, 2004

NORDIC FEST

SPONSORED BY

Southern NY Region and
Eastern Division

HOSTED BY

Mountain Trails Nordic

SATURDAY:

Nordic Skier Enhancement
Seminar with a PSIA
Instructor

Nordic Toboggan
Enhancement Seminar

Waxing Demo

SUNDAY:

Improve your nordic
downhill skills at a lift
serviced area or tour the trails
at Mountain Trails Cross
Country Ski Area,
Tannersville, NY.

The cost for this fantastic weekend will be just \$95/double occupancy or \$123/single occupancy. This pricing includes two nights lodging, two breakfasts, and one dinner at the Latvian-EV Lutheran Church Camp, Elka Park, NY. Saturday only with dinner is \$35 and Sunday only is \$25.

Please send your pre-registration to:

Karl Kopans
1338 McKeel St.
Yorktown Heights, NY 10598
914-962-35, karlkopans@aol.com

Compartment Syndrome

by Jeffrey Lozman, M.D., Medical Advisor

Scenario: You are doing an afternoon trail check on a steep, icy slope when you see an adult skier off trail in the woods crying out for help. Your first evaluation of the situation is that this skier went off the trail at high speed striking a tree with his right leg. Primary assessment reveals that his only injury is a closed fracture of the right, mid-shaft tibia associated with severe pain in the right leg. He is able to move his toes inside his ski boot but the pain is intense.

You call for a sled and a quick-splint. When help arrives you are able to stabilize the victim's leg in the quick-splint and begin transporting the victim to the first aid room. In the aid room the victim's pain is getting more extreme even though you have not manipulated the leg any more than was absolutely necessary. You take vital signs and suggest removing the ski boot in preparation for transportation to the hospital. With adequate help the boot is removed but the victim's pain is continuing to increase even after the leg has been placed back into the splint, the pain being out of proportion to what is anticipated.

On repeat physical examination his peripheral pulse rate is higher but his blood pressure is stable. His dorsalis pedis and posterior tibial pulses are present but he will not actively dorsiflex his ankle when asked to do so. The medic passively dorsiflexes the first toe and the patient screams out with pain. The medic calls the ambulance to transport the patient to a Level I trauma center for a fractured tibia and developing anterior compartment syndrome of the leg. The patient arrives at the hospital where x-rays confirm a comminuted closed fracture of the tibia from impact against the tree and pressure measurements within the compartments of the leg of the anterior compartment are greater than 45mmHg. The patient is taken directly to the operating room for immediate fasciotomy (release of the compartments) and stabilization of the fracture with an intramedullary nail.

Victims with fractures (particularly of the tibia and fibula, the elbow, or the forearm) are at risk of developing compartment syndromes. Compartment syndrome is an increase above normal tissue pressure within a group of muscles contained by a common fascia, which occurs following trauma and results in decreased blood flow to the muscle and nerves within the compartment leading to muscle death (tissue necrosis) if the compartment pressure is not reduced by surgical decompression of the enveloping fascia.

The increased pressure also causes damage to the nerves within the compartment. The return of neurologic function is related to the length of time the elevated pressure is sustained. Pressures above normal for more than twelve hours result in permanent neurologic damage. The classic complaint is pain "out of proportion" to that expected. There are six "P's" that help the diagnosis syndrome.

Pressure—is always elevated – a self contained monitoring system is present in most ER's to measure compartment pressures.

Continued on page 7

Hunter Day 2002

by Bob Hamilton, Chairperson

Mother Nature looked kindly on this year's Hunter Day. Cold weather and some natural snow had Hunter Mountain looking very white and inviting for the skiing public and ski patrollers from around Eastern Division. This year's patroller attendance was outstanding to say the least, with 59 patrollers signing in from seven regions. After last year's washout people must have been itching for an early start to the season.

As in past years the Slutsky family was very generous with a donation to Eastern Division of \$2150. Hunter Mountain and the Slutsky's have sponsored Hunter Day for over

34 years and are major contributors to the Eastern Division with over \$100,000 in donations.

This year the focus of our booth was education. With help from the national office we were able to build a display of cover art from all of our publications, which formed the central display on the booth. Additional table displays explained the structure of NSP, Division, Region, Section, and Patrol along with our patroller classification system, (Student, Patroller, Senior, etc). There was a lot of interest in the displays, with numerous questions, and positive comments.

I'd like to thank my wife, Janet, Ron and Carol Verblauw, along with the Hunter Mountain staff, for making my first year as chairperson of the event easy and enjoyable.

Student Awards



2003 Student Seminar

by Jerry Hyson
Student Patroller Supervisor

Twenty-nine student patrollers and forty-two advisors, helpers, and trainer/evaluators converged on Ascutney Mountain Resort in Vermont for this annual event.

