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## Happy 70th Birthday NSP

by Rick Hamlin, Division Director

Many of the articles that I have written for the last several editions of *Trail Sweep* had to do with the current events related to the NSP and looking toward the future. With this article I would like to shift gears a bit and take a look back.

Almost 72 years ago Charles Minot "Minnie" Dole broke his leg on a rainy day early in the season on Mount Mansfield. His experience that day and the subsequent death of his close friend Frank Edson, caused by a ski racing accident, helped to set the course of events that has left an indelible path throughout the history of the ski industry as well as our nation's history.

Most historians agree that the first milestone on that path occurs in March of 1938. The location, as coincidence might have it, is again Mount Mansfield on the Nose Dive trail and the event is the national races. The reason that these races are of particular note is that there is a group of trained volunteers who have brought rescue and communications equipment to the mountain to provide emergency care to the racers.

The quality and professionalism of

the rescue group left a very positive impression on the participants and the organizers encouraged the group to provide this service on a more widespread basis. Minnie Dole was there, responsible for making the race rescue support happen in what was to become the recognized birth of the National Ski Patrol.

It is interesting to note that not everybody thought that having skiers providing rescue services on the mountains was a good idea. There was a contingent of folks that felt that part of the draw and excitement of skiing lay in the risk. They argued that if you were climbing the mountains for your turns, then you should be prepared to take care of yourself, including your extrication if you became injured. Luckily, the argument that won the day was that a trained mountain rescue organization made sense, especially since the sport of skiing was seeing explosive growth.

Within three years of those national races, the NSP had grown to over 3,000 members serving on more than 100 Patrols across the country. Now there are over 26,000 members of the National Ski

Patrol serving the outdoor recreation community. In March of 2008 we will reach the 70th birthday of our organization and there are many reasons for us to celebrate not only that we have reached this grand age, but that the NSP is positioned to live up to our historic motto of "Service and Safety" for many more years.

The reason that we are still a strong and viable institution is that our founders and the Patrollers that have come before us built our organization on a very robust foundation of goals including the maintenance of high levels of skill and care.

Take a moment this March to reflect on 70 years of NSP history. While you're at it, reach out and thank those retired and Alumni Patrollers who tended our organization with care so that we could inherit the NSP from them. They deserve a big pat on the back.

Let us also be conscientious caretakers of the NSP so that we may pass it on in great shape to the next generation of Patrollers.

## Writing Awards?

by Bill Boulter, Awards Chair

The awards nominations for Eastern Division have been steady but slow this summer...a few here, a few there. I would love to be busier, as usual, but the old lead the horse to water thing just keeps coming up.

One of the most important requirements is not always being observed. Each award that is submitted must come with a cover and TWO dates. If the person who submits the award has not provided these dates then the Region Awards Advisor must.

Date 1 is the date they would like to receive the award and must be on the nomination form.

Date 2 is the date the award will be presented to the recipient and must be in the cover letter written by the Awards Advisor.

The date that National will publish the award in their publication depends totally on the date given for presentation. If no date is given the award won't be published for one year after the date requested.

I know that I've been trying to send you this message for a couple of years but I'm not too sure everyone understands its importance. Receiving an award is very gratifying. Seeing it in print is great!

## Avalanche Program

by Phil Galka, Supervisor

We're off to a great start! This year's combined Division Avalanche, Mountaineering, and Nordic meeting/refresher was hosted in the Western Massachusetts Region at Northfield Mountain, by the Northfield Mountain Nordic Ski Patrol.

They really went the extra mile for us making night camping areas available Friday and Saturday nights, opening extra early every morning to check that the lecture hall was ready. The air-conditioning was running, coffee was perking, and refreshments were ready before participants arrived. From Friday night to Sunday they took care of every detail so we could focus on the program elements. On behalf of the Eastern Division we thank you!

Instructors who attended the refresher really engaged themselves in the program. They reviewed skills, met with vendor representatives to try new equipment, discussed techniques for skiing the backcountry and did hands-on work with new equipment.

Sunday's program included the Massachusetts State Police who worked with us on a Search and Rescue exercise utilizing the Incident Command Structure.

We all had a great deal of fun and this group didn't stop except for a dinner break. Even after dinner the activities continued on into the night with the planning and testing of an avalanche beacon competition for the March 2008 Student Training Seminar at Killington. The instructors, I/Ts and region advisors did a great job working together.

We had great participation that resulted in putting together an excellent program of course offerings. We're ready for you.

So if your adventures lay beyond the groomed, take an avalanche course. Don't forget to make sure your friends take the course too so they know how to rescue you in an emergency. Courses are open to both NSP and non-NSP participants. Check out the calendar at <http://www.nspeast.org> for course listings.

### Awards

#### NATIONAL APPOINTMENT

Greg Banner #10670 EMARI

#### DISTINGUISHED SERVICE AWARD

Edee McNamara EMARI

#### YELLOW MERIT STAR

Sheila Daly EMARI

Jerry Hyson EMARI

#### PURPLE MERIT STAR

Hal Clark EMARI

Leslie Snyder EMARI

Greg Chapman WMASS

Steve Draisey WMASS

#### BLUE MERIT STAR

John Dowd EMARI

Richard Lindgren EMARI

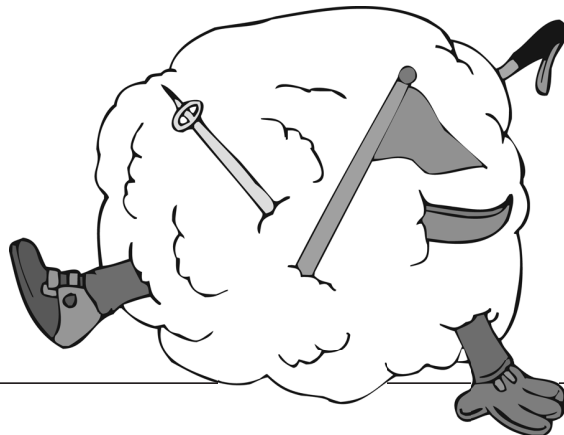
Keary Naughton EMARI

Ed McNamara EMARI

Barry Leckonby WMASS

#### PATROLLER'S CROSS

Robert Mulloy EMARI



# Killington Ski & Toboggan Enhancement Clinic

by Brian Bishop

It's time again to sign up for our ski and toboggan enhancement clinic, which is scheduled for February 2-3, 2008. This clinic is open to all registered patrollers and is a great place to improve your skiing and toboggan handling skills.

This year we definitely have something for everyone. Along with PSIA ski instruction, we are offering snowboard instruction with some of the top snowboard instructors in the region, and, we will also have an NSP Certified/PSIA Level 3 Telemark instructor. Everyone will have one day of skiing/riding instruction and one day of toboggans.

Plain clothes please, no patrol parkas. Talk to your friends, talk to some of the folks who were there last year, come and have FUN.

Killington is a great place to accomplish this. We have the most varied terrain in the east, you will not be intimidated and there will be plenty of challenge for the expert. Mother Nature was very good to us last year, so keep your fingers crossed for a repeat this year.

On Saturday after skiing, we have a food and beverage party. This will give you time to socialize and talk to the instructors about the day's successes and improvements.

The registration fee is \$70 and includes lift tickets for both days, instruction, and the party afterwards. You can register two ways, by filling out the registration form on the back page, or by email. If you have any questions or need lodging information, contact Brian Bishop, 440 Swamp Brook Road, Hawley, PA 18428, 570-253-3094 or [brianbishop@mail4me.com](mailto:brianbishop@mail4me.com).

Pre-registration is required so we can have sufficient staff. We will try to keep the groups small so everyone gets special attention.

