

IN THIS ISSUE...

- *Not a Normal Year*
- *Take the 5th*
- *Annual Awards*
- *Bumpaholics*
- *Call For Candidates*



Maximize Your Potential

by John W. Shipman, Division Director

As my introduction to the Eastern Division members, I would like to thank the Board of Directors for their vote of confidence and the support they demonstrated last April at the Spring Officers' Meeting in Albany by electing me the Eastern Division Director. As the new Division Director, I extend a sincere thank you to our past DD, Rick Hamlin, as he leaves office after six years.

Because of Rick's and the board's thoughtful and accomplished work, we have inherited a strong and viable division, staffed with talented and dedicated patrollers. This successful hand-off, from one DD to another, did not just routinely happen! We should take a minute and back up, remember, and reflect upon Rick's early tenure as DD. The Eastern Division, as well as other divisions, and the National organization, were in the Colorado courts sorting out complex legal issues that caused significant financial and operational costs for the divisions and national.

Since many NSP members stepped up and fought the noble battle, we are

again on a solid foundation and poised for growth. Now is the time to make the effort, to maximize our options, and tap into our possibilities. As a cohesive division working together, we can continue to do our best for the skiing and board-sing public and make a difference.

I have been the DD for a short time and I am fully aware that I serve and answer to the Eastern Division Board of Directors and to every division patroller. As we go forward, it may be constructive to know something about me and my patrolling experience (without getting too wordy).

I have been an active NSP member for 25 years and currently patrol two to three days a week at Wachusett Mountain, in Princeton, MA. Wachusett is about 50 miles west of Boston. I have held appointed and elected positions on the Wachusett Patrol and I have been involved on the region and division level for nearly the entire 25 years. In my region I have served as the advisor for the Senior EMM program (4 years), OEC administrator (10 years), awards advisor (10 years), and region director (4 years).

For the past year I was the assistant division director.

The following are a few important topics the Eastern Division Board and I will continue to monitor, measure, and work on:

- Division program delivery is central in our efforts and focus. We have outstanding program advisors and talented instructors throughout the division and the lineup of courses is first rate.
- The Division will continue to provide important program resources to help program advisors accomplish their objectives.
- Program staff development will be encouraged and supported. We have to plan and prepare for the future.
- Women's S&T clinics and patroller enhancement seminars are growing and have become popular programs. We have had excellent feedback from instructors and clinic participants stating that the clinics are good fun and excellent learning experiences. Division staffing and funding for these programs will be encouraged.

Continued on page 2

Continued from page 1 - *Shipman*

- The BOD will work on alternative ways for recruiting patrollers and raising division income. We need to look elsewhere, rather than at the patroller, for additional income as we go forward.

A few years ago, the Eastern Division suggested a slogan that all 15 regions adopted and directed their sights on to accomplish. "The Year of the Senior" was the slogan. That year, the senior program succeeded on all levels because the effort that went into the Senior S&T, Senior OEC and other important division programs was good for the patroller and a benefit for the patrol and NSP. The division established a collective target and the target was realistic. Patrollers chose to get involved and signed up in record numbers.

This division is equipped with the right tools and offers great opportunities for success and fulfillment in our patrolling careers. For those who have not given

NSP programs much of a chance, know that NSP programs can be fun and a worthwhile experience. This year, the 2010-2011 season, is the year to Maximize Your Potential.

Whether you are an NSP instructor, a patrol candidate, or a veteran patroller, we have to be aware of what we are today and what we are capable of becoming tomorrow. We all should take advantage of the resources the division offers. Whether it's S&T; OEC; Avalanche; Mountain, Travel and Rescue; Instructor Development; Certified or the Young Adult Patroller program, make the most of them and stake a claim on your potential.

Now is the time to prepare to take action. This is your invitation to loosen up, sign up and let the fun begin! Maximize your potential, stand out from the crowd and enjoy your achievement.

Treasurer's Report

by Alex Edwards



The count is now 1,477 e-mails received and sent since I was elected in May 2009. It has been a busy time as your Division Treasurer. With the end of our fiscal year March 31, 2010 comes the need to get our IRS form 990 completed. It is due to the IRS on August 15, 2010 and the Division has set a policy that the Region and Patrol information for inclusion must be sent to me by June 15, 2010.

If you have sent me your information, thank you! If not, could you please get it to me as soon as possible. With 225 Patrols and 15 Regions to combine with the Division finances it is not a small undertaking. Thank your Region and Patrol Treasurers for the work they do.

The Division financials for the year just ended will be available on the nspeast.org website. Our investment portfolio has rebounded extremely well and the programs stayed within budget. The Division is all about the programs and I am glad to do my part by writing the checks to pay the bills for the delivery of the programs.

At the Spring Officers' Meeting I was given temporary custody of the Division's new mascot, a female monkey named 501(c)3, by Rick Hamlin. You can track her escapades on the website.

I would like to express my gratitude to Region Director Rick Knight, past Division Director Rick Hamlin, Legal Advisor Henry Williams, and the Finance Committee for their support during my first year.

Alumni

by Al Pels, Coordinator

To join the Alumni print an application which is located at www.nspeast.org/html/alumni.htm. Mail it with a \$27 check made out to National Ski Patrol to Al Pels, 24 Mill Road, Hancock, NH 03449. You will be added to your Region's Alumni Roster.

Here's a brief rundown of benefits and opportunities available to Alumni:

- Winter/Summer Alumni Days
- Region, Division and National newsletters
- \$10.00 of your registration fee is returned to ED and distributed to your Region, the Young Adult Patroller Program and the Memorial Fund
- Eligibility for the Subaru Discount Program and other pro deals
- Vote for National Board Directors
- Receive the National Catalog
- Courtesy and Host Patrols
- State Winter Special Olympics

For new members, dues paid after July 1, 2010 will cover Alumni Membership through 2011.

If you have any questions, contact your Region Alumni Advisor or me at pels.hancock@gmail.com.

Final Division Director's Report 2010

by Rick Hamlin, Past DD

This season started out slowly for many of us, with warm weather and a lack of snow delaying area openings. Depending on where you were in the northeast however, later record snowfalls made up for the slow start. The end of the season also found Mother Nature in a confused state with temperatures in the 50's, followed by a weekend of temperatures in the teens. The last day of skiing this year was sunny and 80 degrees in my neck of the woods. Despite the yo-yo like weather over the season, most of the folks I spoke to were reporting good skier visits, so hopefully the economic woes of the past few years are receding, albeit slowly, in our rearview mirror.

This year's report marks not only an end, but also a beginning. An end, in that this will be my final report as your Division Director; a beginning because by the time this report is widely circulated, the Eastern Division will have a new Division Director, the 19th Division Director in the history of our great Division.

As your 18th Division Director and one of five Directors that have served for six years or more, I will tell you that change is inevitable and change is good. I am thankful that the committees that created our new bylaws in 2004 included a six-year term limit for

Region and Division Directors. I have held many positions of NSP leadership and without question the Division Director position has been the most rewarding, but there is also no question that it is a full-time job. It has been my honor to serve the Patrollers of the Eastern Division and after six years it is time for new leadership, new energy and new direction and I know that the next Division Director will bring these attributes enthusiastically to the position.

I would like to think that the Eastern Division is stronger and more focused on the needs of Patrollers (as is our National organization) than it was when I became your Division Director and I believe this trend of improvement will continue on into the future. I will leave it to others to chronicle the details of what has transpired on my watch. One thing that is important to note is that the improvement that has occurred, or will occur in the future, has very little to do with the Division Director. If you think of our Division as an 8,000 member orchestra, your Division Director acts as the conductor. He or she can offer suggestions of what might be played and coordinate between the sections, but when the baton rises, if the orchestra doesn't want to play, no music will result. The truly amazing phenomenon is that while none of the officers, program supervisors, advisors, instructor trainers, instructors, evaluators, nor most Patrollers gets paid a dime for their efforts, year after year the "music plays." And what music it is. Complex harmonies, delivered on time across the Division. Many single voices that when combined return an awesome result.

I believe that one of the most important attributes that allows this harmony to occur is trust. From aid to the patient on the hill, to any meeting of Patrol leadership, trust of our fellow Patroller is the foundation on which we base all of our actions. When a Patroller reports a pulse and respiratory rate of a patient, we trust without question the information we are receiving. When a course is offered, we trust that that there will be an instructor there on the date specified to run the course. We trust one another for several reasons, but first and foremost is the common experience that we all share in becoming a Patroller. When you see a Patroller wearing the insignia of the NSP, you know that he or she has been through the same training that you have, be they from Shawnee Peak in Maine, or Seven Springs in Pennsylvania. That makes them a fellow member of the tribe,

Continued on Page 5 - Hamlin



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 Shipman/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

Please note: All address corrections must be done at the National Office. Log in at:

https://www.nsp.org/nsp2002/member_services_template.asp to change your record.

Nordic Program

by Greg France, Supervisor

Centrally located in the Eastern Division, Northfield Mountain Nordic Patrol again hosted the Eastern Division's Fall Instructors' Meeting. The meeting was well attended and as usual the WMASS patrol did an outstanding job in organizing the event. A special thanks to Bill Schweikert and Jonathan Shefftzin for their gracious assistance over the past three seasons.

The 2010 Nordic Senior Evaluation was held in the WNY Region by the Allegany State Forest Nordic Patrol. Allegany State Forest is a great Nordic facility. I hesitate to say it, but our hosts almost provided us with too much snow for our late February event.

Five Nordic Patrollers passed the senior evaluation and three candidates showed both promise and grit tracking through a knee-deep backcountry snowfall.

The United States Army Cold Region Research Engineering Laboratory (CRREL), in Hanover, NH saw record attendance at this season's March 26, 27 & 28 gathering of Nordic and Alpine Patrollers. Attendance is directly attributed to the excellent organizational job done by Scott Campbell and Nick Collins.

Presentations on cold region injuries, snow science, and cutting edge avalanche protocols were presented with an emphasis on recent eastern slides. Gina Wyffles and Deborah Whalen, both Nordic Instructor Trainers from the Genesee Valley Region, presented their region's findings of sustained testing of the SKED Emergency Toboggan.

Two more Nordic Master Candidates have progressed to the final stage of Certification. Phil Galka and Rick Shandler completed their final avalanche, extended ski tour, and in-area telemark testing at Smugglers' Notch in early February.

Phil is scheduled for his Master's Oral Evaluation on April 24 and Rick has scheduled his Oral at the upcoming Fall Instructors' Meeting.

Rick has also accepted the position of Assistant Nordic Advisor and will be working to coordinate the Nordic Master evaluations.

The upcoming 2010/11 season promises to be one of high expectations and possibly new challenges as the search continues for a National Nordic Program Director.