The formal training/evaluation consisted of three half-day sessions in OEC, ski, and toboggan skills. Some students chose not to be formally evaluated for inclusion in the competition and spent much of their time in clinics. Others started in clinics but once they became comfortable enough with their skills and the terrain, opted to return to the formal evaluation. All students received constant feedback about their skills during these sessions.

The culmination of the clinic/evaluation sessions was an awards banquet where the following awards were presented.

Overall Marc Truedson

Assessment Dan Wolf

OEC

1st Mark Truedson
2nd Kristina Collins
3rd Bryan Evans

Ski Skills

1st Timothy Donaghy
2nd Marc Truedson
3rd Jonathan Hatch

Toboggan Skills

1st Timothy Donaghy
2nd Marc Truedson
3rd Bryan Evans

Thanks to Dave Walker, S&T, and Ed McNamara, OEC, for organizing and running their respective portions of the training seminar. Special thanks go to Craig Larson, Dan Pascucci, and Jim Slattery. Without people like them and all the trainer/evaluators who came to participate, an event like this would be impossible.

The support of this program by Jerry Sherman, DD, and Rick Andriole, ADD, is especially appreciated. Thanks to every for making this year a success.

Next year's seminar will be held at Gunstock Ski Area in Gilford, NH, March 19-22, 2004. I would like to encourage everyone and every region to participate, fostering a feeling of belonging in our division.

2002 International Snow Science Workshop

by Chuck Boyd

This past October, I was very fortunate to receive the Eastern Division Avalanche Scholarship to attend the International Snow Science Workshop (ISSW) held in Penticton, BC in the foothills of the Cascade Mountains. The ISSW is held every other year alternating with the National Avalanche School (NAS) and is packed with events all week long. The USA hosts the conference twice and Canada once in a six-year cycle. The theme of this year's conference was "a merging of theory and practice" with over 620 snow scientists and practitioners at the conference representing 18 nations around the globe.

Upon arrival I was reunited with old friends from the NAS, made new acquaintances, and met friendly volunteers who answered all my questions and pointed me in the right direction. It was a unique feeling to be standing among and talking to many of the authors of books that I had read on my way to becoming an avalanche instructor: Doug Fesler, Jill Fredston, Bruce Tremper, David McClung, and Dale Atkins were a few of the authors in attendance

The presentations started promptly Monday morning in the convention center auditorium. Unique to this ISSW was the video simulcast room to accommodate the big turnout with large projection screens and small TV's where you could view the proceedings and a computer kiosk where you could take a virtual tour of the whole event to music! Monday was movie night with great footage of avalanches, extreme skiing, mountain biking, and videos of what not to do with explosives!

Papers were presented in four sessions with sponsored coffee breaks where exhibitors showed the latest and greatest in everything from clothing to explosives for use in the avalanche business. It was a great chance to meet the reps and learn about the most recent advances in avalanche technology. Mammut, BackCountryAccess, and Ortovox were demonstrating their latest improvements in transceiver technology: Manuel Genswein from Barryvox (Mammut) set up a tent outside and demonstrated deep burial techniques and Ortovox had their new digital X-1 transceiver and was practicing multiple burial locating techniques.

Tuesday night the Canadian Ski Patrol invited the NSP to a spaghetti dinner at their hotel. This annual event takes place at every ISSW and NAS, with the host country sponsoring the dinner to share ski patrol experiences.

Wednesday was the field trip to the Coquihalla Highway and Historic Kettle Valley Railway – 75 people on a mountain bike ride with a little bit of frozen rain thrown in to spice things up. The trip followed the old Kettle Valley Railway, stopping along the way at all the avalanche protection sites with a historian lecturing on the history of the railway. After the 35km ride, we returned by bus via the Coquihalla Highway. The highway passes through some of the most avalanche-prone terrain in the area with 75 known paths that affect the highway. Along the way we stopped at all the avalanche protection sites and learned how they were built, used, and maintained. The highway department actually set up a 105mm recoilless rifle and showed us how to aim and fire the gun!

Thursday we listened to cutting-edge presentations on snow science and technology. When David McClung presented a paper on "Fracture Toughness for Dry Slab Avalanches" which implied that fracture toughness, not shear strength, is the fundamental quantity related to instability, a storm of protest rose up from the Swiss scientists challenging his theories, unlike anything I've ever heard before among intellectuals. With all these new ideas in our heads, we went to the evening banquet, a memorable experience with great food and friends. After several award presentations, the keynote speaker, Chic Scott, presented a slide show on the history of climbing in Canada that was by far the highlight of the banquet!

Friday was the final day of presentations, including the Russian presentation on seismicity-induced avalanches. When the closing remarks were finally made and the conference was dedicated to two avalanche forecasters who were killed in an avalanche while studying the snow to help protect others, we all left the auditorium with a sense of how important our work really is. I left the conference knowing that what I had learned would be valuable in teaching avalanche classes back here in the division. I was especially pleased to be able to put into practice what I had gained in the transceiver sessions when I taught in the Level II class at Whiteface.