We will be meeting at the Snowshed Base Lodge each morning at 8 a.m. I look forward to seeing you there.



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CHARTERED BY CONGRESS

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

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## Instructor Development

Flo Rutherford, ID Supervisor

Now is a great time to get involved in becoming a certified instructor! The regional patrol refreshers are winding down and you are thinking about skiing, ski patrol, and ski patrol friends and family. Look at your patrol's OEC and OET instructor staff.



Picture yourself working and mentoring with one of them and learning about teaching the adult learner. Take an Instructor Development classroom course or register to take the E-course with your regional ID coordinator.

As I write this article, there are at least 10 registered courses in the Division. Some courses are already registered for 2008. So, register for a course, get involved, and have Fun!

## Looking for a Challenge??

by Eric Zaharee, MTR Instructor

Have you ever wondered if you could survive in a winter mountain environment? I have been involved in both civilian and military mountaineering for almost 40 years. I still believe that every chance I get, I can either learn something new or, in some cases, re-learn things that were once second nature but have faded from my memory.

Would you like to improve your knowledge of extended outdoor work in a winter environment for the purpose of just enjoying the winter more? Or maybe you would like to become involved in Search and Rescue as a volunteer? If so, then I would like to

invite you to consider Eastern Division's Mountain Travel and Rescue (MTR) Level 2 course. This five-day course runs over two weekends in January and February 2008. Details are available on the division website at [www.nspeast.org/html/calendar.htm](http://www.nspeast.org/html/calendar.htm).

Fun-filled learning takes place through a combination of classroom and outdoor practical exercises that will help you achieve your goal of becoming more comfortable and safe in the winter outdoor activities we all love.

MTR Fundamentals or MTR Level 1 courses are prerequisites for attending this course. Contact Eric Zaharee at [ericzaharee@comcast.net](mailto:ericzaharee@comcast.net) or 978-422-3156 (evenings until 10:00 pm) for more information on a real great time.

## MTR Courses Scheduled

by Butch MacQueen, Supervisor

The MTR (Mountain Travel and Rescue) courses to be offered by the Eastern Division are being scheduled. These come in a variety of "colors."

MTR courses offer instruction in becoming comfortable in the outdoor setting, regardless of the "creature comforts" we enjoy in our daily lives. If you have enjoyed outdoor activities in the past, this may just be a great experience for you. We hike, cook meals, camp, navigate with map and compass, and all sorts of other outdoor endeavors. And in all four seasons! All with

an attitude that this is some of the most enjoyable education you have ever experienced.

If this idea appeals to you, visit the Eastern Division web page at [www.nspeast.org](http://www.nspeast.org) and click on the calendar link to find the closest course scheduled for you. This calendar is updated regularly and more courses are currently being scheduled.

If you already have a good deal of skill and experience in these activities, we could use your assistance to conduct these courses. Contact your Region MTR Advisor, Patrol Director, or me, Butch MacQueen at [macqueen@madbbs.com](mailto:macqueen@madbbs.com) or (716) 354-9235, to get more information.

## Nordic News

by Greg France, Supervisor

### Nordic Senior Program

The Eastern Division Nordic Program will hold a Senior Evaluation at Notchview Reservation, in Western Massachusetts, on Saturday, February 23, 2008. Interested candidates should contact Greg France at [gfnsp@ptd.net](mailto:gfnsp@ptd.net) or by phone at 570-685-9619.

A clinic/training day for anyone interested in Nordic Senior will be announced after our season begins.

### Nordic Master Program

Division Nordic invites all interested Nordic & Alpine Patrollers to investigate the pilot program for Nordic Master, by visiting the Division website, under Programs then Nordic and scroll to the attachments for Nordic Master.

All questions are welcome. Have a really Great Season!

## Nordic 40th Anniversary Celebration

March 29-30, 2008 — Quincy, MA

Old and new National Ski Patrol Nordic Patrollers will be gathering together to celebrate the 40th Anniversary of the Nordic Ski Patrol. It promises to be a wonderful celebration with memorabilia from three Winter Olympics (Lake Placid, Calgary, and Salt Lake City) and history of the Nordic Ski Patrol. Activities will be available for all. Capping off the celebration will be an anniversary banquet with Dave Hodgdon, a founder of the Nordic Patrol presenting a slide show from four patrollers skiing across the Alps on the Haute Route from Chamonix, France to Zermatt, Switzerland in six days of perfect weather.

What a perfect way for Nordic Patrollers to cap off their season! For more information contact Dave Hodgdon at [DPHNordic@aol.com](mailto:DPHNordic@aol.com) or call him at 781-326-1206 and leave a message...he'll get back to you.

# 2008 Mountain Travel & Rescue— Level 2

by Eric Zaharee, MTR Instructor

Mountain Travel and Rescue (MTR) Level 2 is an elective course, held in two separate sessions, for NSP patrollers that have an interest in expanding their knowledge in backcountry travel and rescue procedures. This course is also open to non-patrollers with the same interests.

The MTR2 course contains 17 lesson topics. These topics include Personal Survival, Travel, Back Country Considerations, and Search and Rescue Skills. They are all reinforced with an overnight camping exercise during the first session and a two-and-a-half day extended field exercise with overnight camping including Navigation, Technical Emergency Rescue Techniques and Search and Rescue during the second session.

Prerequisite for MTR2 is an NSP MTR1 course or equivalent as determined by the Eastern Division MTR Supervisor. You are also required to purchase the NSP MTR manual. This is not included in the course fee. Contact the Course Coordinator if you are not an NSP member.

The cost of the course is \$90 (NSP) and \$120 (non-NSP) which includes lunch on Saturday during Session 1.

Upon completion you will have the knowledge to continue building skills and to become a member of a Search and Rescue organization. This is an intermediate level course and you are encouraged to continue with additional education in the skills taught in this course through either the NSP or other outdoor education organizations.

Details for both sessions are as follows:

### Session 1

Saturday and Sunday, January 12-13, 2008

Northfield Recreation Area, Northfield, MA

We begin on Saturday at 7:30 a.m. and end on Sunday at 4:00 p.m.

Class will begin promptly at 8 a.m. so plan on arriving early. Students should be prepared to work through the lunch period if needed. You will need supplies to take notes. You must bring all equipment and be prepared for overnight camping plus classes in the outdoor environment. Pack and inventory all personal and group equipment using the check list found in the MTR manual on page 147. Final packing will be conducted during class. The class will go continuously until 4:00 p.m. on Sunday.

### Session 2

Saturday-Monday, February 16-18, 2008

White Mountain National Forest

vicinity of Zealand Notch

We begin on Saturday at 10:30 a.m. and end on Monday at 3:00 p.m.

Arrive early on Saturday as we have a trail head departure no later than 11:00 a.m. for a continuous field exercise until 2:00 p.m. Monday. More details will be provided at Session 1.

If you have questions about this course please contact Eric Zaharee at [ericzaharee@comcast.net](mailto:ericzaharee@comcast.net) or 978-0422-3156.



**REGISTRATION FORM – MAIL TO: ERIC ZAHAREE, 19 HASTING ROAD, STERLING, MA 01564**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
Phone \_\_\_\_\_  
E-mail \_\_\_\_\_  
Patrol \_\_\_\_\_ Region \_\_\_\_\_ NSP# \_\_\_\_\_

*Registration is not considered complete unless accompanied by your check made out to NSP Eastern Division*

## Notice to All Patrol Directors

by Jerry Hyson, Student Supervisor

I am available this year to travel to any ski area to provide you with help and information about setting up a Student Patrol Program.

We all know that student patrollers are the future of the ski patrol. Let's try to get more student patrollers trained and ready to help the skiing/riding public.