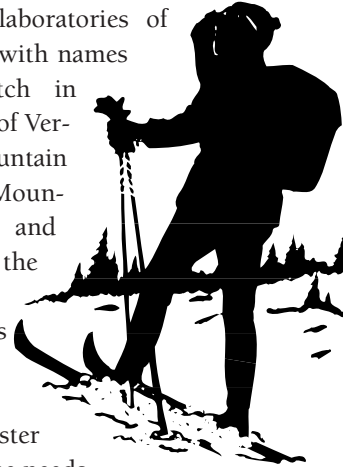
Division Nordic Patrols will be supporting summer biking, trail, canoe and kayaking events. Master Nordics will be working with rope-assisted rescue techniques and autumn will bring our Instructors' Meeting.

Nordicfest and Senior Evaluation sites will be announced at the fall meeting.

Nordic Master Certification

by Rick Shandler, Asst. Nordic Supervisor

In backcountry laboratories of the Eastern Division, with names like Smugglers' Notch in the Green Mountains of Vermont, Whiteface Mountain in the Adirondack Mountains of New York, and Mount Washington in the Presidential Range of the White Mountains of NH, a new program has been created.



The Nordic Master Program, born from the needs of the growing backcountry skier population, was developed out of a cooperative effort between the Nordic, Mountaineering, and Avalanche programs to train patrollers for extended backcountry rescue operations. As a result, the Nordic Master Certification training program is now celebrating its second year of operation.

What is Nordic Master Certification you ask? Begin with a free-heel skier who is a Nordic Senior, and then add Level 2 certification in Mountain, Travel and Rescue and Avalanche Rescue and Safety. Search and Rescue certification (ICS/NIMS) and leadership within NSP are also requirements. Additional events include overnight search and rescue excursions, advanced navigation, advanced off-piste first aid and extrication scenarios, and avalanche terrain assessment, navigation and travel. Holding instructorship in at least two of the above disciplines is also required. The culmination of this is the Oral Board of Review. Did I also mention that these are really fun, productive, and skill-building events?

Now, if this sounds like a pretty big mountain to climb, you are right. However, there are no time limits to completion, everyone is welcome to participate, and the resources are there to help you gain the skills necessary to complete this very special program. Many of you already have some of these requirements completed so you are already on your way there!

The longest journey begins with the first step. Talk to your Nordic Advisor or go to this link <http://www.nspeast.org/html/nordicmasterprop.htm> to take your first steps.

regardless of race, gender, or profession. You know that they have committed the time and the effort to become a member of the National Ski Patrol and continue to commit time and effort to maintain those skills. You also know that these are not easy commitments and in fact not everyone who wants to join has the necessary skills to pass the required tests or the time to maintain the commitment. They, like you, have made "Safety and Service" an important part of their life. That is one basis of our mutual trust, a trust that forms the cornerstone of our foundation of camaraderie.

That we share a common experience is due to much effort that goes on behind the scenes. Programs that get created at the National level are disseminated to the Division, Regions, Sections and Patrols and at every step Supervisors, Advisors, Instructor Trainers and Instructors are kept up to date with all of the latest techniques and improvements. For every course offered, many Patroller hours of preparation and training take place before the course even begins. It is this constant focus on communication and quality control that insures that if you meet a Patroller from California at an accident, odds are within a few minutes you will be working smoothly as a team.

Now none of this matters however if no one shows up to take an OEC course, or advanced training/classification courses or evaluations. Without line Patrollers, there is no need for the rest of the structure to support their needs, which brings us back to the orchestra. Patrollers fill every seat in our NSP "orchestra" and blizzards or bare ground, when the call is made; you come out to perform. And not only do you show up with humor and a strong sense of camaraderie, you want to improve your skills and become better at your rescue craft. In turn, the leadership of the NSP gladly provides you with the opportunity to do this, at whatever pace you choose. Because of this, the direction of the NSP is really up to you. Did you like the course that you took? Let the instructors know and better yet, let other Patrollers know. Did you think a course could be improved? Let the instructors know. They really do want your honest feedback when they hand you those questionnaires at the end of each course. As long as you keep showing up and letting your leadership know your thoughts, the Eastern Division and the NSP will continue to be stronger and more focused on Patrollers' needs. This is why your impact on the direction of the NSP is so much more powerful than your Division Director could ever hope to have. How was our course interest last year? The table below provides the numbers. Last year, for the fifth year

in a row, we increased the amount of course units delivered to Patrollers, as well as increasing the number or active Patrollers.

Active Division Members	Number of Course Units Delivered*	Percent Course Units to Members
7208	3687	51.15%

**The course unit number is based upon courses registered with the National office, excluding refreshers.*

So as I step down and welcome the new Eastern Division Director, I ask you to help the NSP continue on its current path and to help your Division leadership by doing the following:

- Continue to take courses and improve your skills. It's good for you and good for the NSP.
- Please cast your vote for the National Board of Directors each year. We fought very hard for your right to do this and will not have to repeat that exercise, as long as you vote. Your National Board needs to know that you are paying attention. Your interest is their compensation for the hard work they do. Please compensate them well.
- Please cast your vote for your Region Director every two years. Again, it took much effort to make the changes that allowed this to happen. This is your grass roots leadership, choose them well. You have been doing a great job at this, please keep it up.
- Please be polite in your correspondence with your fellow Patrollers. We will all not always agree on all issues. I think it was Mark Twain who once said "If two people always agree it means that one of them is not thinking." It has also been said that "discontent is the first step in the progress of man or nation." It is o.k. to express your disagreement or discontent. It is also possible to disagree without being disagreeable. We are a big organization, but we are also a family. So if you must disagree, please do so in a professional manner and address the point without attacking the person. After all, they really are your brother or sister.

It truly has been my honor to have served as your Division Director. Your allowing me to hold this leadership position is a gift that I have never taken for granted, thank you. While I will not miss the late hours spent taking care of Division business, I will miss travelling throughout and working with the Patrollers of the Eastern Division. Meeting you was truly the very best part of my job.



Not A “Normal” Year...

by Dave Walker, Supervisor

...for the Certified Program by any stretch of the imagination. We were asked by the BOD to move the Introduction to Certified Program, which had been held at Ski Windham, NY to different mountains within the division to share the wealth.

We answered that call by hosting these programs at four different resorts. Bristol Mountain, NY hosted the first one in early January followed by a triple play the weekend after Martin Luther King Day at Elk Mountain, PA; Sunday River, ME; and a revisit to Windham because of its popularity. Each was very well attended and accomplished exactly what we were hoping for, more interest in our program. Precourses were held at Killington, Sunday River and Hunter Mountain for those who wanted more than just a look at the program.

This year's certified exam was held at Sugarbush Resort in Vermont. It was very well attended by more patrollers than we have ever had at an exam. Two hundred people attended this year including the National Certified Supervisor and representatives from both Southern and Central Divisions.

Thanks to John Hammond, certified member and mountain manager at Sugarbush, and Chad Borofsky and Sandy Macys, certified patrollers at Sugarbush, for their help in making this exam a success. Sugarbush was a great host providing room for meetings, exceptional terrain, and a banquet that was terrific.

Because of the interest that was generated by the Introduction to Certified Programs about two dozen patrollers were given the opportunity to attend what we called “learning stations” at the exam. The intent was twofold. To eliminate some of the pressure the candidates feel with a large number of onlookers and to give serious pre-certified candidates an opportunity for training by the certified staff.

The pre-candidates were treated to 1½- to 2-hour stations in management, hill safety, first aid, skiing, toboggan, low-angle rescue, avalanche, and lift evacuation. Most of these stations were run by the chairs of those events.

The weather at certified exams is always something that needs to be contended with and this year was no exception. Warm temperatures the day before the exam started, followed by rain and a cold front, provided less than ideal conditions for the ski and toboggan day. Adjustments had to be made on some of the courses

because of the difference in conditions between the top of the mountain (where six inches of snow had fallen) and the lower mountain (which enjoyed six degree temperatures and only rain). This created a less than enjoyable bump skiing experience.

As it has in the past couple of years the sun came out for the Saturday events. We started the exam on Thursday again this year to ease up on the first-year candidates' schedules, spreading out their stations over three days rather than two.

Five new members were added to our ranks.

Matt Nebzydoski	Elk Mountain	#706
Marc LeBlond	Sunday River	#707
Bill Mitchell	Jay Peak	#708
Eric Kreckel	Whiteface	#709
Russ Monast	Loon Mountain	#710

Some interesting side notes: Matt Nebzydoski was presented with David Ronald's certified pin. It has been a tradition at Elk Mountain to pass along David's pin from patroller to patroller as they pass their certified exam. David, who fought a losing battle against ALS several years ago, was Certified #171.

Eric Kreckel is the first Whiteface patroller to pass the certified exam. Marc LeBlond received Certified #707 which is the same as the number he was awarded from the PSPA in 2007

At this year's annual meeting Doug Sloan, Certified #75, was the recipient of a lifetime membership awarded to those who have demonstrated commitment and dedication to the program over many years. Doug has been, and will continue to be, an asset to the Certified Program.

Next year the annual exam will be held at Jay Peak in Northern Vermont, March 24-27. Plans are in place for Introduction to Certified events at Elk Mountain, PA; Ski Windham and Holiday Valley, both in New York; and Sunday River, ME. There are many potential candidates in the system now because of these well attended events.

Great Merchandise Available

We now have Eastern Division and Senior Pins available! Each pin is \$5 which includes shipping costs. To order please send a check made out to NSP Eastern Division to:

Laura Tucker
23 Narragansett Avenue
Pittsfield, MA 01201-1021

Call for Candidates for Region Directors

by Don Weaver, Nominating & Election Chair

The following Regions are due to have Region Director Elections this fall:

- Western Massachusetts.
- New Jersey
- New Hampshire
- Central New York
- Eastern New York
- Northern New York
- Genesee Valley



A number of Region Delegate positions (sometime referred to as Section Chiefs or Region Representatives) are also up for election or appointment. Check your Region's website to contact your Election Committee in order to submit nominations within your Region and/or to see if your Section is up for a new Delegate and how he/she is selected.

As a reminder the procedure for electing Region Directors is as follows:

Region Directors shall be elected by the Active Members of each Region at the Fall Outdoor Emergency Care Refreshers, or similar meetings held at the same time, requiring attendance of all Patrollers. An Active Member shall be defined as a Member with an NSP registration number reflecting primary membership in a patrol within the Region where the election is being held, excluding Alumni, Medical Associates, Candidates, and Professional Division Members. Members with dual registrations may cast only one vote in the Region of their primary patrol. Region elections within the Division shall be structured so that approximately one-half of the Regions hold their Region Director elections each year. Eight Regions will hold their elections in even numbered years and seven Regions will hold their elections in odd numbered years.

