

# TRAIL SWEEP

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Official Publication of the Eastern Division of the National Ski Patrol



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## NEW Division Treasurer

Hi everyone, my name is Mick Wheeler, and I was recently appointed to represent Eastern Division as your Treasurer.

I have been patrolling for almost 34 years at Willard Mountain Ski Area, a small family-owned, fun ski area in eastern NY, about 40 miles from Albany. I have been Eastern NY Region Treasurer for the past 14 years serving under the tutelage of three RDs, John Beach, Pete Neefus, and our current RD, Allan Miller. In addition, I have been the Willard Mtountain Ski Patrol treasurer for the past 12 years. While it may sound like I am a glutton for punishment, I really have enjoyed being ENY Region Treasurer, but in order to focus on my new position, I have turned over the regional duties to Brenda Pestillo from Willard Mt.

I guess I can best describe my willingness to take on the treasurer's position as a result of retiring last September 1st

Cont'd on pg 2



## The SPIRIT of the NSP

by John Shipman, Division Director

In the three years I have been honored to serve the patrollers in the Eastern Division and attend meetings with NSP leaders from around the country, I am often a bit surprised and encouraged by the kindness and enthusiasm of our members. We have many outstanding leaders who do their best to create stability and deal with the current realities of our great organization.

Having been involved as the Co-Chair of NSP's 50th Anniversary in Boston and having something to do with the 75th Anniversary celebration in Stowe, VT last October and Denver, CO this past February, I have come to believe that the spirit of our members, the spirit of the NSP, is extraordinary! The celebrations at Stowe and Denver were excellent examples of NSP's privileged position; one of trust and honor. We are members because we enjoy what we do. None of us has to do the job of a patroller. We do because we want to.

As a unified group, we are more than capable of embracing our challenges. As patrollers, we are passionate and enjoy what we do. If there is a danger to our organization, it is not with the destructive few. It is with our own complacency where we do not take the time and effort to use the ballot box to vote for our national board members. That is where the member's power is; where they can effect change. On an annual basis, your patrol, section, region, and division will hold elections. Your responsibility, as a member, is to take the time to study the candidates, understand their defining differences, and vote.

During NSP's 75th Anniversary celebration banquet in Denver, the initial group of five inductees was formally installed into the new NSP Hall of Fame. Four of the five have been Eastern Division patrollers: Charles Minot "Minnie" Dole, Roger Langley, Harry Pollard, Dr. Warren Bowman, and Dr. Gretchen R. Besser. All contributed greatly to the NSP and to serving the skiing public.

Cont'd on pg 2

Cont'd from pg 1 - Treasurer

after 41 years of Federal employment. After 11 years with the IRS, and 30 years with the National Credit Union Administration (a Federal financial regulator akin to FDIC, OCC, etc.), I completed my career as the Assistant Region Director. My personal time is spent with family, including twin granddaughters who are almost two years old, both in Latham and at a second home in Schroon Lake in the Adirondacks.

I look forward to the challenges of the new position and welcome any correspondence and suggestions from any of you, but especially from the region treasurers.

If you want to contact me you can call 518-925-3987 or email me at [mickw.nspeast@icloud.com](mailto:mickw.nspeast@icloud.com).

## Election of Eastern Division Region Directors

by Chris Pringle, Election Committee Chair



Regions conducting elections for Region Director in the fall of 2013 are:

- ME
- WNY
- WAPP
- SVT
- NVT
- EMARI
- EPA
- SNY
- CT

Election Chairs for Regions up for Fall 2013 Elections are:

- ME: Wayne Arsenault—[waynejan@roadrunner.com](mailto:waynejan@roadrunner.com)
- WNY: Lowell Sylwester—[lsylwester@aol.com](mailto:lsylwester@aol.com)
- WAPP: Connie Wolff—[wolffwon@msm.com](mailto:wolffwon@msm.com)
- SVT: Susanne Peck—[scpeck53@aol.com](mailto:scpeck53@aol.com)
- NVT: Lee Jones—[Lee.jones@gmavt.net](mailto:Lee.jones@gmavt.net)
- EMARI: Janet Read—[jlrnsp@gmail.com](mailto:jlrnsp@gmail.com)
- EPA: Bob Davies—[bdavies6@verizon.net](mailto:bdavies6@verizon.net)
- SNY: Tim Holmes—[timlh@hvc.rr.com](mailto:timlh@hvc.rr.com)
- CT: Don Ludwig—[Donald.Ludwig@sbcglobal.net](mailto:Donald.Ludwig@sbcglobal.net)

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

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

Patrollers with questions can contact the respective election chair in each region, or you can contact Chris Pringle, Eastern Division Election Committee Chair at [cwpringle@comcast.net](mailto:cwpringle@comcast.net).