You can reach me at: [hyski@verizon.net](mailto:hyski@verizon.net) or 978.464.5939. I look forward to hearing from you.





## Certified Program in 2008

by Dave Walker, Chair

There is no time like the present to begin (or continue) your training for the Certified program. Many patrollers wait until the snow flies to get started or to brush up, although your training takes place over many years of involvement

Here's something to think about: low angle rescue, lift evacuation, avalanche (hide the beacon in a small tree), OEC training, management, and risk management preparations and the OEC test bank are all available during the summer to help you prepare for the exam. In fact, the only events you cannot practice during the summer, unless you go to South America, are skiing and toboggan.

For those candidates who still have some training to do to be successful in the program, the internet or local Certified Patrollers are resources that could be counted on to help you along the way. My region has been working on training all summer, thanks to a few dedicated Certified Patrollers who are willing to spend some extra time preparing candidates. All you need to do to get started is make a few phone calls to see if you can get

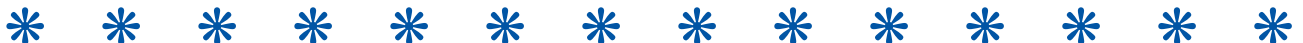
some help. Not sure who lives in your area? Call or email me and I will send you a list.

**Important News:** new candidates, there is a change in the program. You must bring a signed form to any precourse you plan to attend. This form will be available shortly at <http://www.nspeast.org/html/certified.htm>. (You will need to get it signed by a Certified member). This is for new candidates only. If you have already been accepted into the program there is no need for you to get a signed form.

Also for new candidates, it is never too early to start the application process. You will need to fill out the online application, have your patrol director sign it, get two letters of introduction from Certified members, and complete and submit the essay questions. Once you submit the completed application it goes to the credentials committee for review and approval. You must also attend and pass a precourse. Then you are on your way!

The credentials process is designed to insure that candidates accepted into the program have the best chance to be successful. It is a non-political review of your credentials. Keep in mind that the credentials process does take time to complete. Your completed application and letters have to be received at least 45 days in advance of the exam. Don't let the process scare you, it is necessary for your chance to succeed.

To all of the examiners and support people who help with credentials, organization, training, and testing, this division owes you a great deal, thanks for your effort and support.



### 2007-2008 Certified & PSPA Schedules

| DATE                  | LOCATION          | EVENT/CONTACT  |
|-----------------------|-------------------|--|
| Fri., 1/25/08         | Hunter Mtn.       | Certified S&T training/Brant Maley, skipatrol@comcast.net  |
| Sat., 1/26/08         | Windham Mtn.      | Certified OEC training/Bill Jordan, cert169@adelphia.net   |
| Sat.-Sun., 1/26-27/08 | Windham Mtn.      | Intro to Certified/Patroller School/Brant Maley, skipatrol@comcast.net                                   |
| Thurs., 1/31/08       | Sunday River      | Intro to Certified/Precourse/Dave Walker, cert372@yahoo.com  |
| Sat., 2/2/08          | Windham Mtn.      | Certified Precourse/Ted Davis, tdavis@windhammountain.com  |
| Fri.-Sun., 3/28-30/08 | Hunter Mtn.       | Annual Meeting and Exam/Sarah Keating, sarah.keating@keystone.edu or Laura Tucker, muthrtucker@yahoo.com |
| Weds., 12/19/07       | Loon Mtn.         | PSPA Examiner Clinic   |
| Weds., 1/23/08        | Killington & Loon | PSPA Precourses  |
| Weds., 3/5/08         | Loon Mtn.         | PSPA S&T Exam  |
| Thurs., 3/6/08        | Loon Mtn.         | PSPA First Aid Exam  |
| Fri., 3/7/08          | Loon Mtn.         | PSPA Spring Fling & Recertifications   |

The contact for all PSPA events is: Mark Abend (MarcAbend@LiveNation.com)

## Oh the agony of the knees...And other maladies of the aging ski patroller

by Jeffrey Lozman, M.D., Medical Director

Each day at 6:30 a.m., patrollers hit the locker rooms preparing to do morning mountain checks at 7:00 a.m. Pulling, planting bamboo, lugging power tools, rechecking and resetting barrier fences and barrels are all part of the morning mountain preparation for opening. Come 8:00 a.m. the work continues as patrollers rescue injured skiers. Hauling the sleds continues to add physical stresses to the day.

On a routine ski day looking around a locker room, one will be struck by the number of weathered, aging faces of ski patrollers. These aging patrollers combine their years of experience and their passion for the sport to continue to be an integral part of the patrol. Come early morning in a locker room, however, you might hear this group moan and groan about their joints. You may overhear them frequently requesting from the mountain doc a quick fix to remedy many years of active use or even over use. So what can you do to avoid injury and pain?

Your first mistake is thinking about physical preparation for ski patrolling on December 1st. Unlike the days of your youth when resilience was on your side, as you age your body requires a consistent commitment to maintain the optimum of mobility. By physically remaining active throughout the year you will be on track to prevent accidents that may be a direct result of a lack of fitness.

"Skip the beer and go to bed," may not be the advise that you want to hear, but it works. Getting a good night's sleep, maintaining a healthy weight, a combination of muscle toning and aerobic exercise, proper nutrition, no smoking and, yes, alcohol in moderation are essential ingredients to year-round fitness. And, of course, warming up before activities should be on everyone's preparation list.

What are the consequences of being in poor shape? Statistics bear out an increase in the incidence of injuries; muscle tears, joint sprains and strains, and overuse and repetitive use injuries. The most common areas to be impacted are elbows, knees, spine, and shoulders.

**Elbows:** The most common "malady" is lateral epicondylitis. This occurs from repetitive

lifting resulting in a strain to the lateral forearm muscle originating at the elbow. Stretching and resistive exercises are very effective preventive actions in combination with ice and anti-inflammatory medications. Lifting underhanded also decreases the tension in the lateral muscles.

**Knees:** Tendonitis and arthritic changes are the most common cause of pain and discomfort in the knees. Exercises to strengthen the quadriceps and hamstrings such as using an elliptical trainer or Nordic Track are good modalities to prepare for the rigors of downhill skiing or boarding. Occasionally, particularly with arthritic changes, non-steroidal, anti-inflammatory medications are a necessary adjunct to treatment. At any point where swelling of the joint occurs you should contact your orthopaedist for evaluation and treatment.

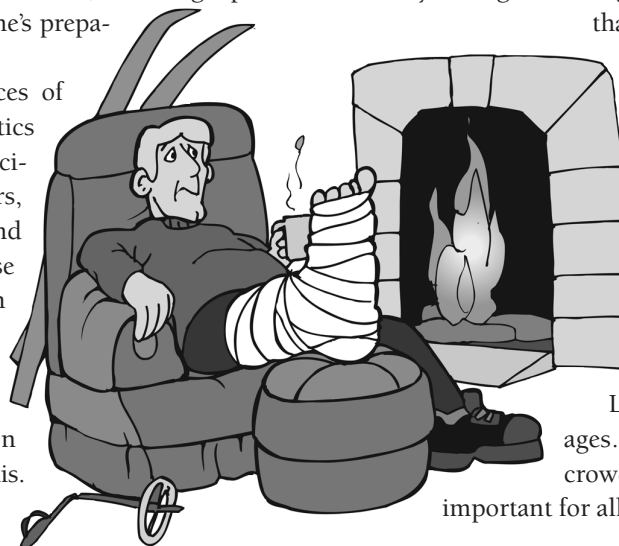
**Spine:** Lifting, dragging, and pulling are all part of a day in the life of a patroller. All of these activities put a strain on your spine. Before booting up each day it is essential that you do a regular routine of stretching to loosen the ligaments that support the spine. Your time will be well spent in decreasing the incidence of back pain. Hamstring stretches and sit-ups are also beneficial in keeping the spine supple.