Each Region shall appoint a Region Election Committee of at least three Active Members to oversee the nomination and the election process for the Region Director, with one member appointed to act as Chair. The identity of the Region Election Committee shall be sent to the Chair of the Division Nomination and Election Committee and shall be posted on the Region's website along with a call for candidates and other election notices.

Notice of upcoming elections shall be given to the members of a Region by email and such other method as the Region shall decide. (This should have already been done in the Regions where elections are to occur this

fall. Beginning in 2011, the Division Nomination and Election Chair shall contact the respective Region Election Committee Chairs no later than January 30th of the year in which an election is to be held and remind them of the pending election so that advance election notice and solicitation of candidates can be sent to the Region's Members.)

Voting shall be by written, secret ballot. Ballots shall contain provisions for write-in candidates. Balloting shall be supervised by the Region Election Committee. Ballots shall not be counted until substantially all of the Patrollers have been given the opportunity to vote, after which, the tally shall be made and the candidate receiving the greater number of votes cast (a plurality) shall be declared the winner. Ties shall be broken in a manner determined by the Chair of the Region Election Committee.

Proxy votes shall not be permitted but absentee votes shall be permitted for good cause shown to the Region Election Committee.

Instructor Development Report

by Flo Rutherford, Supervisor

Instructor totals in all regions: 77 certified ID instructors
plus 6 candidate instructors

Total ID Classes for 2009: 27

Total classroom and e courses
for Jan-Dec 2009: 24 (classroom 21, e-course 3)

Classroom Attendance: 179

E-course attendance: 3

Total students: 182

ID classes January- June 2009

Total classes: 16 Total students: 111

ID classes July- December 2009

Total classes: 8 Total students: 71

Registered classes for 2010: 9 (classroom 7, e-course 2)

Total projected attendance (based
on open and closed courses): 92

Registered ID classes for January-May 2010

Registered ID classes for 2010: 9 (classroom 7, e-course 2)

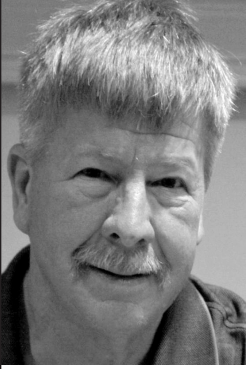
Registered classroom classes: 7 with projected 92 students

Registered e-classes: 2 with projected 10 students

Total projected students: 102

Eastern Division Steps Up Again!

by Bob Bluff, S&T Supervisor



Eastern Division steps up again to fill the top spot at National for S&T. After three years of service, Randy McNeil from Holiday Valley in the WNY Region has stepped down as the National Transportation Program Director, and Frey Aarnio from Bromley in the SVT Region been appointed to replace him. Surely a smooth transition can be assured.

Hearty thanks go out to Randy for his service to the National S&T Program, and to Frey for his service as the Eastern Division Supervisor and also for accepting the responsibility and taking all of his years of experience to the National level. The National S&T Program is in good hands.

Recapping some of this past winter's S&T events, we had an enrollment with the National MIST office of 1,781 attendees in 83 programs.

The Senior Program conducted 13 events with 97 patrollers attending. Fifty-one passed the skiing portion along with 58 passing the toboggan section. Forty-eight were successful in both portions.

Patroller Schools were also run at Sunday River ME, Killington VT, and Elk Mt. PA. Elk set a new record

with 78 patrollers taking the event.

The Women's Program was in full swing with events held in Connecticut, New Hampshire, Maine, and two in Pennsylvania.

Instructor Trainer evaluations were held at Gore Mountain, SNY; Smugglers' Notch, NVT; and Seven Springs, WAPP. A success rate of 99% was achieved for the those recertifying and the overall success rate was 88%.

For those of you who do not know me, I am Bob Bluff from Elk Mountain located in the EPA Region. I started patrolling at a small mountain, Poco-North in 1968. Over the years I have held leadership positions as a Patrol Leader, Section Chief, Assistant Region Director and Regional S&T Advisor. I became an I/T in 1992 and was appointed to the Eastern Division S&T Steering Committee in 2000. In 1997 I became Certified Patroller #497.

I am pleased to have been asked to be the Eastern Division's S&T Supervisor and look forward to working with the S&T Steering Committee to seek ways to take a program that is already great to the next level. I will report to you the plan for the 2010-2011 season in the next issue of *Trail Sweep*.



Awards

by Bill Boulter, Coordinator

This year's awards...where do I start? With a big thank you for everyone! Everyone worked their butts off this year; one of the best years for awards I can remember.

Boy was I busy! Only one month with zero awards and the rest had great numbers. Every region had at least one award this year. Some had a great deal more. We even surpassed the number of Eastern Division Patriot Star Awards.

We have had a good turnout for the National outstanding awards this year. I would ask that officers help their awards advisors and push for more outstanding nominations to be done for next year. I would love to have at least three applicants for each category so I could give awards out for first, second, and third next year. If I don't get three in a category I can't do it.

I did not receive any awards for Outstanding Auxiliary or Outstanding Small Patrol. This is much better than last year but, let me be selfish, I want them all. I am sorry but I want to submit a winner for every Outstanding category that I can. We were so close this year.

I was asked last year to continue with better communications. I believe we have accomplished that, but feel we can always do better from both directions.

I would like to thank Rick Hamlin for his leadership the past six years. I believe him to be that true sled-pulling, hard working administrator we should all strive to be. Rick, thanks for setting the example for all. However, now I have to break in a new DD. Oh joy! Oh rapture!

National Awards Advisor Myer Avedovech came to Albany and attended my annual awards meeting. I'm sure all the awards advisors present appreciated his attendance and found what he had to say interesting and helpful.

Awards and your patrollers are worth it.

Take the 5th

by Bill DeVarney, OEC Supervisor

Outdoor Emergency Care is moving into a new era with the publication of the OEC 5th edition commonly known as OEC 5e.

The book is scheduled to be available sometime in the first quarter of 2011. As the date gets closer we will keep everyone abreast. Look for e-blasts, refresher articles and future articles in *Trail Sweep*. There are a couple of important items for everyone to know about the book and where OEC is going over the next couple of years.

1) This year, and through the refresher cycle, OEC 4 will be the foundation from which every OEC technician will work. Even after the release of OEC 5e only new courses will be using the 5e book until the refresher cycle in 2011 at which time everyone will be updated on 5e.

2) This year's Refresher Cycle C will be from the 4th edition, with some additional information on the new book for people to learn more.

3) In 2011 there might be a one cycle change to cover the new OEC 5e and bring all patrollers up to speed in one year.

4) This book is the only first aid manual that has been researched, written and edited by an entire volunteer organization. Everyone should be proud of this book. I know Dr. Bowman wrote the first WEC manual but this one is going from one end to the other with all volunteer support. It has taken a long time to get to where it is today. Several people from the Eastern Division, namely Ed McNamara and Dr. David Johe, should receive special attention for the incredible effort that they put into the publishing of this book.

5) The 5e takes into account the comments that were made by patrollers. Remember those surveys from several years ago? They were read and some of the comments used in developing this book. One in particular is that patrollers said the OEC manual was only good for patrollers in their early years. This manual has additional knowledge-base information so that both new patrollers can learn and be tested on basic objectives yet patrollers that want to advance their learning base can easily read additional information in the manual.

6) The OEC 5e book has a different format for a first aid manual. Each chapter has learning objectives, each chapter has a case study that flows throughout the chapter, and each chapter has a built in study guide with questions. Completing these quiz sections is going to be a great way for all patrollers to make the transition from OEC 4 to OEC 5e.

7) The cost of the book will be \$65.00 for patrollers. For someone outside of the ski patrol to purchase the book it will cost \$90.00. There are already organizations that have contacted the publisher with questions regarding the book,

wanting to buy the book as soon as it comes out.

8) Patrollers from across the country were used in creating and reviewing this new book. Everyone should feel that they are part of the experience because I bet if we did six degrees of separation we would all be part of this experience.

9) The book is based on medical and scientific evidence with a lot of research time going into specific skills and topics so that we can all feel confident that what is being taught will only benefit the patient.

There are going to be some very big challenges in getting this manual out to the field and into the hands of every patroller. Each person will need to buy their own book. That is how the system is going to be set up. I believe there will be the opportunity to buy bulk quantities when the book first comes out.

As for training every patroller on the 5e there needs to be some action taken at the board level to make the final roll out decision. At the National OEC Supervisors' meeting the suggestion was made to take the 2011 cycle A refresher and make it specific to the changes in OEC 5e. Focus would be made on the large changes and review of skills. This would become some sort of "reset or recertification" for all patrollers. Again this decision needs to be made at a different level before it can be cast in stone. There will be additional information on this topic.

As for OEC instructors, the roll out is going to come fast and furious once the book hits the street. Currently there are negotiations going on to try and get an early release for instructors only. The reason is that once the book hits the streets any OEC course that is in progress, or is waiting to get started, needs to use OEC 5e to teach the course. Instructors can not teach topics unless they are familiar with the 5e and the material in it.

This brings a couple of additional topics to the forefront.

1) If at all possible OEC courses should end before January 2011 and we should not schedule any courses in the first quarter of 2011. This will allow for the release of the book and the roll out of training for Instructor Trainers, Instructors of Record, and Regional OEC Administrators. At a minimum the Instructor of Record for a course will need to have taken the roll out course prior to offering and teaching a class. This is such an important part, because once the 5e comes out the 4th edition will be taken off the shelf, the OEC test will change, and support for the 4th edition goes away. So please take the time to schedule your courses carefully around the end of the year.