I would encourage any avalanche instructors wishing to expand their knowledge of snow science, avalanche control, and avalanche rescue to attend the next ISSW or NAS. Each year the Avalanche and MTR programs offer scholarships to qualifying instructors to attend educational events such as these and all instructors in the division should take advantage of the educational opportunities available to them.

In Memoriam

Carlton F. Maloney

December 24, 1945 – April 23, 2003

Carlton began patrolling in 1993 at Camelback in EPA as a candidate. He lived in New Jersey and would make the commute every weekend to start patrolling, after teaching all manner of aerobic classes at Bally's and working as a theatre projectionist during the week. From Friday night through Monday morning, Carlton was a fixture in the patrol room.

Prior to becoming a ski patroller, Carlton was a PSIA certified instructor. A fellow Camelback patroller had met Carlton back in the early 1980s when they worked for the Long Island travel agent, Ski-O-Rama. As an escort, Carlton would load the bus with skis and boots, direct the driver to the pick-up location (a trip in itself!), greet clients, and drive them to the ski area. Overnights to Whiteface, Mt. Snow, and Quebec were the best.

Every year, Carlton, a well-seasoned videographer, recorded our patrol in training exercises, general patrolling duties, and at the annual spring banquet. Everyone faced Carlton's camera at one time or another, usually with a smile but sometimes with a mildly frustrated wave of "enough already!" And no one will forget Carlton's pronouncements hailing Caesar as he greeted patrollers and recalling the Legions of Rome as fellow patrollers went about scheduled duties on the mountain.

Whether demonstrating pirouettes on ballet skis, responding with a snowmobile for a tow, taking his turn at the "dreaded" tubing park, or any other of a myriad of patrol duties, Carlton was always smiling. As he tirelessly patrolled with us for ten seasons, everyone who worked at Camelback felt his unequivocal kindness and good humor. From lift attendants to patrollers, from the ranger patrol to cafeteria workers, everyone knew and loved Carlton.

As we gathered at his viewing, we saw how broad his reach was in life. We are happy to have had him in our patrol family—and we will miss him greatly.

*Camelback Ski Patrol
Tannersville, PA*

George Melcher

This past fall, Jack Frost Ski Patrol in the EPA Region, lost a long-time patroller and good friend. After a six-year battle with cancer, George Melcher passed away September 11, 2002. George was a member of NSP since 1961, and held National Appointment #3703.

One day while working in his orchard, George fell getting out of his truck and broke his femur. It was then that doctors discovered bone cancer. His femur was repaired but his skiing career was probably over.

Undaunted, George searched for a way to continue his passion for skiing, and possibly patrolling. Through the adaptive program at Jack Frost, George took a lesson on a monoski. Unable to sit in a monoski and because of the pain, he was forced to give up both skiing and patrolling. With his long skiing and patrolling career ended, he occupied his time showing border collies along the entire East coast.

George, a self-taught skier, began his skiing career racing. He first joined Big Boulder Ski Patrol, our sister patrol, in 1961. His biggest challenge as a candidate was to pass the DREADED snowplow! Of course, he did pass and continued on his long ski patrol career.

His extensive ski racing background and exceptional skiing ability naturally led him toward ski and toboggan training. He trained and examined at both the candidate and senior level. George transferred to Jack Frost in 1972, the year they opened, as the first patrol director establishing and training their patrol.

George was a graceful, strong skier who set high standards for himself as well as his students. Some of his students recall him being an excellent teacher and demonstrator in all aspects of skiing and toboggan handling. When a patrol candidate graduated from his program, their skiing and toboggan handling skills were exceptional. An added benefit was the life-long friendship George engendered with his students.

When not skiing, George worked on the family-owned peach and apple orchard in Bally, PA. That work was year round and helped to keep him in excellent physical condition for ski patrol duties.

George was well known for his dedication and hard work in anything he pursued. He was a devoted husband, father, and great friend. His wife Beverly is still an active member of JFSP. His children, Corey and Melodie, and two grandchildren live locally. To honor George, his patrol radio number, #14, has been retired. All of us at JFSP will miss George.

*Flo A. Rutherford
Jack Frost Ski Patrol, EPA*

Ron Smith

On May 20, 2003, Camelback noted the passing of friend and patroller Ron Smith. Ron's father, Asa, was a charter member of the Camelback Ski Patrol when the mountain opened in 1963. Ron joined his dad on the patrol as a junior patroller at 16. He continued patrolling and saw many changes in his 40 years at Camelback. Ron enjoyed skiing in Colorado at Wolf Creek every winter, staying at the home of a former Camelback ski patroller.