**Shoulders:** The most common complaint that we hear about is shoulder pain. Rotator cuff injuries make up a good number of the complaints. The rotator cuff is a confluence of four tendons that stabilizes the shoulder during rotation and lifting. The most common problems are impingement of the rotator cuff underneath the overhang of the acromion or a tear in the rotator cuff. Both of these injuries can be prevented by strength-training and lifting exercises. Bear in mind

that all exercises need to be in moderation. Anti-inflammatory medication may be beneficial in the acute phase of the injury. Only infrequently is surgical intervention necessary.

Most ski patrollers will suffer a ski-related injury during their ski patrolling duties. These injuries are often a direct result of poor mechanics, lack of flexibility, and "lousy" conditioning.

Listen up ski patrollers of all ages...think this is just for the over-40 crowd? Think again! Being fit and ready is important for all ages. Don't become a statistic.



# EASTERN DIVISION FALL BOARD MEETING

September 15, 2007 - Welcome and Introductions:

## Eastern Division Board of Directors

|                 |       |                      |
|-----------------|-------|----------------------|
| Burt Mitchell   | ..... | Connecticut          |
| Darryl Trafford | ..... | Maine (absent)       |
| Trish Watson    | ..... | Western Mass         |
| John Shipman    | ..... | EMARI                |
| Chris Brodersen | ..... | New Jersey           |
| Pete Kaufmann   | ..... | New Hampshire        |
| Don Weaver      | ..... | Western New York     |
| Meg Smith       | ..... | Southern New York    |
| Noel Rios       | ..... | Central New York     |
| Peter Neefus    | ..... | Eastern New York     |
| Gerit Lewisch   | ..... | Eastern Pennsylvania |
| Steve Schopfer  | ..... | Western Appalachian  |
| Chris Jaquith   | ..... | Northern Vermont     |
| Terry Randolph  | ..... | Southern Vermont     |
| Mike Lord       | ..... | Genesee Valley       |
| John Beach      | ..... | ENY Alternate        |
| Rick Knight     | ..... | CT Section Chief     |

### Update on National Issues:

The Board has been having conference calls on a monthly basis. Tim White, our new Executive Director, has reported on the many things he has been working on. He talks with our National Chairman once a week and has filled several vacancies on our National office staff. Tim officially started June 1st but worked 30 days before that to get things up and running. Jim DeWeerd resigned and was replaced by Terry LaLiberte to be our new National Chairman of the Board. Bob Knox, Central Division, filled the empty slot on the Board. Bela Musits is now the Assistant National Chair. *Software study* – negotiating with person to use the software to its potential. *Staffing* – Tim White, Executive Director; Michelle Perry, NSP Advertising/Sponsorship; Cheri Overton, NSP Member Services/Registration; April Darrow, NSP Communications Director and Editor; Carol Hudson, NSP Member Services; Denis Meade, NSP Education Director; Karen Kalafat, NSP Special Projects Manager; and Eastern Division's Telecommunications Advisor Dick Woolf was reinstated to the Telecommunications (FCC) position at the National level. *Education* – Avalanche manual being rewritten. *Lift Evacuation* – Should be seeing new techniques and equipment but no manual to date. *OEC* – The 5th Edition is currently being worked on, but no publication date has been set. *Patroller Manual* – Nothing said yet. *LCA* – The Board voted not to change the LCA and National Appointments. You still need to pass the Senior S&T to become a National Appointee. *Expense* – National was spending approximately \$15,000 per year on bulk shipping of OEC books.

There is now a shipping fee of slightly more than \$1.00 per book. OEC Instructors should start building this cost into their course costs. *Student Patroller* – May now be called "Young Adult Program." National wants to create a program for these young people interested in becoming a patroller. *Affiliated Program* – NSP offers courses to the public. Need to review this program in order to see a return of monies. *Insurance* – The National Board has tasked our Executive Director to analyze our current insurance and to also review liability issues.

### 2008 Board Election:

With this vote it will be a fully populated Board and for the first time in history we will have a complete board that will have been voted in by the membership. Out of 16 candidates five are from the Eastern Division: John Beach, Jim Decker, Mike Lord, Burt Mitchell, and Carl Smith. From now on you will vote for either four or five Board members – each serves a three year term. Resumes and platform statements for all of this year's candidates are also on the National website. Please encourage your Patrollers to review the applications and to vote for the candidates they feel will be the best board members. VoteNet is now our vote provider. The contract allows us unlimited use throughout the year (Division down through Patrol) for the same price. There will be no paper ballots, all electronic. Make sure everyone's email addresses are up-to-date with the National office. October 15 through December 1 is the election. VoteNet will be getting the master list from National in one to two weeks.

### 2008 Registration Process:

It is now being sent to the Division registration coordinator. One check for National and Division fees should now be sent directly to Donna at the Eastern Division office and one check sent to Region. This is the procedure that was used three years ago.

### Committee and Program Update Briefings:

*Instructor Development:* Christian handed out a report. Flo Rutherford is our new Instructor Development Supervisor. Everyone wanting to become an instructor in any program must take this course. Need interaction and exchange of ideas. Input from Region Directors is needed on what other chapters can fit into this program. Mentoring program has fallen between the cracks. Record handling needs to be applied to all our programs. Instructors of Record need to do their paperwork within the 30-60-90 day period.

*Mountain/Travel/Rescue:* Burt Mitchell reported on the MTR, Avalanche, and Nordic Instructors' meeting held last



week at Northfield Mountain. They talked of trying to expand the program, make new instructors, recertification and continuing education. Reviewed all paperwork that should be done and what the timeline should be.

*S&T:* Committee meeting is scheduled for Killington in December. We are looking for a sled manufacturer who endorses the use of sled techniques commonly utilized in the Eastern Division. Senior Continuing Education Program for S&T; this program needs to be renovated. Board Member Randolph asked that if the Board has any issues with the S&T program, let him know and he'll bring it up at the meeting and see if they can solve the problem(s).

*Nomination & Election Committee:* Don Weaver handed out a report. The report shows the election year of the officer, year they began, and the term they are serving. Reminder for the 2008 spring meeting: our bylaws require us to look at the distribution of delegates within the regions.

*OEC:* Restructuring supervisor's areas: Paula Knight, CT/VT/SNY; Ed Hirshman, EPA/WAPP; Robert Andre, WNY/CNY/GV/ENY. I/T Handbook – The Instructor/Trainer is part of the Region Administrator's staff and it is the Region Administrator's prerogative to choose the I/T.

*Trail Sweep:* Kudos to Laura on this (Summer '07) issue!!

*Toboggan Instructors:* Your Region S&T Advisor needs to get a list of all outdoor emergency transportation instructors to Frey Aarnio by mid-October since he has to get that list to the National S&T Supervisor before November 1, 2007.

*Marketing:* We have some posters left and work on the history film is ongoing.

*Avalanche:* Phil Galka ran a terrific seminar at Northfield Mountain. Meg Smith asked the RD's how to structure a continuing education program. May need to buy eight new transceivers (\$185 apiece = \$1400 plus shipping). Money is in their budget.

*Finance Committee:* Chris Brodersen handed out a 19-page report.

(1) The committee has improved the process for budget data collection. Motion by Randolph/Jaquith to have Division Treasurer Jeff Barcus create a budget template. Carried

(2) Mileage rate – It has been suggested that the rate could be stated as a percentage of the IRS allowable mileage rate. Example – 75% of the current IRS allowable mileage rate of \$0.495 would equate to \$0.37/mile and the rate would change as the IRS rate changes. This will have to be discussed further as a part of next year's budget process.