2) A specific roll out course is being built for the Instructor Trainers, Instructors of Record, ROAs and selected SEMM T/E's to support the OEC program during the transition. There will be a special training class built for instructors that

Continued on page 11 - DeVarney

AWARDS 2009-2010

DIVISION OUTSTANDING AWARDS

Alpine Patrol (Large)	Holiday Valley	WNY
Alpine Patroller	Bernard Vallee	EMARI
Nordic Patrol	Allegany State Park	WNY
Nordic Patroller	Joseph MacQueen	WNY
Instructor	John Topping	GV
OEC Instructor	John Caron	EMARI
Paid Patroller	Jerry Sherman	GV
Patrol Representative	Robert Dourand	EPA
Young Adult Patroller	Alexandra Bruce	CT
Administrator	Gerit Lewisch	EPA

JERRY SHERMAN DIVISION DIRECTOR AWARD

Bela Musits	National Chair
-------------	----------------

PATROLLERS FOR PATROLLERS AWARD

Jerry McGraw	ENY
--------------	-----

WILLIAM J. GROSS MEMORIAL FIRST AID AWARD

Cal Grass	EPA
Doug Rice	EPA
John Thompson	EPA
Bob Gaskins	EPA

SIGNIFICANT MONKEY "990" AWARD

Rick Knight	Division Finance Committee Chair
-------------	-------------------------------------

"501(C)3"

Alex Edwards	Division Treasurer
--------------	--------------------

NATIONAL APPOINTMENT

Richard Wood	10900	ENY
William Smith, IV	10936	WAPP
Joe Hall	10946	EPA
Chuck Boyd	10948	CT
Dennis Nealon	10950	ENY
Jonathan Politis	10996	ENY
Mitch Kessler	11006	SNY
Don Cavallo	11010	NJ
Joni Hamilton Porter	11020	NJ
Larry Schottke	11022	WNY
Dave Hang	11024	WNY
Dick Shreiner	11026	EMARI
Sheila Daly	11028	EMARI
Stephen Kiel	11054	NJ

DISTINGUISHED SERVICE AWARD

David Coakley	CT
Bill DeVarney	EMARI
Jerry Hyson	EMARI
William Blenk	SNY
Selby Feldman	SNY
Rosina Montana	SNY
Manny Schweitzer	SNY

Carl Smith	SNY
Margaret Smith	SNY
Imy Rosenblatt	WAPP
Ken Schweinsburg	WAPP
Robert Snoby	WAPP
John Sober	WMASS
Bill Lawrence	WNY
John Taton	WNY

MERITORIOUS SERVICE AWARD

Wendover Neefus III	ENY
Wolfgang Boernert	EPA
James Bode	SNY
Richard Boguslaw	SNY
Jeffery Gilbert	SNY
Jody Puppolo	SNY
Theodore Skaar	SNY
Al Hohl	WNY

YELLOW MERIT STAR

Donna Bouchard	CT
Guy Oakes	CT
Nina Santini	CT
Bruce Smith	CT
Clint Boyd	EPA
Bob Davies	EPA
Ed Hirshman	EPA
Greg Johnson	EPA
Andy Kline	EPA
Ben Papoi	EPA
Dave Wachter	EPA
Howard Wyandt	EPA
Dennis Zercher	EPA
Anthony Coneski	SNY
Clark Goodrich	SNY
Robert Leonard	SNY
Richard Barron	WAPP
William Kozlovich	WAPP
Frank Fronhapple	WNY
Larry Schottke	WNY

PURPLE MERIT STAR

Bruce Landi	CT
Richard Ohanesian	CTj
Paul Baldwin	ENY
Joe Connelly	ENY
Kim Hildreth	ENY
Bob Gaskings	EPA
Cal Grass	EPA
Doug Rice	EPA
Jay Thompson	EPA
Holly Scudder-Chase	NVT
Greg Goldstrom	WAPP
Imy Rosenblatt	WAPP
Charles Hilman	WAPP

BLUE MERIT STAR

Greg Cantwell	CT
Thomas Flynn	CT
Kevin Gurskis	CT
Ron Salonia	CT
Ed Gesserick	ENY
Matt Levinson	ENY
Cynthia Neill	ENY
Josh Wirth	ENY
Mark Clem	EPA
Kevin Hughes	EPA
Chris Ray	EPA
Doug Rice	EPA
John Doherty	NVT
Matt Grymek	NVT
Chuck Woessner	NVT
Raymond Butchko	WAPP
William Csikesz	WAPP
Joel Feldman	WAPP
William Kozlovich	WAPP
Thomas Yoder	WAPP
Molly Bovard	WNY
Cliff Cole	WNY
Damon Flick	WNY
Lewis Fowler	WNY
Ann Manzella	WNY
Vincent Ross	WNY
Shawn Schoonover	WNY
Danny Shipe	WNY

PATROLLER CROSS

Valerie Bruce	CT
William Ballek	EPA
Frank Caputo	EPA
Pat Cusick, Jr.	EPA
Pat Sullivan	EPA
Barry Freedman	WMASS
Anthony Ostroski	WMASS
Ken Schwartz	WMASS
Rich Hughes	WNY
Ron Laski	WNY

NATIONAL CERTIFICATE OF APPRECIATION

Richard Barron	WAPP
Robert Nutting	WAPP
Jim Brown	WNY
Mac McDonald	WNY
Alan Rosenfeld	WNY
Pete Stasiuk	WNY
Dan Suriani	WNY
Joe Waple	WNY

Continued from page 9 - DeVarney

will be part of the OEC continuing education in 2011 and it will need to be taken prior to the OEC refresher cycle in 2011.

3) In order to maintain certification as an OEC Instructor, every instructor will have needed to complete this OEC instructor recertification course on the 5e prior to 12/31/2011. This will allow for some clean up of instructor rosters and tighten up some of the quality control for patrols.

4) Instructor Trainers and ROA's will be responsible for QA and delivery at the region, section and local levels in cooperation with the Division OEC Supervisor and Assistant Supervisors.

5) The drawback to rolling out this manual is that we can not roll out any content until the manual is in print. So the roll out needs to occur up front and in a short period of time. Let's hope for some great traveling weather in the beginning of the year so we can get to every region. All instructors should take into account the need to be flexible this upcoming year.

I know this is a lot to look at and digest. There is plenty more to come. There is one drawback to a program being built by volunteers. The drawback is that there are only so many programs that can be worked on at one time. This is going to affect the OEC online course and its availability.

There are a lot of mixed emotions about the OEC online program. Some locations have used it as a hybrid but the relationship was designed for a one student/one instructor ratio and there has always been some question about the quality and potential lack of input. I have not heard that from the classes which have been held in the Eastern Division but it has been a concern in other locations. Remember not everyone learns best through just reading material.

The drawback to the 5e roll out is that the online course will be taken off line until it can be rewritten at the National level. Remember OEC is not a local program; changes can not be made to content that do not meet the standard requirements of the program. We must maintain the same standard across the entire organization. That needs to be in the back of everyone's mind when teaching this course.

Finally, for the upcoming season and the scheduled Senior EMM events, it was decided at the National OEC Supervisors' meeting that everyone in the country will use the 4th edition for the 2010-2011 senior events; that way no one will be trapped in the middle. Remember, senior events must be scheduled with the appropriate supervisor at least eight weeks before the final evaluation or no later than 12/31/2010 for courses scheduled in late February, March or April.

The Division OEC Supervisor is the only one that can approve a representative for quality control and with the 5e roll out taking place at the same time of year it is going to be very tight and difficult. Please prepare well in advance and if we can combine final evaluations to make sure we have full courses it would be beneficial during the next year.

I want to thank everyone in advance for their cooperation. Again, we should all be proud of being part of this organization and this accomplishment. We have only one chance to get everyone on line, and working together will help get this rolled out smoothly, positively and with the desired result.

Commitment, consistency and communication...that is what will make this work and prove why we are the leading Division in the country.



PATRIOT STAR

Bob Cassello	CT
Ron Ellison	CT
Chris Brown	CNY
Richard Swan	CNY
Margaret Young	CNY
Clifton Wood	CNY
John Wood	CNY
Dave Kelleher	EMARI
Tom Lehman	EMARI
David Ramage	EMARI
Richard Wester	EMARI
Dennis Nealon	ENY
Don Page	ENY
William Ballek	EPA
Patrick Cusick	EPA
John Dickinson	EPA
Roger Gorman	EPA

Robert Hall	EPA
David Johnson	EPA
Chris Joyce	EPA
Charles Lippincott	EPA
Lynn Meloni	EPA
Sean Rogers	EPA
Gardner Whitney	EPA
Keith Winot	EPA
Albert Kraus	GV
Robert Schantz	GV
Scott Mundrick	GV
Iain Andrew Hamilton	NH
Joe Bates	NJ
Chris Cioppa	NJ
Olando Estrada	NJ
Stuart Gillard	NJ
Tim Lelie	NJ
Frey Aarnio	SVT

Bob Volmut	SVT
Richard Barron	WAPP
Charles Hileman	WAPP
Steve Showalter	WAPP
Dan Kunz	WNY
William Marx	WNY
Alex Murchison	WNY
John Stanistreet	WNY
Del VonVolkenburg	WNY

MEMORIAL FUND SCHOLARSHIPS

Listed in Memorial Fund Article

Have You Heard About the YAP Seminar?

by Rick Knight, RD CT Region

If you have not been to a Young Adult Patroller (YAP) Seminar you are missing one of the best activities that the Eastern Division has to offer. Some of the students that attend demonstrate outstanding skiing, toboggan handling, and first aid. Others that have just joined the organization learn at light speed, working with some of the best trainers the Division has to offer.

If you are a student, you can choose to compete or to clinic but the majority usually choose to compete. Events evaluated are similar to those of Senior tests however all the instructors are very sensitive to allowing any student to opt out of an event if they are the least bit uncomfortable or simply choose to get some one-on-one training.

In the past, students have described the weekend as “the best weekend of their life.” Others have said, years after attending the seminar, it “was the best training I have had in ski patrol.” This weekend is an opportunity for student patrollers to meet other student patrollers from all over the Division, build friendships that can last a long time, and to learn that there are ways to do things differently from what they learned at their home patrols.

If you are registered with NSP and you are still in high school and have not yet reached your 19th birthday, you are welcome to attend. Any patroller over the age of 21 may attend as a chaperone or just to help out.

Chaperones and others that help out may participate in the event either as S&T evaluators, OEC evaluators, patients or in other organizational tasks that might be assigned. The seminar is an opportunity to expand your ski patrol family beyond your patrol, section, and region.

The Eastern Division Board of Directors holds a meeting on the same weekend as the seminar. This allows all the officers to help out.

If you have not attended or helped with a seminar, you should. You will be amazed by the energy and enthusiasm of all the patrollers there and you will have fun.



Bylaw Changes Enhance Member Notice of Elections

by William T. Cline, Bylaws Committee Chair

The cornerstone principals for the Eastern Division are OPENNESS AND TRANSPARENCY. From their inception, the bylaws have been drafted to provide you, the member, with a set of governance rules that protect your voice in determining who represents you at the Division. In the spirit of those underlying principals your representatives have identified the need to make improvements to the bylaws.

At the Spring Officers' Meeting the Board of Directors, with the participation of the Region Delegates, passed several changes to the Eastern Division Bylaws, which will serve to promote the openness and transparency of the election process for Region Directors. The change to Section 5.3: Region Director Election Process, now requires early notice to the members of a Region that an election is pending in any given year. The bylaw as amended, also establishes the process by which the election is to be handled in the Region.