Ron was a "backwoods" skier; nothing flashy but a solid skier who got the job done. He took life seriously and was a loyal friend and patroller. We are glad to have known Ron and he will be missed.

*Camelback Ski Patrol
Tannersville, PA*

Robert McNary

Bob McNary, 69, of Delmar, NY died at the St. Peter's Hospice on May 6, 2003. In recent months he had been confined to Teresian House in Albany as the result of paralysis from a spinal operation.

He joined the Albany Ski Club first as a junior member in 1950 while in Bethlehem Central High School. He graduated from Albany Business and Russell Sage Colleges and worked for AT&T and New York Telephone for 35 years.

He and his family joined the ASC and he served as president as well as a first aid instructor for the patrol. He also served as patrol leader of both the Easton Valley and Homestead Patrols.

He joined a number of patrollers from the ASC as a regular member of the Snow Valley Patrol and in 1979 received National Appointment #5517 for leadership and service to the public.

After the merger of Haystack with Mt. Snow, failing health forced him to give up active skiing. He served in the first aid service at Mt. Snow until the end of his ski patrol service, which spanned over 25 years.

He is survived by five children, numerous grandchildren, a sister, and an uncle. He was a devoted parent and an outstanding ski patroller. In spite of being confined to a wheelchair in recent years, he never lost his enthusiasm for skiers and skiing.

*Don Page
Past Division Director*

My Year As An ADD

by Marcia Mundrick, ADD

I would like to thank all the people I worked with this season that helped me with a smooth transition to ADD. I had the opportunity to work with program supervisors and region staffs that were professional, creative, and dedicated.

Trish Beagle's (WNY) and Skip Millor's (GV) award committees were able to substantiate applications for two outstanding awards for each region. Both regions, directed by Jim Decker and John Lawson respectively, were very active bringing NSP programs to their areas.

The Avalanche, MTR and Nordic supervisors are a great team and the highlights this year were their REMO meeting and continuing education clinic, the Avalanche II course, and a senior nordic evaluation at Highland Forest. They are already hard at work planning next year's September continuing education class and the CRREL seminar in April. Look for the information regarding these programs in this issue.

There are two issues that I have noticed over the year that I'd like to mention. First, candidate training...we all focus most of our energy with candidates on S&T and OEC. However, it should be mentioned that our candidates are also joining our organization. Have they been apprised of the NSP Patrollers Handbook? Are they aware of any by-laws your patrol, section, or region may have? All candidates deserve to be informed that the NSP has policies and procedures and they should be knowledgeable about how they can access that information.

Second, having just finished four years as Instructor Development Supervisor, I would again like to mention the need to maintain and recruit quality instructors to maintain quality programs. Do we do enough to recognize the instructors we do have? Have some instructors retired after years of teaching without any notice? Some ideas I have seen to recognize this group are: presenting instructor pins after five years of teaching or a certificate of appreciation upon retiring from instructing; developing patrol, section, and region yearly awards; helping instructors with the cost of new instructor manuals; and regions offering instructor shirts or monogrammed jackets at reduced pricing. Instructors don't put in the hours of teaching for these appreciative gestures, but recognizing the value of the work they do is not only appropriate, but may create interest for future recruiting!



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Avalanche – Mountain Travel & Rescue – Nordic Instructors’ Meeting

The annual meeting will be held on Saturday, September 6, 2003 at Belleayre Mountain in Highmount, NY in conjunction with the Eastern Division Fall Meeting and Trade Show. Details of the meeting agenda, directions, and arrangements will be sent to all instructors by July 2003.

The agenda for this meeting will include an update on the new MTR manual, a review of the course schedules in the three disciplines for the upcoming year, program delivery issues includ-

ing tactics for promoting our courses and registration and financial procedures, new equipment developments from company representatives, and recent developments in search and rescue techniques.

We encourage anyone who is interested in becoming an Avalanche, Mountain Travel & Rescue, or Nordic instructor to contact Pete Snyder, Butch MacQueen, or Mary MacQueen for information about attending the meeting.

*Please complete the form below
and return by September 1 to:*

Pete Snyder
NSP Eastern Division Nordic Program Supervisor
1632 Lake Ariel Highway
Lake Ariel, PA 18436
570-689-6173, psnyder@ptdprolog.net

Response Form – 2003 Avalanche /Mountain Travel & Rescue/Nordic Instructors’ Meeting

Name _____ NSP Reg. # _____

Address _____

City _____ State _____ ZIP _____

Home Phone _____ Work Phone _____

Email _____

Please check as appropriate:

- I will be attending the A/MTR/N Instructors’ Meeting
- I will not be able to attend but want to continue as an instructor
- I no longer wish to remain as an instructor – please remove my name from the roster

Instructor Category (Check all that apply) Avalanche Mountain Travel & Rescue Nordic