Cont'd from pg 1 - Shipman

Four talented and dedicated division supervisors who worked with commitment and determination to make their programs the best NSP has to offer, have moved on to new challenges during the past few months.

They are:

- Dr. Jeff Lozman, Division Medical Advisor.
- Ellie Jessum, Eastern Division Historian.
- Alex Edwards, Eastern Division Treasurer from 2009-2013. Alex brought many necessary changes to our division's finances.
- Dave Walker, Division Certified Chair from 2005-2013.

We wish Jeff, Ellie, Alex and Dave the very best as they shift their focus to new challenges and continue to participate in division affairs.

*News from the National Office*

One of our own and a three-time elected Chair of the National Board of Directors, our good friend, Burt Mitchell, stepped down. Burt's difficult and ongoing health issues required him to resign from the board and dedicate his energy and time to getting his health back.

Burt was elected to the National board in 2009 after having served as the CT Region Director for six years. While on the National Board, Burt was a loyal friend to all of us in the Eastern Division. He played a big part in the success of the 75th Anniversary celebration in Stowe, VT. I personally thank him for his friendship and for successfully leading this great organization.

On March 20, 2013, Scott Marland, a National Board member and a Utah patroller, was elected our new National Chair. Eastern Division's John Lawson was elected the First Assistant Chair.

PEC has been moved from April 2014 to 2015. National's popular Patroller Education Conference is going to expand its agenda. It will offer more for our young patrollers, certified members, etc. The PEC program has always been a success. We look forward to the exciting additions to the program.



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CHARTERED BY CONGRESS

**TRAIL SWEEP**

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## INSTRUCTOR Development

by Ellen Conrad, Supervisor

A “six pack” has a completely new meaning to me today than it did a while back! Being so involved in the ID Program as the WNY Region Advisor, Instructor Trainer, and Instructor I have been teaching the six pack method of instructing for over five years. Now that I have accepted the position of Instructor Development Supervisor for the Eastern Division, I hope to continue to help grow the ID Program.

Currently I work for a lighting company in Buffalo, NY and travel domestically to train our sales representatives in the lighting product. I am also a real estate agent for the largest local realtor in Western New York. Dealing with adult learners I use what I know from the ID program and it works!

Since the ID Program is the beginning of creating new leaders and new instructors within the NSP organization this program needs to run as efficiently and productively as possible. My goal is to offer as many courses in the various regions to encourage the growth of instructors which will allow for growth within the programs. I strive to have these courses not only informational but exciting and fun.

I welcome the challenge that lies ahead as Instructor Development Supervisor for the Eastern Division and hope to make a positive difference in program development.

Within the NSP I currently hold the positions of Assistant Patrol Representative for the ASP Nordic Ski Patrol, the Senior Trainer Coordinator for the WNY Region, ID instructor and ID Instructor Trainer, OEC Trainer Evaluator, OEC Instructor Trainer and OEC Instructor. In the past I have held the positions of S&T Instructor, and Patrol Representative for the Cockaigne Ski Patrol.

I look forward to working within the Eastern Division as the Instructor Development Supervisor.

# MOUNTAIN Travel & Rescue

by JC Cowell, Supervisor

The season began with the introduction of the Mountain Travel and Rescue Manual, 2nd Edition as our new text book. Although it is not perfect, it is a long overdue update to the 1st edition. An addendum is available for download at [www.nsp.org](http://www.nsp.org). Work on the 3rd edition is already underway as is an updated MTR Instructor Manual. Members of the Eastern Division are involved in all aspects of these projects.

The MTR-Enhancement Course option that debuted in the 2011/2012 season, continues to grow in popularity and has been a great success. We also continue to run MTR-F, MTR-1, and MTR-2 courses throughout the Division with the goal of having at least one course offering in every region every year.

The highlight of the season for me was being granted the honor of organizing the Saturday Night Program for the Young Adult Patroller event at Smugglers' Notch. I worked with a team of 12 Mountain Travel & Rescue, Nordic, and Avalanche Instructors running a series of hands-on mini clinics that gave 45 students a taste of what the various programs are about. Despite the cold, dark night, misguided groomers and a few other unexpected and uncontrollable variables, in typical ski patrol fashion, we evaluated, adapted, and conquered. It was great event.