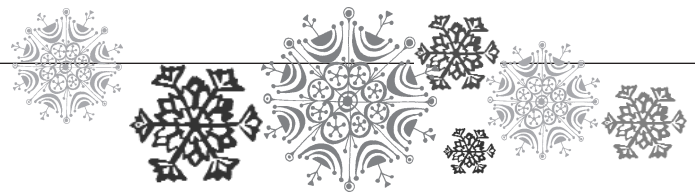
Section 5.3 now requires that an Election Committee of at least three active members of a Region be created to oversee the solicitation of candidates, the nomination process, and to supervise the election process. One of these members is to be appointed as Chair. The identity of the Election Committee is to be conveyed to the Eastern Division Nomination and Election Chair and must also be posted on the Region's website. This committee must then give email notice (and by any other method they may decide upon) of the pending RD election by no later than January 30th of the year in which an election is to be held. They are to ensure that candidates meet the requirements for the office and that the election process of a secret, written ballot with write-in capabilities is followed at all the OEC Refreshers. Finally the committee must tally the votes after the end of the last refresher and announce the results.

The intent is to give our members early notice of an upcoming RD election so that they can participate fully in the process. Early notice should allow candidates to announce early and begin the process of member contact during the ski season when we are all more engaged in ski patrol activities. Hopefully the early start will engender more involvement by all in this important process. Remember, it is your National Ski Patrol and the more you are involved in the election process the stronger the NSP will be.

Questions should be directed to the author at: clnewtlaw@verizon.net. The revised Bylaws can be viewed on the website at nspeast.org/bylaws/bylaws042410.pdf.

Avalanche

by Phil Galka, Supervisor



Mother Nature gave us a good amount of snow this year, but with good snow also comes possible avalanche dangers. Avalanche slides were active in the northern regions of the division bringing an increasing backcountry skier population on a collision course with the dangers of avalanche terrain. With NSP patrollers being some of the most traveled members of the skiing population, an individual patroller's proximity to avalanche terrain is only a matter of time.

I would like to share with you one of the avalanche incidents that occurred in the Eastern Division this season.

Two Trapped in Avalanche!

Eastern NY Region – Wright Peak 2/27/2010 @ approximately 12:00 noon

Two backcountry skiers that triggered a slide on Wright Peak, NY were partially buried in the avalanche but were able to rescue themselves. While climbing the slide they heard “woofing” noises coming from the fresh snow and decided to retreat back to the base. As they turned to head back down, the snow gave way, carrying both men down the slope. One man was pinned against a stump and buried up to his chest, while the other traveled more than 600 feet before stopping, buried up to his neck. Both men were able to dig themselves out of the snow and left the area without further incident.

According to the New York Department of Environmental Conservation Rangers who did a follow-up investigation; on Saturday February 27, 2010, the avalanche occurred at approximately 12:00 noon, on a slide area on the northeast side of Wright Peak. The entire 300 by 1200 foot area of the slide slid down the mountain and piled snow debris at the base that exceeded 20 feet deep in spots.

This same area slid on February 17, 2000 when it was triggered by a group of skiers, one of whom became completely buried and died. Fortunately the two people who were trapped in this season's 2010 incident escaped with minor injury and went on to attend the NSP Level 1 Avalanche Course at the Whiteface Ski Area in the Eastern NY Region. We anticipate that they may also attend the Eastern Division's Level 2 course scheduled for March of 2011

How can you prepare for travel into avalanche terrain?

Take an NSP Avalanche course before you go!

Intro to Avalanche Search and Rescue

Introduces patrollers to avalanche terrain concepts and personal equipment

- Includes field work on snow at a local ski area
- Meets one 8-hour Senior Elective Requirement

Avalanche 1 for Professional Rescuers

Trains a patroller in terrain hazard concepts, self-rescue skills and the roles of a participant in an organized rescue.

- Includes travel and field work in avalanche terrain
- National Certification recognized by the American Avalanche Association

Avalanche 2 for Professional Rescuers

Trains a patroller in terrain evaluation, snow pack analysis, group rescue and the leadership roles of an organized rescue.

- Includes travel and field work in avalanche terrain
- National Certification recognized by the American Avalanche Association.
- Prerequisite: Avalanche 1 for Professional Rescuers

Look for these courses on the NSP Eastern Division website this fall.

Archivist's Annual Report

by Gregor Trinkaus-Randall

This past year has been fairly quiet overall. While there were a couple of appeals for records the number of collections sent to the Dartmouth College Archives was actually quite small. The biggest accession was from Paul Kling, the New Hampshire Region Historian. As of April 12, 2010 the Eastern Division Archives is as follows:

- Accessioned in 2009-2010: 24 boxes (36 linear feet)
- Current total: 43 boxes (64.5 linear feet)

[Http://ead.dartmouth.edu/html/ms1041.html](http://ead.dartmouth.edu/html/ms1041.html) is the finding aid online. I think that it has been processed to the box level only at this point, but that will change in the future.

Most of the difference between the total and this year's accessions was collected at the Spring Officers' Meeting two years ago, as nothing was brought to the annual meeting last year.

During the 2010-2011 year, we will continue to urge Region Directors to accumulate records from their Regions so that we can continue to document the history of the Eastern Division.



NEW MTR SUPERVISOR

Introducing JC Cowell



I was introduced to year round outdoor activities at a young age accompanying my older brothers to Boy Scout events long before I was old enough to join myself. When I did join I worked my way through the ranks and held several leadership positions. The most rewarding part of my scouting career was running the Winnebago Scout Reservation summer camp wilderness outpost where I introduced many scouts to a minimalist wilderness experience.

I started skiing in high school, interviewed with the Hidden Valley (NJ) Ski Patrol in the fall of 1997, started OEC in the fall of 1998, began my S&T training in 1999 and was registered with NSP in March 1999 when I passed my Alpine S&T exam. I have since become a Senior Alpine and Senior Nordic

Patroller, an Assistant Region Director, an instructor in OEC, Avalanche, Nordic S&T and MTR. In 2003 I became the High Point Ski Patrol – Nordic Patrol Director.

My goal is simple. I wish to continue the good work that Butch MacQueen has done to expand the MTR Program throughout Eastern Division. I am excited and look forward to serving the members of the Eastern Division as the MTR Supervisor.

Now let me tell you more about the program. Last season the courses completed included two MTR Fundamentals with 17 participants; five MTR-1's with 72 participants, and four MTR-2's with 46 participants. A continuing education seminar was held on March 27 at the US Army Cold Regions Research and Engineering Laboratory in Hanover, NH. Approximately 58 MTR, Avalanche and Nordic instructors were in attendance.

If you would like to get involved in the MTR program sign up for one of the many MTR courses that will be offered this season or contact your Region MTR Advisor for more information.

Maine Women's Program

by Deb Kane, ME Region Webmaster and Certified Angel



*"Waynette"
Arsenault's
futile attempt
to gain
admittance
to the Maine
Women's
Program.*

Who is this in the picture? Why it is none other than Maine's Northern Section Chief and Assistant Region Director, Wayne Arsenault! Wayne came to introduce the Women's Skiing/Snowboarding/Toboggan Enhancement Clinic at Shawnee Peak on January 30 and was inappropriately dressed! So the instructors dressed him up properly for a women's clinic!

The event, organized by Denise Pascucci of Shawnee Peak, was well attended with 16 women from Shawnee Peak, Hermon Mountain, Mount Abram and Sunday River. The instructors were Jane Williams (Eastern Division S&T Steering Committee and Women's Program Advisor) and Sue Kelly, Karen Keane, and Deb Brown from the NH Region.

The instructors stayed with me in Harrison, ME and, as a long-time spouse of a patroller, I decided to join them on Saturday to see what this program was all about! Attendees were divided into groups according to their patroller experience level. Basic skills, unloaded and loaded toboggan, skiing, and snowboarding were demonstrated and practiced with a focus on challenges and techniques specific to women. I was impressed with the patience of the instructors as they tactfully addressed our various weaknesses and encouraged us to improve by trying something new!

The weather was sunny and wind-free but only 2°F! We all appreciated our hot chocolate breaks that day. Denise organized a wonderful après ski meal on Saturday evening where we enjoyed sharing patrol experiences and stories of the day. New friendships and connections were established that will strengthen the network of dedicated women ski patrollers in the Eastern Division. Everyone is looking forward to next year's event!

9th Annual EPA Chicks on Stix

by Nancy Pietroski, Bear Creek SP

If you're hangin' on by a thread...We'll get you in the sled...For a ride that will shred...

"Hey, that's a nice jacket!" is not what you want to hear when you're hanging on with a death grip to the toboggan handles on a steep bump run or careening down the hill at the end of your tailrope (literally). It means that, uh, you're not doing that well skiing or boarding. But of course none of the ladies who participated in the 9th Annual Women's Toboggan Clinic, known better as "Chicks on Stix" last February 27 at Snö Mountain PA, heard that backhanded compliment.

This clinic is open to female patrollers of all levels who want to improve their toboggan handling skills in a nurturing but challenging environment. Mother Nature (of course, she's our mother) blessed the chicks again with over two feet of fresh powder to soften the bumps on Boomer and White Lightning. As usual, Snö Mountain played the consummate host with great ski and patrol room accommodations, and the patrol men were most gentlemanly.

Power snacks fueled the 20 patroller chicks from seven different mountains and the power instructors, Sarah Keating (head chick), Marie-Pierre Bloch, Janet Boyer, Mimi Cusick, Sharon Friedel, Inese Jardine, Debi Kapsack, Chrissy Larioni, and Jessica Miller. With shouts of encouragement from others to "Keep your headlights down the hill!" the patrollers navigated the bumps with aplomb sprinkled with occasional plummeting. The instructors were terrific role models, poised and confident, but most importantly, were patient, encouraging and candid as we grunted and sweated in the deep snow.

Any woman who thought she couldn't handle this terrain at the beginning of the day was fortunately mistaken as always, because everyone was able to accomplish so much in a very short period of time. We felt soooooo confident by the end of the day that on the evaluation form, a bunch of us requested an all-female bumps clinic for what we'd like to see in future clinics.

Soaked and exhausted, the patrollers were replenished with high-calorie refreshments and a massage therapist on site at the Marriott après-ski party. At one point, the din was so deafening (you know how a bunch of women are when they get together and gab), we got a call to the room to keep it down.

A big girl thanks goes to Sarah Keating for once again arranging a very professional, very well attended event; everything was clear, smooth, warm...like a fine liquor! (inside joke).

The pink and brown tee-shirts with the Chix logo were a big hit. Next year, matching belts?

IN HONOR OF OUR PATROLLERS

The Memorial/Scholarship Fund

by Marty Silverman, RD WAPP Region

Are you looking for a way to honor a venerable patroller who has moved on to that great powder field in the sky? Are you a retired patroller who would like to do something special for your fellow patrollers and leave a lasting memory?