(3) The Finance Committee recommends that the Board run on a balanced budget or surplus.

(4) A motion was made by Randolph/Neefus that a reserve of 1.5x operating expenses based on a trailing three year average should be our goal. Carried

(5) The Finance Committee recommends that the Board

look at how expenses are allocated between the Division and the Regions. Some examples of how costs have shifted from Region expenses to Division expenses were discussed.

(6) Based on where we are today, we may need a dues increase in the future. How do we handle it? We will look at different scenarios in this regard. It was agreed that Patrollers must be made aware of any increases well before they take place.

(7) Investment – we are now with Heritage Financial Services. The committee's thought is that our investment is producing a reasonable return.

*Other Issues*

*Tax Exemption:* There are some states that are still interested in obtaining tax exemption information. Legal Counsel Henry Williams may have a copy of a letter from IRS stating that we are a tax exempt organization.

*Division Communications:* Division and Region website calendars need to be kept up to date. All programs or events that will be seeking expense reimbursement from the Division must be listed on the Division calendar. Program Chairs need to communicate this with their Program Supervisors.

*40th Anniversary, Nordic Program:* Nordic anniversary is happening in the EMARI Region in 2008.

*70th Anniversary:* National is having pins and patches made up that will appear in the 2008 catalog. The Eastern Division Board agreed to wait and focus on the 75th anniversary.

*Division News:* The New England Ski Museum film on the NSP is proceeding. A portion of the production costs will be paid for by grants from the museum, funds from the Eastern Division and from some of the Regions. The movie should be completed for the 70th anniversary. Regions who said they would pledge funds toward the film, please send them to our Treasurer, Jeff Barcus.

*Hunter Day Support:* 40th year of celebration is the day after Thanksgiving. It would be appreciated if you can attend this event to show our appreciation for the support that Hunter Mountain has provided to the Eastern Division.

*Winter Meeting Location:* As we have in past years, the Board will have its winter meeting at the Student Seminar location so that we can meet in the evening and support the event during the day. It is tentatively scheduled for Killington in March (14, 15, 16, and 17). John Shipman will be handling Board reservations.

*Division Director Refresher:* Our Division Director will be attending his refresher in the Western Massachusetts Region.

*Conference Call:* December 12, 2007 at 7:00 p.m. Motion by Neefus/Brodersen to adjourn at 3:10 p.m. Carried  
Respectfully submitted by Donna McGraw.

## **DONALD G. MOORE** (1918-2007)

Don Moore, a ski patroller since 1945, passed away on September 5, 2007.

In 1945 after his return from the Army after WWII, he joined his older brother, Leslie, on the Stowe (VT) Ski Patrol. He was awarded National Appointment #1114, causing Leslie, whose National Appointment had only three digits, to kid him occasionally about his "high number."

In the mid-fifties, Don joined the patrol at newly-established Burke Mountain in northeastern Vermont. An ARC Advanced First Aid instructor, he was key to the continuance of our patrol and continued to mentor us in that aspect of patrolling, not only at our fall refreshers, but throughout the season.

He was an imposing man, due to his 6'3" height, sturdy frame, and powerful skiing ability. Having handled the early curled-front toboggans at Stowe, our new members required his stamp of approval before they were allowed to take the front end of our sleds.

I recall a serious situation when a heavy skier decided to take a late-afternoon run down an out-of-bounds power line and caught a tip on a power pole at high speed. After we had the victim in traction and transferred to the sled, we were faced with a narrow, steep, brushy, and lengthy ordeal before we intercepted a regular trail. As I was thinking in terms of a belay line, Don said, "Gotta put the heaviest guy up front... gimme the sled." He looked like a two-legged snowplow grinding down an unplowed road; constant slow speed, brush shoved aside or broken, and the victim totally unaware of the power and skill that was bringing him safely down.

He had a remarkable feel for the intimidation that a child experiences when they are in pain and surrounded by big strangers carrying even stranger things. When faced with a terrified and hurting child, Don would be right down in the snow with the youngster, wiping his nose, and very quickly comforting the fears and talking away the hurting by explaining what we had to do and getting the youngster to participate in the process.

He continued to serve the NSP as a Section Chief in Northern Vermont while continuing to patrol at Burke and Jay Peak. After the snow left, Don was an avid and frequent golfer. He received his 60 Year Service Award from the NSP in the fall of 2005.

Like others of his generation and background, he sometimes tried hard to be a gruff curmudgeon, but utterly failed. His tender touch betrayed what he really was.

*Roger H. Damon, Jr.  
Mt. Washington (NH) Ski Patrol  
Burke Mountain Ski Patrol (1956-1973)*

## **JAMES GIBBONS** (1961-2007)

Jim Gibbons, 46, of East Norriton, PA passed away on October 1, 2007, at Temple University Hospital in Philadelphia, following a short illness.

Born on July 23, 1961, in Webster, MA, he was the son of David J. and Virginia "Ginger" Gibbons of Forestdale. Jim was a 1979 graduate of Auburn (MA) High School and 1983 graduate of Wentworth Institute of Technology in Boston.

At the time of his death, Jim was a certified safety professional and an associate technical fellow in the Product Integrity Department of the Boeing Rotorcraft Co. in Philadelphia. He made numerous contributions to major programs such as the V-22 Osprey and H-47 Chinook aircraft. In August 2007, he received the International Safety Engineer of the Year Award. Jim previously worked at General Dynamics in Pittsfield, MA, on the Bradley Fighting Vehicle transmission and turret drive programs.

Jim was an assistant scout master, a member of the Brodie Mountain Ski Patrol and technical vice president of Berkshire Mountain Search and Rescue. He enjoyed skiing, camping and backpacking.

He was a volunteer firefighter and EMT in Cheshire, MA, from 1989 to 1997 and a member of the General Dynamics Emergency Response Team. He also belonged to the Milton, VT Rescue Squad in 1998-1999, the Smugglers' Notch Ski Patrol, and was currently a member of the Spring Mountain Ski Patrol in Pennsylvania.

As a boy, Jim earned the rank of life scout. He lived by the Scout laws and thus in his final act of helpfulness, Jim became an organ donor.

He and his wife, the former Laurie Caldwell, were married May 16, 1987. They have three sons, Michael Jameson, Patrick Ryan and Shaun Thomas, all living at home. He is survived by his brothers, David Gibbons of Georgia, John Gibbons of Bourne, and Richard Gibbons of New Hampshire; his sisters, Alice Dipace of Sudbury, MA, Ann Harmer of Michigan, and Maura Keegan of New Hampshire; and several nephews and nieces, including his goddaughter, Colleen Patricia Keegan.

Jim's life celebration service was held October 7, at Boyd-Horrox of East Norriton. In lieu of flowers, donations can be made to the "James M. Gibbons Memorial Account" to benefit his children's education, c/o Commerce Bank, 1799 Swede Road, Blue Bell, PA 19422, or to the Gift of Life Donor Program, 401 North 3rd St., Philadelphia, PA 19123. For more information, go to [www.lifecelebration.com](http://www.lifecelebration.com).

## HOWARD M. JOHNSON

Howard M. "Howie" Johnson, 62, of Newport Center Vermont died suddenly on May 18, 2007.

A long time member of the Jay Peak Ski Patrol, Howie was active as both a paid and a volunteer patroller. He had a great love of food and cooking and left the patrol in 1991 to become Jay Peak's Food and Beverage Manager. He remained active with the patrol in his heart and his patrol background gave him valuable insight as a Jay Peak Manager.

Howie grew up in Fair Lawn, New Jersey, and graduated from Missouri Valley College. He was a navy veteran.