In the 2013/2014 season, we plan to continue growing the program. These plans include recruiting and mentoring more instructors, offering more MTR courses and better marketing of our course offerings throughout the Eastern Division.

If you are interested in taking a MTR course or joining our instructor staff then reach out to a Region MTR Advisor, or me, and let us know.



# CORE STRENGTH TRAINING

by Marty Silverman, WAPP RD

Even though it's summer, the fall will be here before you know it. Don't wait until the last moment to start your training program. To get ready for the ski season, here's the core training routine my trainer, Suzan Falvey, tortures me (I mean, trains me) with.

## PLANK PELVIC DIPS

Start in plank position, with a comfortable hold. Tighten your abdominals as if you're trying to bring your belly button closer to your spine. Work your way up to a one-minute hold.

*Advanced:* When you can hold the full minute, try to do this next exercise right after, without resting. In plank position, drop your pelvis to the floor. Tighten abs, and return to start. Work your way up to 30 reps. Or, drop to your knees as a modification, and work your way up to a full side plank.



PLANK



HALF PLANK

## SIDE PLANK AND HIP DIPS

In side plank position, dip your hips down and lift back to start position. Work your way up to 15 reps.

*Advanced:* In side plank position, lift your top leg up and lower it. Work your way up to 15 reps.

## TWISTING RUNNER

In plank position, lift your right leg and bring your knee across your body to your left elbow (don't let your foot hit the floor). Then alternate and lift your left leg and bring it across your body to your right elbow. Work your way up to 30 reps.



TWISTING RUNNER 1



TWISTING RUNNER 2

## HUMAN X

While laying face down, lift your arms and legs up off the floor (comfortably) and move them to an "X" position, then back to an "I" position, staying lifted throughout the exercise. Work your way up to 20 reps. When it gets easier, lift higher, or go slower, or hold the "X" position a little longer.

If you follow this routine, your skiing should improve as good balance and turning skills start from a strong core. And, you'll be lookin' ripped on and off the slopes.



HUMAN X



HUMAN I



by Phil Galka, Supervisor

More backcountry avalanche terrain opened up this year as Hurricane Irene created landslides in the northern mountains of the Eastern Division. New York, Vermont, New Hampshire, and Maine were significantly affected as weather events removed vegetation, ripped trees down from the roots, and developed gullies that now fill with snow with no natural anchors to prevent the slope from sliding. Backcountry ski equipment continues to become more technically advanced. This is making it possible for the general skiing public of the Eastern Division to access off-area and out-of-bounds avalanche terrain that only a few years ago was unreachable by most.

The avalanche instructors of the Eastern Division did an outstanding job this season. Our skiing industry relationships are stronger than ever. Patrollers attended courses from every part of the division. I am pleased to say that again, the Regions' Avalanche Program Administrators, the Avalanche Program Instructors, and the Avalanche Program Instructor Trainers did an outstanding job delivering courses and content that continue to exceed the highest of standards.

The following courses were delivered in the Eastern Division:

#### **Introduction to Avalanche Safety and Rescue**

Delivered by Region Avalanche Program Administrators to local patrollers, this course teaches the basics of avalanche safety and meets a senior elective requirement.

#### **Level One Avalanche for Professional Rescuer**

Delivered by division instructors in the avalanche terrain of Smugglers' Notch, Tuckerman Ravine, and

Whiteface ski areas, this course teaches backcountry avalanche skills, safety, and how to participate in a organized rescue.

#### **Level Two Avalanche for Professional Rescuer**

Delivered by division instructors in the avalanche terrain on the Whiteface Ski Area and neighboring Adirondack Mountains, this course expands on rescue management, backcountry avalanche skills, safe rescue planning, incident command, and how to lead a organized rescue.

In addition to the core avalanche courses listed above, avalanche staff assisted at the YAP Program along with the Nordic and Mountaineering staff. The division avalanche instructor staff was able to develop an Avy YAP presentation that was delivered as one of three evening modules. The Avy YAP module received high praise from the young adult patrollers who engaged in hands-on, interactive training. Young adult patrollers learned the very basics of avalanche self-rescue, avalanche avoidance, and avalanche awareness.

As we look forward into the 2013-2014 season, the division avalanche staff has been working with the national avalanche program director on updates to the NSP's national avalanche program curriculum. This is a comprehensive review of the program elements that will culminate in the next edition of the Avalanche Instructors Manual. The Eastern Division is well engaged in this process. We have had comments and recommendations from the division's patrollers that are being reviewed for integration into the overall program. I anticipate the process to be completed in early 2014.