The Memorial Fund is just what you're looking for. The Eastern Division Memorial Fund was set up in 1975 to provide a means of honoring and remembering patrollers and friends of skiing. Their names are engraved on plaques, which are displayed at division events throughout the year.

Dave Nelson, Eastern Division Memorial Fund Chairman, takes his responsibility seriously, "I was in the Army's Old Guard at Arlington National Cemetery and I am still affiliated with the Old Guard, 3rd Infantry Division. As I looked at the rows of headstones in Arlington, I knew that they are our heroes. I think of the names on the Eastern Division Memorial Plaques as our heroes too. When one passes on we send flowers. In a few days the flowers wilt and fade away, but not the names on our plaques."

At the beginning of the annual division meeting in Albany each year, the names of the patrollers that we lost that year are read aloud. This year, in the 15 regions there were 22 names. "I want to know why those 22 names were not added to the Memorial Plaques," Dave asks.

The interest from the Memorial Fund is awarded as scholarships to our best and brightest young adult patrollers to assist with their higher education. So far we have handed out 78 scholarships for a sum of over \$30,000.

This year scholarships were awarded to these three young adult patrollers: Andrew Doolittle of Catamount Ski Patrol, ENY; Colin Ronald of Bristol Mountain Ski Patrol, GV; and Andrew Athen of Blue Knob, WAPP.

Please take a look at the division web page (www.nspeast.org) and read about the Memorial/Scholarship Fund. There you will find out about the program, how it started and why. Donations that are sent in become the principal of the fund which is never touched or used. Only the interest is awarded as scholarships.

Contributions may be made to the fund c/o David J. Nelson, Fund Chairman, 2 Terrace Road, Boonton, NJ 07005. Please state in whose memory the gift is made and provide the address of the family. The fund will inform the family of the contribution and the name of the benefactor, without revealing the amount of the gift. The contributor will also receive a letter of thank you from the fund. In the past years we have received contributions in amounts ranging from \$15 to \$1000 to be used in this very worthwhile program which

Continued on page 22 - Silverman

DEXTER GALUSHA



Dexter, of Gloucester, MA, formerly of Salem, NH, died on March 1, 2010 at the age of 82. He grew up in the Boston area and graduated from the University of Massachusetts in 1950. He joined the Albany, NY Red Cross as Safety Services Director in 1954.

National Appointment #2352 and one of the five founding members of the Certified Program, he started patrolling at Royal Mountain in the (then) Central NY Region in 1957. In 1958 he convinced the region to try first aid contests among patrols as a training method as was being done among ambulance and rescue squads. Contests started in 1958 and attracted as many as 14 teams.

He moved to Greenfield, MA in 1960 and worked on the Thunder Mountain (now Berkshire East) Patrol under George Wesson. After a move to Chelmsford, MA he was elected Section Chief of the Central Section of EMARI for 1965-6. Following a move to the Boston area he patrolled at Waterville Valley, NH. He also worked on the Killington Patrol with George Wesson.

Dexter served as the Eastern Division Testing Advisor under Division Directors Harry Pollard and Bob Hall. At the urging of National Director Chuck Shobinger and Division Director Harry Pollard he worked with George Wesson; Casey Rowley of Stratton Mountain, VT; Wayne Doss of Springfield, MA; and Rudi Carlson of NH to develop a pilot program for the Certified Patrolman Program which was adopted in the Eastern Division in 1969 and at the National level in 1970.

Moving to California with the Red Cross he later returned to Albany as the Chapter Manager.

Dexter had a great love for people and loved to tell stories. Together with George Wesson he found "The Dinosaurs," an informal group of overage patrollers who meet annually to ski and swap stories.

Dexter is survived by his wife Nina (Sechovich) Galusha and his daughter, Susan Galusha, both of Gloucester, MA and a son David Galusha and his wife Susan, of Park City, UT.

*Donald Page
Past Division Director*

DOUG HOWLETT



Douglas W. Howlett, National Program Director for Instructor Development, passed away on April 9, 2010, at age 65 of complications from prostate cancer. Doug also served as an EPA Region instructor trainer and region awards advisor.

Doug joined NSP in 1971 at Ski Mountain in NJ and became the assistant patrol director. In 1987 he transferred to the Spring Mountain Ski Patrol and became assistant patrol director. Doug was a lifetime member of the National Ski Patrol, and received a National Appointment #9126 in 2000.

Doug had the joy of seeing his daughter, Jenny, join the NSP at Spring Mountain before he died. He is also survived by another daughter, Mandy, and his wife, Cheri, a former patroller.

Earning his doctorate at Temple University in 1976, he was a "teacher at heart." His devotion to passing on knowledge to help others better themselves was evident not only in ski patrol, but also during his career as a school superintendent. In addition, he was an American Red Cross first aid and CPR instructor, and worked during the summer as a sailing instructor at the Cooper River Yacht Club. After retiring as school superintendent, he worked as the director of the Gloucester County, NJ Educational Technology Training Center until 2001.

Doug Howlett leaves behind a legacy to be proud of. He was a gem of a man, and conducted himself in a most graceful way. We will all miss our friend and fellow patroller very much.

*Hank Jansen
Patrol Director,
Spring Mountain, PA*

KARL KOHLER

Karl was an institution at Holiday Valley in the WNY Region, for over 35 years. He grew up in Great Valley, NY. An accomplished junior racer, he signed on as Holiday Valley's weekday professional patroller in the early 70s. When the area opened the golf course he became a greenskeeper and later rose to the position of assistant course superintendent.

He was the kind off guy you looked forward to seeing and talking to when you signed in every morning, working with during the day, and meeting for a pop after the final sweep. When Karl spoke, you paid close attention, as it might be a gem of wisdom from his vast years of experience, or it might be his dry sense of humor coming forth. When you worked with him you knew his humor would lighten the task for both of you.

Karl was the all time champion of the Down Hill Dummy contest. His dummy, Ace Nevada, took first place for each of the first six years. On his retirement he passed his winning secret on to me for a promise not to reveal it to anybody. Our dummy, Pierre Penguin, representing the Bill Lounsbury Adaptive Ski School had four wins and a second for the next five years.

When late March and early April arrived, Karl was a very popular guy. That's when the Kohler's Maple Sugar Shack went into full operation. If you helped with the grunt work for eight hours you earned a gallon of Kohler's pure New York State maple syrup. Karl and his dad, Al, performed the expert jobs in the boiling operation and let us grunts carry the firewood, stoke the fire (sometimes), and carry the sap buckets to the boiler.

Being an old-timer, Karl sometimes disliked new products, like the blue foam padding for lift towers. He much preferred the bales of straw we used to use saying "once those bales got rained on and froze up solid, nobody did any damage to our lift towers when they hit them."

When one of the other golf course workers rolled a tractor Karl was quickly on the scene. After doing an initial exam and finding the driver, Bob, miraculously OK, Karl said a very loud "darn" and when Bob asked why Karl replied he had forgotten to bring his rectal thermometer.

Karl skied extensively across North America and on one trip to Aspen, my wife and I were skiing with Karl, his wife Patti and his older daughter Kate on a heavily overcast day with lots of flat light. On one particular trail the three girls came down just fine by skiing the edges along the pines. Karl followed and was fine until he stopped. Suffering from vertigo, he stopped trying to remain standing, leaning 45 degrees into the hill and falling down. I skied to where he was lying prone, laughing out loud at him falling down, and the vertigo promptly set me down right next to him.

Christmas was a special time at the Kohler farm. For years we went to Karl's Christmas tree farm and cut our 12-14' tree for the outstanding cost of \$5. The price wasn't a special for friends, that was the price for everyone! What friends did get was an invitation inside for a couple of hot drinks and a chance to sample Karl's mom's Swedish holiday baked treats!

One winter Karl incurred the displeasure of the groomers by parking his Volkswagen bug in front of their garage and in their way. The groomers hooked it on to a grooming machine and towed it up to the top of the hill. With an assist from the snowmakers they covered it with snow and it stayed there until the snow melted in late April and he could drive it down.

Karl was an integral part of Holiday Valley and he will be missed on the hills and on the golf course. Missed but not soon forgotten by a couple generations of skiers, golfers, and townspeople.

Karl, we wish you lots of light powder in the winter, green fairways and greens in the summer, and lots of great sugaring nights in the spring.

*Dick Grainger
Past PD Holiday Valley Ski Patrol*

ROBERT ZACCARIA

The Ski Sawmill Ski Patrol, Morris, PA, WAPP Region, lost a great friend on January 24, 2010 when Dr. Robert A. Zaccaria, 66, of 1024 Elmira St., Williamsport lost an 11-month battle with cancer. Born May 29, 1943 in Philadelphia, PA, he was the son of the late Anthony and Jesse (Ridgeway) Zaccaria. Bob and his wife, the former Patricia A. Young, celebrated their 45th wedding anniversary on August 29, 2009.

Bob began patrolling in 1977, soon after moving to Williamsport to become a professor at Lycoming College. He was an active patroller at Oregon Hill Ski Area, which later became Ski Sawmill, until 1991. In 1992 he became an NSP lifetime alumni member. Bob continued to ski and his heart was always with the ski patrol. He would often join us for sweep, sit on our porch and bring food Pat had made to our patrol room.

He got to ski a couple runs twice this winter and hosted an early December "First Annual Start of Ski Season Party" for skiers and Oregon Hill neighbors at our local inn and also a New Year's Eve party at the same location. The "Zacc Shack," a cabin near the ski area that Bob and Pat bought in later years, was always open to patrollers for après ski or a bite to eat after skiing.

Bob lived a successful and honorable life filled with outstanding accomplishments too numerous to list here. He had outstanding success as a student through his doctorate degree receiving many awards and honors. He continued to excel in his education career that began with teaching high school, then spanned nearly 30 years at Lycoming College. He received many awards and honors as an educator. Serving as Biology Department Chair, he sat on advisory committees and repeatedly produced award-winning student/faculty collaborative research. He also published a number of research articles. Bob retired in 2002 after a total of 33 years as an inspirational, outstanding, and highly-respected educator.

Bob's professionalism, his personal interests and his dedication to his community placed him on many committees and clubs in addition to his ski patrol activities. He was a lifetime member of the Bald Eagle Ski Club; charter member and commodore of the Lycoming Yacht Club (now Rose Valley Sailing Club); member, board member, and vice-president of the Grampian Hills Swim Club (now Williamsport YMCA Grampian Hills Site); Williamsport YMCA Advisory Committee for YMCA-River Valley and Grampian Sites; member of the Williamsport Bicycle Club; member and president of the Board of Deacons and Board of Session for Covenant Central Presbyterian Church; and member of the American Folk Music Association.