Howie "discovered" the Northeast Kingdom of Vermont and made it his home. He had a passion for the four seasons Vermont had to offer. He fished in the summer, hunted in the fall, skied in the winter and sugared in the spring. He enjoyed family vacation "expeditions" to the northern boundaries of Canada. Thanksgivings spent at deer camp with his family and friends

were special times to him. Anyone visiting his office could tell by the many pictures of his children, family, and friends, most holding rather large fish, what was important to him.

Howie was the first Recreation Director for the City of Newport. He laid the foundation for Newport Minor Hockey and mentored and coached numerous young athletes in the community. He was also active with the Newport City Fire Department, the Elks Club, Vermont Fish and Wildlife Conservation Group and the Greater Newport Chamber of Commerce.

He is survived by his wife of 29 years, Lorna (Buttrick) Johnson; his daughter, Cheryl Redman and her husband Brennan, of Hampstead, Maryland; and by two sons, Kurtis Johnson of Durham, New Hampshire and Bruce Johnson of Newport Center, Vermont; a granddaughter, Kylie Redman; a brother, Robert Johnson and his wife Francine of Wyckoff, New Jersey; and several nieces and nephews.

*Peg Doheny, Jay Peak Ski Patrol Director*

## THOMAS "TOMM" LAZAR

Former Hidden Valley, PA ski patroller, Tomm Lazar died August 8, 2007. Tomm was a paid patroller from 1987-1992. While working as a patroller Tomm was known as a good patroller and likable guy. He will be remembered as the patroller who met the bus in the Hidden Valley Ski Safety video "Discover the Feeling" that was produced by the Kettler Brothers and shot on location the winter of 1987.

Tomm, a retired Pennsylvania State Trooper, worked as an investigative officer. While with the State Police, he was a CPR

instructor, scuba diver and public relations officer. He was currently working as a safety director for Liberty Transportation. An Eagle Scout, he was also a volunteer fireman, football and softball coach, and baseball umpire and was heavily involved in both his community and church.

He is survived by his wife, Shirley (Livingston) Lazar; son, Thomas; daughter, Larissa; father-in-law Samuel Livingston; brother and sister-in-law, John and Beverly Lazar; two sisters and brothers-in-law, Valerie and John Orris and Anita and Gary Smith; and numerous nieces and nephews.

*Doris Rollins, Canaan Valley Ski Patrol*

## LEWIS E. DIMLER

Lew Dimler was a tireless, highly-regarded and respected patroller who died on September 5, 2007 after a courageous 11-year battle with prostate cancer. He was 65.

A U.S. Air Force veteran of 20 years, his love of skiing began during a tour in Austria in the 1970's. Skiing became his avocation and he found new friends and responsibilities in the NSP. He took a broad view of patrolling which had no boundaries.

He was a member of multiple patrols in four divisions during his 30 years with NSP including Bryce and Massanutten Alpine and Shenandoah and Blackwater Nordic (Southern Division); Blue Knob and Whitetail (Eastern Division), Bryan Mountain Nordic (Rocky Mountain Division), and Soldier Hollow (Intermountain Division) with the 2002 Olympic and Paralympic Nordic Patrols. Lew knew patrollers everywhere. He had a self-proclaimed mission. His training in military intelligence gave him the ability to see the big picture with the continuous recruiting and training of patrollers and incorporation of best practices. He took the initiative to run a ski patrol booth for a few years at the Washington, DC Ski Show to provide public relations

and recruitment for patrols in four local regions.

As a senior patroller and CPR/WEC/OEC Instructor, he was instrumental in organizing and supporting courses in northern Virginia with candidates and instructors from both Eastern and Southern Division patrols. His energy was boundless acquiring equipment and recruiting instructors and patrollers as patients and helpers. He also conducted on-the-hill OEC and S&T training and testing and made sure the candidates got it right.

Lew's dedication and enthusiasm easily transferred to candidates as their core motivation to join and succeed in NSP. With his positive attitude, he was always willing to help and do whatever was needed to get the job done. He touched many lives over the years with his great laugh and his soft heart. He will be sorely missed by all of us.

Lew is survived by his wife, Penny, who is also a patroller; his daughter Kelly Buttrey and grandson Evan Lewis Buttrey; and his step-children Sarah Richards, Drew Richards and wife Denise, and grandson Colin Drew Richards. Donations may be made to the American Cancer Society at [www.cancer.org](http://www.cancer.org).

*Michael Calabrese, Blue Knob Ski Patrol  
William Cox, Timberline Ski Patrol*

## Prepare For Your Ski & Toboggan Success

by Frey Aarnio, Supervisor

Discouraged, upset, unfair, inconsistent evaluations are but a few of the remarks heard regarding some of the ski and toboggan events conducted within our division. I have had my ear bent a few times telling me that the division isn't doing its job because we have failures in the senior S&T evaluations.

Well, let me say this right up front, some of you should be upset. Preparing for your evaluation starts with YOU. You are responsible to meet with your PD to start your training program and possibly have him or her assign a trainer to work with you so that you fully understand the critical standards that have to be met in order to be successful. We, as volunteers, have busy lives away from the ski area as well as on the hill so you need to establish a schedule with your trainer to ensure adequate training time.

Training should include more difficult terrain which may require travel to a bigger ski area. Patrollers/trainers at events are constantly extending invitations to come ski/ride a big mountain to prepare for your own evaluation. Remember, a senior is capable of skiing/riding and operating a toboggan on any terrain within the division.

The region advisor for ski and toboggan should be your friend. What I mean by that is the RA should be very involved in your preparation effort, to assist you as necessary for satisfactory completion of your training. It is the responsibility of the RA to ensure T/E's are available to hone your skills while training at the patrol and region level before your PD certifies you ready to participate in the senior S&T evaluation.

The division also has a responsibility to ensure that we train our T/E's consistently across the board

so that all the critical standards are met, without subjectivity. Program content and terrain are not negotiable; however, adjustments are made on the day of events due to grooming and weather issues beyond the control of the event coordinator. Our program is performance-based and objectively evaluated. If there are inconsistent evaluations, then I am responsible and I will deal with those situations.

I had the pleasure of observing a successful senior S&T evaluation at Holimont this past season. I spoke with almost all the candidates and they consistently stated practice, practice, and practice was the key to their success. Although they did think some of the trainers pushed them a little too hard. Collectively, this group of seniors was energized and eager to show their skills on some really gnarly frozen and crusted-over spring surface conditions.

So, preparing for your success starts with you, your patrol and your region. It has been my opinion that candidates who show up for an S&T senior event are seniors. It only requires that you demonstrate your skills and have fun doing it. Those skills that you developed preparing for the event will make you a better patroller, a more efficient skier and enable you to assist with the training of new members of your patrol.

And for all patrollers, regardless of your level, the PSIA program is still alive and well. Anyone interested in becoming a more proficient performer/trainer or evaluator within NSP can attend PSIA programs without being a member of PSIA. See your region advisor for details. To sign up for a PSIA clinic follow this link to their schedule and application: [www.psia-e.org/ev/schedule/EventSchedule.pdf](http://www.psia-e.org/ev/schedule/EventSchedule.pdf)

And...another statistic to go along with my height that I mention in the last issue of *Trail Sweep*, for you doubters, I am 39 years old. Jack Benny and I have that in common.

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## Ski Windham Patroller School & Introduction to the Certified Program

The Ski Windham Patroller School and Introduction to Certified Program is scheduled for January 26 & 27, 2008.

This school presents an excellent opportunity to improve your ski/ride and toboggan-handling skills. One of the two days will be spent enhancing ski/riding skills with a PSIA instructor, while the other will be with a Certified Patroller sharpening toboggan-handling techniques. All registered patrollers, candi-

dates, and auxiliary patrollers are eligible to attend this training.

Patrollers interested in the Certified Program will participate in many presentations including an explanation of the application process discussing how the Certified Credentials Committee reviews an applicant's patrol history and application to see if they qualify for the program. Each of the modules in the certified exam will be discussed and

*Continued on page 15*



## What is an NSP OEC Enhancement Seminar?

by Ed Hirshman, OEC Supervisor

That is the million dollar question. I'll bet most patrollers have never attended one. In fact most patrollers don't even know what they are!

The OEC-ES is a non-threatening, continuing education program open to all patrollers. It is also a Senior elective. But, for some unknown reason, there are very few being scheduled here in our division by our OEC instructors.

Any NSP-certified OEC Instructor can register this course as the Instructor of Record. There are six modules presently offered and you can register them in any order. I am familiar with one where an IOR selected two and scheduled three different events and covered them all in a year or so.

As a Senior elective, you can only get credit for two of the six modules. This continuing education program is not just for those seeking their Senior or Senior Auxiliary classification. Many who have taken parts of or all of the six modules were already veteran patrollers of all skill classifications. It is a great way to refresh your skills and share your experiences with others in an enjoyable environment.

Find one of your OEC Instructors and discuss the possibility of having an OEC Enhancement Seminar at your home area. If you are an OEC Candidate Instructor currently being mentored and need your final observations done, discuss this with your Instructor Mentor. You could have an enjoyable one-day course and possibly complete your mentorship this way.

Want more information? Just ask your Region OEC Administrator or your geographical OEC Supervisor.

Here is the information about OEC Enhancement Seminars: a continuing education tool designed to enhance existing OEC skills for OEC technicians through an injury or illness-directed practice session selected from a series of pre-designed modules. Each session will be presented in an environment realistic to the injuries addressed in the selected module. Each module is formatted to include an introduction of topics and objectives, skills demonstrations, practice scenarios, summary and review, and a group discussion. This continuing education opportunity is not meant to replace or supercede existing OEC refresher requirements. Prerequisite: Current OEC technician. Time commitment: Approximately 3 1/2 hours per module.

## Is Your History Up to Date?

by Ellie Jessum, Historian

I find that in digging for history in the Eastern Division, most patrollers have no idea of all the offices they have held or the dates. Would all of you...Patrollers, Auxiliaries, Retired Patrollers...please take the time to sit down and start or refresh your resume now?

Be sure you list not only offices held but also committees you worked on with dates. Be as thorough and complete as possible for the dates are important.

Except for a few patrollers, most have not been able to give me the information I needed when I needed it. Be ready in case you are asked by one of my staff to give your resume information to them.

Jeff Paston has sent me a wonderful history of the Syracuse Section. I plan to show it at the Spring Officers' Meeting in Albany so that everyone will have a chance to view it and know what we are looking for to include in Eastern Division's history.

## Seven Springs Resort Presents Lifetime Award



Dick Barron, Patrol Director of Seven Springs Resort, PA, WAPP, presenting Guy Lombardo with the Seven Springs "Life Time Season Pass Award" for his 45 years of dedicated service to the Seven Springs Resort, the Seven Springs Ski Patrol, and the NSP. This award has only been given to three others in all the years Seven Springs has been in operation.



# STUDENT PATROLLER SEMINAR REGISTRATION

REGISTRATION DEADLINE FEBRUARY 15, 2008

Registrations received late will be automatically charged a late fee of \$50, if there is still availability, as space is limited  
Fill in completely and return with a \$295 check made payable to NSP Eastern Division to:  
Jerry Hyson, Box 387, 124 Mountain Road, Princeton, MA 01541

Please type or legibly print all information except for signatures.

Last \_\_\_\_\_ First \_\_\_\_\_ Nickname \_\_\_\_\_  
Address \_\_\_\_\_  Male  Female  
City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
Phone \_\_\_\_\_ E-mail \_\_\_\_\_ DOB \_\_\_\_\_ Age \_\_\_\_\_  
Patrol \_\_\_\_\_ Region \_\_\_\_\_ NSP # \_\_\_\_\_

Attending adult advisor/chaperone must be at least 21 years of age and be endorsed by the student patroller's parent or guardian. No more than 5 students per advisor/chaperone.

Advisor/Chaperone (print) \_\_\_\_\_ Advisor/Chaperone (signature) \_\_\_\_\_

Parent/Guardian (print) \_\_\_\_\_ Parent/Guardian (signature) \_\_\_\_\_

The above named student patroller is a registered member of NSP and approved for the seminar.

Patrol Director (print) \_\_\_\_\_ Patrol Director (signature) \_\_\_\_\_

Your status (check all appropriate)

Student Advisor  Adult Chaperone  Snowboard  S&T T/E  OEC T/E  OEC Instructor  Toboggan Instructor

To help us plan ahead please fill in the following

I plan to:  Skiing  Toboggan  OEC  
 Clinic  Compete |  Clinic  Compete |  Clinic  Compete | I plan to ski  Friday  Monday  
Arrival (date & time) \_\_\_\_\_ Departure (date & time) \_\_\_\_\_

If student patroller is under 18 years of age the following medical authorization must be completed.

## MEDICAL AUTHORIZATION FOR MINORS UNDER 18

This authorizes the ski patrol, EMS personnel, a licensed physician, surgeon, or other recognized hospital staff member to carry out emergency medical care deemed necessary for my child/ward in an emergency, when normal permission is unavailable.

Name of Minor \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Parent's I.C.E. # \_\_\_\_\_

Physician's Name \_\_\_\_\_ Physician's # \_\_\_\_\_

Insurance Company \_\_\_\_\_ Policy/Plan # \_\_\_\_\_

Special Emergency Information/Instructions \_\_\_\_\_

## RELEASE AND INDEMNITY AGREEMENT — REQUIRED FOR ALL STUDENT PATROLLERS

The undersigned, as a participant, or as a parent or guardian of a minor who is participating in the 2008 Eastern Division Student Training Seminar, in consideration for being allowed to participate in such event, hereby releases the National Ski Patrol System, Inc. and the Eastern Division, Killington Ski Resort and any and all officers, members, volunteers, agents and employees thereof from any and all claims or liabilities of any kind whatsoever arising out of my or such minor's participation in the 2008 Eastern Division Student Training Seminar. I/we further release and waive any rights, causes of action, or claims against said Ski Patrol or Ski Area, and any officers, members, volunteers, agents, and employees thereof which I/we may have arising out of any personal injury, property loss or damage, or any other liability incurred during skiing and related activities of the 2008 Eastern Division Student Training Seminar. As further consideration for being permitted to participate in the 2008 Eastern Division Student Training Seminar, I, or we on behalf of said minor, hereby agree to indemnify and hold harmless the National Ski Patrol System, Inc. and the Eastern Division, Killington Ski Resort and any and all officers, members, volunteers, agents, and employees thereof from all damages, judgments, expenses (including attorney's fees) and costs whatsoever arising out of any claim or demand by the said minor or by persons acting for or on behalf of said minor in respect of the aforesaid injuries or damages.