Besides his passion for skiing, Bob was also passionate about music! He avidly played trumpet, mandolin, and sang regularly with friends and family. "Bob Zacc and Friends" enjoyed playing many venues, including the Messiah Lutheran Church Senior Center, First Friday, and area nursing homes. Some of his other passions were sailing, wine-making, British sports cars, astronomy, and real estate investment. He took great pleasure in generously sharing his vast knowledge with many family members and friends.

Dr. Zaccaria is survived by his wife, Patricia, and three sons who are all awesome skiers: Robert A., Jr. (Wendy) of State College, Alan A. (Danyelle) of Williamsport, and Michael A. (Sandy) of Brooklyn, NY.

The family suggested donations be made to the Ski Sawmill Ski Patrol, which intends to use the money to promote education in the etiquette of skiing among young skiers at the area. Bob was an amazingly intelligent, well-respected person who lived an extremely productive life filled with love. All who knew him loved him, and will miss him deeply.

One patroller's comment was "Bob Zaccaria...you will be missed. Your beautiful turns on the ski slope and your ever present joyous smile will live on in our hearts."

Michelle Koons

Eastern Section Chief, WAPP

OTHER PATROLLERS WE LOST THIS YEAR

CT	Sam Humphrey	Ski Sundown	EPA	Douglas Howlett	Spring Mountain
	Lisa Moore	Powder Ridge		Paul Friesse	Spring Mountain
				Larry Brown	Ski Roundtop
EMARI	John Bacarsz	Ski Ward	NVT	Marty Olsen	Sugarbush
NJ	Helmet Schneider	Great Gorge		Bill Heinzerling	Mad River Glen
NH	Donald Brookes	Abenaki & King Pine		Guy Deighton	Smugglers' Notch
ENY	Virginia 'Jinny' Neefus	Catamount		Harold Zeller	Smugglers' Notch
	John Dwyer	Whiteface	SVT	Art Harmon	Bromley

ANALOG VS. DIGITAL RADIOS

What's the Difference?

by Dick Woolf, Telecom Advisor

I've recently received some inquiries from patrols asking if they should be looking at digital radios, as replacements for non-narrowband-capable units.

Because of the great amount of misinformation in the marketplace, here are the facts:

- Let's first define what a "digital radio" is. It is a radio using "digital modulation" to transmit speech. That means the radio converts your voice to data and transmits that data. The receiving radio converts the radio signal from digital data back to voice.
- A "digital radio" is NOT a radio with a digital display showing the channel name or number. It is NOT a radio employing sophisticated electronic components to transmit (analog) voice signals. Ski patrols have traditionally used "analog" radios.
- There are several types of digital transmission techniques, and different manufacturers have employed those techniques in a variety of ways in order to lock the buyer in to a particular brand or model.
- Digital radios are made and sold at varying price levels. At the top end, "public safety" market radios, typically sold to large police, fire, and EMS customers, have to comply with a set of industry standards (referred to as APCO Project 25, or just "P25" in North America) in order to qualify for DHS grant funds. These radios are very expensive (\$1,500+). Radios that are P25-compliant can theoretically communicate with other P25-compliant radios, regardless of brand. Most of these high-end radios are also analog capable for interoperability.
- Low-priced digital radios are specifically designed to communicate only with similar models from the same manufacturer...because they don't have to be P-25 compliant, and the buyers are not state and local governments applying for homeland security grant funding. Some, but not all, models have analog capability.
- Because they're transmitting data instead of voice, digital radios offer features that analog radios cannot. Direct unit-to-unit "private" calling, group calling, alerting ("paging") specific units, dispatch (text) messaging to specific radios are some examples of digital features.
- Analog transmission gets noisier as the signal gets weaker (e.g. due to terrain, low battery, defective antenna)...but the person receiving the message can still understand it, even though it may have static.
- Digital radios transmit packets of data, which are then

reassembled and converted back to voice in the receiving radio. If too many packets are missing, the reconstructed voice may be garbled or absent; it depends on the "packet loss rate."

- For reasons of interoperability, most "common channels" are, and most likely will remain, analog.
- The FCC has not required, and is not requiring radio licensees to convert from analog to digital radios.
- The FCC's narrowbanding requirement is scheduled to take effect 1/1/2013. There is no need to migrate to narrowband before that time. Keep in mind that narrowbanding of other licensees with which you communicate may force you to take action sooner.
- And finally, there is NO NEED to pay money to anyone to modify your license from the existing wideband to narrowband. The FCC is working on a no-cost administrative solution. All NSP licenses will be modified for your patrol.

Labrador Mountain Anniversary

Inviting all members (current and past) of the Labrador Mountain Ski Patrol to celebrate its 50th anniversary on Saturday, October 2, 2010 at the Labrador Mountain Main Lodge, in Truxton, NY. Join us to meet old and new faces as we celebrate our diamond anniversary.

The reception part starts at 3 pm, with a grand buffet planned for 6 pm, followed by a presentation with guest speaker and our own hilarious MC.

We would like to get an early count so please contact Elaine Gingold at 315-682-9216 (h), 315-559-2727 (c), or egingold@twcny.rr.com if you are planning to attend. Your quick response would be appreciated. Tickets for approximately \$40 per person will be sold for this special event at a later date.

2101 Telecom Surveys Due

It's not as important as the 2010 Census, but Telecom Advisor Dick Woolf is still requesting that all patrols that haven't submitted their NSP Telecom Survey to please do so ASAP. We would like to start compiling the survey data over the summer months.

Thanks in advance for your assistance with this project. If you have any questions, email rwoolf@xtechsystems.com

Bumpaholics Anonymous

When one of the patrollers at Ski Butternut injured himself it created the opportunity for some very funny flying emails!

Jeff: Caution! This time of year brings out additional hazards to the sport of spring skiing. This past Saturday there were a number of crashes as a result of snow snakes enjoying the sun. In fact there were also reports of crashes caused by attractive women hiking up the trails.

Rumors of one of our own going down are also true, but we are not sure which of the above causes came into play. Jack called requesting a sled in the bumps of upper Downspout. When I replied I would bring him a sled and he could ski it down, he replied "No, I need to be in the sled." After receiving the very best of care from a very sympathetic patrol Jack was transported to Fairview and has been enjoying the benefits of modern chemistry ever since. Jack went for an MRI today and will be following up with an orthopedic doctor.

Suzy: Official diagnosis...ACL completely torn...meniscus partially....deep bone bruise...surgery...April 8th...he should be fully R&R'd JUST in time for the refresher. So very happy we didn't upgrade to the full golfing membership at the club this summer!!!! Again, many thanks for the well wishes, the laughs and the great care...it meant the world to all of us!!!!

Jeff: I have spoken to Jack who continues to recuperate and is now doing physical therapy. He promises to share his ACL pictures with us next fall. This will work out well as we now have a new training program that we will incorporate at the hill course to prevent ACL falls.

John: Dear Jack, we all missed you at the patrol party. Now I see from Suzy's email that you can't make the picnic; Charlie has a game...big fundraiser that night...sure, whatever. We understand you have to explain away your continued absence somehow. But we also know the truth Jack, and want to let you know we understand what you and your family are REALLY going through and "It's OK."

I hope your "recovery" is going well. I know how hard it is sometimes to get through "rehab" and just wanted to share some thoughts of inspiration that helped me when I had to kick the habit myself. You see, I too know what it's like to be addicted like you. Hi Jack. My name is John...and I'm a bumpaholic.

I knew the day would come when I'd have to give up the moguls Jack and I know you can do it too. You have a great wife and family and friends and fellow patrollers who will support you. Great S&T instructors like Gerhardt and Stewardt will help make the recovery process on the mountain easier too. When you're up there on the top of

Downspout and the bumps are just sitting there, and temptation is REALLY strong Jack, and when you have to be REALLY vigilant about not back-sliding into your old mogul addiction ways, I know what it's like Jack. I know...the sneaking into the backyard after the first snow and making little mounds of white stuff...the snow angels that somehow appear with big goosebumps all over them. And the lies Jack, the lies. When Suzy calls out to you "Jack, what the hell are you doing out there anyway!?? You're supposed to be taking out the garbage!" You won't have to get into the vicious cycle of lies by saying "Just making a snowman for the kids, honey! Look it's lying down!" No more throwing snow ON to the roof of your house so you can get a little bit more vertical when you ski down from "cleaning the chimney."

When your knees go one way, your skis go the other, and your ligaments are stuck in the middle for the first time it's a wake up call Jack, believe me. But the Twelve Bumps are something every bumpaholic like us have to guide them through it.

And don't forget the prayer, Jack...always remember the prayer; Grant me the serenity to avoid the moguls I cannot change; The courage to ski the ones I can; And the wisdom, to know the difference.

We're there with you brother, however long it takes.

Stuyvie: And all this time I thought I had the copyright on Sick Humor at the Patrol, but I cede to The Master.

Joanne: I will make sure my bumpaholic, ski slope accident-prone husband puts to memory the prayer.

Mike: John, excellent analysis! Consequently, you have convinced me to come out of the closet. I must be a reformed bumpaholic...I used to be drawn to the bumps, but now I skirt around them. All this time, I just didn't understand my internal conflict and it was tearing me apart. Now I know the wisdom of the Twelve Bumps and will continue to preach to all who will listen. Thank you John; I feel so much better now!

Griff: Jack, don't listen to them. I know a sweet stash of bumps I can turn you onto when you are done with rehab. Just give me a call or meet me at the intersection of Starr and Goat at Stowe. We can quit any time we want to. Going clean is for people who can't hold their bumps. Your local Bump dealer;-)

Continued on next page

Continued from page 20 - Anonymous

Suzy: Oh my gosh! And all this time I just thought he was channeling his “inner Keith.” Who knew there was a club? I see team shirts in the future. Hysterical John...thank you...today is his first day back in the office like a big boy and I’ve forwarded these along...truly hysterical! Thanks everyone! Will miss you all at the picnic but hope to catch up over the summer!

Keith: Yes, my addiction was so bad Jaime had to remove ALL temptation by moving me Florida.

John: NO JACK!! DON’T GO OVER TO THE DARK SIDE! DARTH SKIER WILL ONLY TEMPT YOU INTO RUIN! MAY THE SLOPE BE WITH YOU!

Stuyvie: At last, a support group for those of us who abandoned this fruitless and dangerous pursuit, but are still occasionally drawn back into its malicious web.