Participant (print) \_\_\_\_\_ Participant (signature) \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian (print) \_\_\_\_\_ Parent/Guardian (signature) \_\_\_\_\_ Date \_\_\_\_\_  
(Required if participant is under the age of 18)

# EDSTS - Killington, VT March 14-17, 2008

by Jerry Hyson, Supervisor

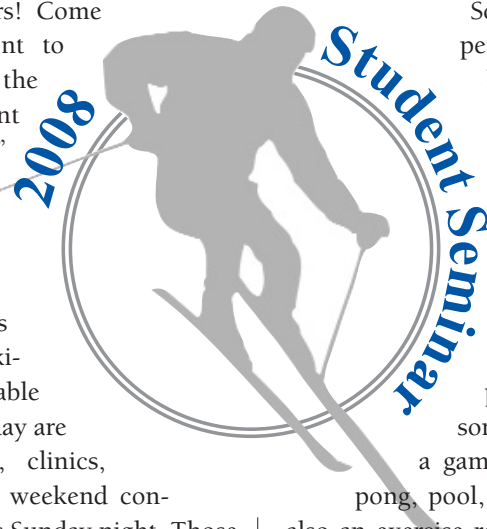
Calling all Student Patrollers! Come to Killington Resort in Vermont to enjoy an awesome experience at the 2008 Eastern Division Student Training Seminar. "Great time," "Can't wait until next year," "Made some new friends," are some of the comments from last year's seminar at Bretton Woods.

The seminar officially kicks off on Friday with a fun day of skiing or riding for those who are able to arrive early. Saturday and Sunday are jam-packed with competitions, clinics, training, and fun activities. The weekend concludes with a banquet and awards Sunday night. Those who can stay around enjoy a great day of skiing or riding on Monday.

Super skiing/riding, great food, and talented staff will all combine to make this a weekend to remember. Bring your "stuff" and compete with other students or clinic with the best instructors in the Eastern Division.

Thanks to a contribution from the Eastern Division Alumni members, we are able to offer this event for the low cost of \$295 per person. Included in this price are:

- \* Three nights lodging (Friday, Saturday, Sunday)
- \* Dinner on Friday, Saturday, and Sunday
- \* Breakfast on Saturday, Sunday, and Monday
- \* Lift tickets
- \* Division evaluators' and instructors' expertise
- \* Special events



Something very special will be happening at this year's seminar. We will have a demonstration of avalanche dogs at work and a hands-on station with avalanche beacons along with a beacon search competition.

Our accommodations are at the Pinnacle Condominiums, a favorite of Killington guests, with an on-site spa, a 20-person hot tub, a private eight-person hot tub, steam room, sauna, and a game room with arcade games, ping pong, pool, foosball, and television. There is also an exercise room with a treadmill, stairmaster, and two stationary bikes. A shuttle is available to take you from the condos to the ski slopes.

We're going to one of the biggest resorts in the division...let's make this the biggest seminar ever. We encourage students at all mountains to participate in this event. Let's make it as successful as it has been in the past...or even more successful!

Fill in the registration form in this issue of *Trail Sweep* and mail it in by February 15, 2008. Register early as space is limited. If registration is not received by February 15, a \$50 late fee will be charged. If you have any questions please contact Jerry Hyson at [hyski@verizon.net](mailto:hyski@verizon.net) or 978.464.5939.

Don't forget to check out the pictures of last year's seminar at <http://nspeast.org/html/stusem2007.htm>. We're looking forward to seeing all of you this year!

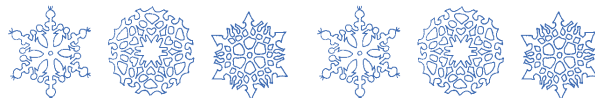
*Continued from page 12 - Ski Windham*

demonstrated on the snow as required. These skills include: skiing, toboggan-handling, first aid, avalanche rescue, lift evacuation, low-angle rope rescue, hill safety, and management interviews. The potential candidate will have little doubt as to what is required to become certified after this clinic.

Saturday evening will begin with a pizza and beer party, which allows for mingling with participants and instructors for reflection of the day's events.

The registration fee is \$50. Send a check payable to

NSP Eastern Division plus the application on the back page of this issue to Brant Maley (contact information on the application). PRE-REGISTRATION IS A MUST to help prepare for this event. Windham requires participants to wear civilian clothes; please, no patrol parkas.





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

EASTERN DIVISION NSP  
23 NARRAGANSETT AVENUE  
PITTSFIELD, MA 01201

\* \* \* \* \*

## Something for Everyone – 2008 S&T Program Registration Form

Return this form with a check for the appropriate amount, made payable to NSP Eastern Division, to the contact person listed below the event you plan to attend. Please make a separate copy of this form for each program. These are all the events available at press time; please check at <http://www.nspeast.org/html/calendar.htm> to see if more have been scheduled.

Last \_\_\_\_\_ First \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
Phone \_\_\_\_\_ E-mail \_\_\_\_\_  
Patrol \_\_\_\_\_ Region \_\_\_\_\_ NSP# \_\_\_\_\_

Status (check all that apply)

- Candidate  Auxiliary  Patroller  Senior  Certified Candidate  Certified  Ski  Snowboard  Telemark

### Trainer/Evaluator Teaching Clinic (pre-registration required)

- Jan. 6 – Bromley, VT  
(Frey Aarnio, P.O. Box 201, North Pomfret, VT 05053-0201, 802-457-4527, faarnio@aol.com)

### Intro to Certified

- Jan. 20 – Sunday River, ME (\$20 fee will cover discounted lift ticket)  
(Dave Walker, 495 Burrage Street, Lunenburg, MA 01462, 978-582-9644, cert372@yahoo.com)

### Patroller School or Intro to Certified

- Jan. 26-27 – Windham Mountain, NY - \$50  
(Brant Maley, 4109 Locust Lane, Harrisburg, PA 17109, 717-648-6900, SkiPatrol@comcast.net)

### Patroller School

- Feb. 2-3 – Killington, VT - \$70  
(Brian Bishop, 440 Swamp Brook Rd., Hawley, PA 18428, brianbishop@mail4me.com)

### Snowboard Enhancement Seminar

- To Be Announced on the Division Website - \$TBD

### Telemark Enhancement Seminars

- Feb. 9-10 – Smugglers' Notch, VT – \$TBD  
(Kirby Van Vleet, 19 Amethyst Drive, Queensbury, NY 12804, 518-798-3962, kirbyvv@aol.com)

*NOTE: Contact each seminar coordinator for details and pricing*

*PSIA Clinics  
To sign up for a PSIA clinic follow this link to their schedule and application:  
<http://www.psia-e.org/ev/schedule/EventSchedule.pdf>*

### Women's S&T Enhancement Seminars

- Feb. 2-3 – Dartmouth Skiway, NH (patrollers from other areas welcome)  
(Jaime Pomeroy, 84 Cook Road, Sheffield, MA 01257, 413-854-8613, jkpmeroy@netzero.net)
- Feb. 2-3 – Seven Springs, WAR (need to respond by 1/19/08)  
(Doris Rollins, 25665 Tremaine Terrace, South Riding, VA 20152-6303, 703-327-2382, darollins1@verizon.net)
- Feb. 23 – Snö Mountain (formerly Montage), EPA (Toboggan only)  
(Sarah Keating, RR1, Box 173, Union Dale, PA 18470, 570-679-2426, sarah.keating@keystone.edu)
- TBD – NJ and SNY Regions  
(Deb Cowell, 30 Breakneck Road, Vernon, NJ 07462-3172, 973-764-1594, drc@warwick.net)
- TBD – CNY Region (one at McCauley, one at Woods Valley)  
(Dee Hamline, 3523 Mohawk Street, Sauquoit, NY 13456-2601, 315-723-8721, Hamline@adelphia.net)
- TBD – Okemo - SVT Region  
(Deb Mithoefer, 310 South Hill Road, Ludlow, VT 05149-9632, 802-228-5032, danielssurvey@usa.net)
- Feb. 9-10 – WMASS/CT (location TBD)  
(Laura Tucker, 23 Narragansett Avenue, Pittsfield, MA 01201, 860-908-7052, muthrtuckr@yahoo.com)

*NOTE: Contact each seminar coordinator for dates, locations, and pricing.*