Eric: Don’t feel too bad Stuyvie. You are still the designated/elected Pain In The Butt To The Patrol Director. Jack, don’t worry about it. A true addict bumps alone (yeeaaah, with nobody else, you know when I bump alone, I prefer to be by myself). You were bumping with other people (boy, this response can be sorely misread) when the incident happened, so I don’t see any addiction issues here. I minored in psychology at UMass, so I am a self-appointed expert on the subject. Jack you are alright in the head. Go forth and bump your heart out. But if you find yourself bumping alone, please seek professional help. And if you do, make sure to wear protection (a helmet and knee brace...get your mind out of the gutter).

Jeff: All these emails confirm my grim fears that “bumpaholicism” exists within our patrol. This concern is why I reinstituted the Saturday morning clinics with the ski school and as I mentioned in last month’s email we will be incorporating ACL prevention in our fall refresher. This training includes footage from an ACL surgery, the scared-straight approach may be the way to help our patrol family members that need our support.

Sophie: I’m officially creating a support group for those few Bumpaphobics in mix. As we all know, abstinence is the best prevention. Bumpaphobics, unite!

Stuyvie: Clearly, we have here the makings of a subgroup in our patrol, “MA” or Mogulholics Anonymous. This support group can work to keep the incompetent off Downspout Left and can do such useful things as lobby management for a wider path down the right and frequent knock down by the groomers. This collection of addicted incompetents must meet in secret, of course, probably at an obscure watering hole after the patrol day ends. Useful tools would be videos of ACL surgery (as you suggest) and the usual “Day-In-The-Barrel” confessions of those who have slipped from grace (or slipped and fallen where they should not be). In place of “Amazing Grace” (which is

clearly not suitable for the graceless), I would suggest a heavy metal beat and lyrics based on “I don’t bother bumps, and bumps don’t bother me.” ONE DAY AT A TIME!

Jeff: First an update from Suzy on Jack’s condition and let this be a reminder of the danger of being a bumpaholic. Looks like your ACL training will be extra colorful this fall...he has to go back in for surgery next Thursday which will be his 8-week date from the first. He is one of the few who make a lot of scar tissue and can’t break through/down...so they are going in to clean it up and vacuum it out. BIG FUN!

Pete: Thanks for the updates Jeff! Talking surgery, Blue Cross/Blue Shield finally approved my eye surgery after months of appeals. My June 10th operation will give me a bionic eye with a new high tech lens and a state of the art plastic cornea. I’ll be able to see a lady beetle in the patrol room from the top of the mountain. I’ll be able to navigate those bumps with precision and show Jack how it’s done!

John: Jack, thinking how hard it must be for you to be going through this alone, I went out and tore up my Achilles tendon! Yep...just tore up 95% of it. I may be going bumpless but I’ll never try skiing on grass again, I swear! You’re not in surgery alone Jack, I’m with you bro! Will send you pictures of the cast and crutches...they’re beauts! Hope you are well and recovering. We’ll both be in tip-top shape for ski season. P.S. Stuyvie was not involved...we think.

Eric: This email is worthless without pics! We want to see you getting wheeled into an ambulance, or at least sitting on a stretcher in the hospital. Jeff, do we have any safety videos on grass skiing we can watch in the patrol room this winter to prevent this kind of injury? I bet there’s some good stuff on YouTube. Good luck Dr. John.

John: What we are going to need is a massive “adaptive patroller” ski program for 2010-2011.

Dan: I agree, we may have to put together some summer classes on multi-tasking such as walking and chewing gum, or up and down curb walking, or bird watching and walking, all of the above seem like programs that may need initiation.

Bob: As we all know, the Achilles tendon is named after Achilles: the ancient Greek hero of the Trojan War. Achilles was invulnerable except for one spot on his heel. After many adventures and victories he was killed by an arrow shot into his heel. As a result of the Achilles legend, the expression Achilles heel came to mean a fatal vulnerability, and the tendon

Continued on next page

connecting the heel to the calf became known as the Achilles tendon. I noticed that you did not divulge exactly how you came upon this injury. How can we as patrollers, professional at that, learn from your misfortunes if this critical information is left to our overactive minds? Were you chasing after Anne again? Did one of Renee's boyfriends place a ladder under her bedroom window and you went after him? What concerns me is that you're outside of the age bracket (30-50 year olds) that is at highest risk for this type of injury. Let's be honest here. For all these years, have you been living in the body of a 35-year-old man on the inside that was contained in the shell of a 60+ year old? After much research, I have concluded that you need to go through an intensive 12-week training period of eccentric calf exercises. Avoid rest, anti-inflammatory drugs, change of shoes and physical therapy. I also recommend having the tendons in both legs replaced at the same time. Otherwise, you risk the dreaded tendon-turn-itis disease. It manifests itself when attempting to make ski turns using the dominant leg – that being the one that had surgery. Symptoms include skiing in circles and aggressively braking at all intersections. Trust me here. You need to be thinking of balance.

John: Unfortunately I was chasing nothing more exciting than a cab ride in Chicago. You may be on to something here Jack. I recently cautioned my father who is 86 about many of the issues you raise, and he replied "but I feel like I'm 60!" By that same equation, assuming there's the genetic connection, I'm right in the chronological target zone besides which, I am sometimes accused of acting like a 12 year old, and thinking like a 17 year old. All told I think that makes me about 32 and I feel like I've been skiing in circles for years now as it is; so it may already be manifesting itself!

Pat: Is there a category for invalid Patrollers?

Karen: Dear Fellow Patrollers "Recovering" or Otherwise; as your resident Occupational Therapist I am now taking orders for knitted toe covers, crutch pads; anti-slip walker tips; bathroom grab bars, and heck, I might even throw in a few bedside baths with pre-moistened, heated cloths. My clinical specialty is edema management but with all you guys needing treatment I will leave that discussion for your individual medical providers (home-based or otherwise). Best advice; keep breathing...especially when the physical therapists are stretching out those last few degrees of motion. Even though your therapist says it's OK to cry or scream, please don't. Remember behind your back they are snickering and you have your reputations to uphold. Don't believe a word they say, P.T. equals pain and torture...O.T equals Other Tortures.

Keith: If only I had known such support was available, excuse me while I dry my keyboard...the certified program teaches us to be tough and suck it up! It is the local patrol level that nurtures us and allows us to become so much more! Sponge baths for everyone!

Griff: Along with aroma therapy, aura re-balancing and karmic massage.

Fred: To Jack ("Bumpmeister") From BEA Agents Bob and Fred; this is to advise that, as Agents of the Bumpahol Enforcement Agency, we have completed an exhaustive investigation into the nefarious activities of the infamous purveyor of bumpahol, one Griff. Stories recounting his shameful deflowering of latent bumpaholics are rife in the annals of BEA investigations. Indeed, those stories helped construct the base curriculum of courses for new Bumpahol Enforcement Agents. You'll be pleased and relieved to learn that Griff has been taken into custody and incarcerated. We are also pleased to advise that Griff's Sugarbush stash has been bulldozed. We are actively engaged in seeking out and flattening other such stashes that might tempt you and your fellow bumpaholics. No longer must you live in fear of, again, falling off the mogul and descending into the painful, injurious and embarrassing world of bumpaholism. Heal without fear, Jack.

Griff: Once you go bump you never go back. I have escaped. No groomer will ever hold me.

Continued from page 15 - Silverman

keeps the memory of a loved one while assisting the future of our own dedicated patrollers.

Applications for scholarships are reviewed prior to the Division Officers' Spring Meeting. To insure sufficient time for such review, it is requested that all applications be provided to the Fund Chairman by March 31.

Dave said, "I received 10 applications this year and I wish we could award scholarships to everyone. When I receive thank you letters from the awarded students they refer to the scholarships as 'winning them'."

Please make a contribution to the fund in honor of a deserving member of your patrol, or your region, or create a legacy for yourself. And if you know of a deserving young patroller that needs assistance with college, an application is available by contacting Dave Nelson at the address above or emailing him at davidjnelson@optonline.net.

HOT, HOT, HOT!

by Jerry Hyson, YAP Supervisor

The weather was HOT, competition was HOT, and a HOT time was had by all! Nearly 100 students, staff, and board members gathered at Jiminy Peak for the 2010 Young Adult Patroller Seminar.

Enthusiasm was high as everyone gathered for this annual event. Friday night, students met together to become familiar with the first aid bags and hone their skills for the events of the coming two days. Returning students renewed friendships of previous seminars as well as making new ones as teams were organized for the ski, toboggan, and OEC events.

As winners were declared, those presenting the awards all expressed how impressed they were with the quality of skills that were exhibited throughout the event and that many had exhibited senior level skills.

Congratulations to the winners and all the participants- you were awesome!

Thanks to all those who made this event successful once again. A special thank you goes to Debbie Foss and her staff; Terry Randolph and his staff; and Rick Hamlin and the Board of Directors. My staff, Jim Slattery, Dan Pascucci, and Craig Larsen always provide me with incredible support without which I could never pull off this event.

My staff and I attended many mini-seminars around the division this past year including PA, NH, MA, and ME.

We are excitedly looking forward to next year as we gather at Sugarloaf Ski Area in Maine on March 18-21. More information will be coming in the next edition of *Trail Sweep*.

This year's winners were:

OVERALL

1st	Matt Butler	Shawnee Peak
2nd	Ryan Dix	Bromley
3rd	Alexander Sivitskis	Wachusett

SKIING

1st	Matt Butler	Shawnee Peak
2nd	Ryan Dix	Bromley
3rd	Craig D'Cruz	Whitetail

TOBOGGAN

1st	Matt Butler	Shawnee Peak
2nd	Alexandra Bruce	Ski Sundown
3rd	Ryan Dix	Bromley

OEC

1st	Alexander Sivitskis	Wachusett
2nd	Matt Butler	Shawnee Peak
3rd	Colleen O'Hurley	Pat's Peak

ASSESSMENT

Morgan Brown	Shawnee Peak
--------------	--------------

HANS HYSON AWARD

Alexander Sivitskis	Wachusett
---------------------	-----------



Our esteemed
SE&T staff at the
YAP Seminar!



**EASTERN DIVISION NSP
23 NARRAGANSETT AVENUE
PITTSFIELD, MA 01201**

Non-Profit Org.
U.S. Postage
PAID
National Ski Patrol
System, Inc.



Chris Jaquith all gussied up for the awards banquet.



Rick Hamlin introducing 501(c)3 the new female mascot.



Rick Hamlin congratulating new Division Director John Shipman. They say imitation is the sincerest form of flattery...check out the mustache!



Killington was awarded the DSA for their long and faithful service to the NSP and the Eastern Division. Present left to right, Terry Randolph (SVT RD), Joe Kulina (Otter Ski Patrol PD), Jeff Temple (Director of Operations), Tait Germon (Killington PD), Frey Aarnio (S&T Supervisor).