# EASTERN DIVISION AVALANCHE AWARD

L to R:  
Rick Shandler,  
Roger Damon,  
Chuck Boyd,  
Butch MacQueen,  
Phil Galka, and  
Les Blomberg.



The Eastern Division Avalanche Award is a newly developed award designed in accordance with criteria from NSP's Montgomery Atwater National Avalanche Award, to recognize Eastern Division's NSP members, or non-members, who have made outstanding and continuing contributions to the Avalanche Program with significant division impact. Examples of such contributions might fall under management, curriculum development, publication, scientific discovery, instruction, or any combination thereof.

Nominations for the award are forwarded to the division avalanche supervisor who selects an ad hoc committee of three active division avalanche instructors to review the award submission. The division avalanche supervisor will serve ex-officio as a fourth member of the ad hoc committee. The award recommendation is then sent directly to the division awards coordinator by the committee.

This year's Eastern Division Avalanche Award recipient:

- Is a Level 1 and Level 2 Avalanche Instructor.
- Is an Avalanche Instructor Trainer and a past Northern VT Section Avalanche Program Supervisor.
- Began his 67-year (and counting) as an Eastern Division patroller in 1946.
- Served in the US Army in Austria from 1951 to 1954 and while serving in the Army patrolled and received avalanche training at St. Anton in the NSP European Division.
- Serving in the Army, returned to the Eastern Division and continued avalanche education in 1959 under Swampy Paris, Mt Washington Ski Patrol Director/Eastern Division Avalanche Chairman, taking NSP's Basic Avalanche Course at Norwich University in December 1959.
- In 1965, became a Registered National Avalanche Instructor (#93) and taught his first NSP Basic Avalanche Course (the "Circle A") in the east at Franconia College.

- Added a day of instruction in avalanche terrain to the NSP Basic Avalanche Course and developed the first Appalachian Mountain Club's annual Avalanche Workshop at Pinkham Notch and Tuckerman Ravine. This course developed into the NSP Level 1 Avalanche Course, which he still helps teach today.
- Initiated the Eastern Division's NSP Level 2 Avalanche Course offerings at Tuckerman Ravine and Whiteface Ski Areas.
- Co-authored a paper for the International Snow Science Workshop, "Contending With Highly Motivated Climbers and Skiers in an Uncontrollable Avalanche Environment" held in Kirvosk, Russia.
- Published "Man Made Snow Avalanches in the Eastern United States" Journal: Proceedings of the 2004 International Snow Science Workshop, Jackson Hole, Wyoming.
- Over his 67-year career with the NSP, this year's Eastern Division Avalanche Award recipient has had direct and indirect involvement in many of the division's avalanche course offerings which make up the Eastern Division Avalanche Program. He has and during that time pioneered avalanche education programs in New York, Vermont, and New Hampshire.
- Within the last quarter century, he received the Yellow Merit Star and Outstanding Instructor in the Eastern Division, and the National Silver Merit Star for his avalanche education work.

Based on his continued dedication and significant contribution to the Eastern Division Avalanche Program for the past 48 years, it is a pleasure to announce that the Eastern Division has named this award as The Roger H. Damon Jr. Eastern Division Avalanche Award and is pleased to present this award to Roger H. Damon Jr. as the first recipient.



**Eric Silva, MD**  
**NEW**  
**Division**  
**Medical**  
**Advisor**

I have been board certified in Emergency Medicine since 2001 and have 20 years of experience as a physician, over 10 years in Emergency Medicine, with several years in General Surgery.

I joined the ski patrol in 1995, currently patrol, and am the medical director at Tuxedo Ridge, with a secondary registration at Belleayre in the SNY Region. I completed my

senior alpine requirements this past year and am currently working on becoming an OEC instructor. I also do event medicine at obstacle races.

I am active in teaching both within and outside of NSP. That includes my work as Medical Director for Pine Bush Volunteer Ambulance and the Orange County Sexual Assault program. I have a good deal of previous administrative experience which I feel will help in my new role.

I enjoy many outdoor activities including running, biking, and kayaking.

In this new position, my continued passion for skiing and the outdoors, coupled with my extensive medical background, will help me guide current and new patrollers in the never-ending task of updating and improving our care of sick and injured skiers and boarders. I am looking forward to working with the Division Director and OEC Instructors to help make the annual first aid training and refresher as interesting and relevant as possible, keeping up with the ongoing changes in medicine.



Patrollers  
Support  
**BOSTON**  
**MARATHON**

by Chris Pringle, EMARI RD

On April 15, 2013  
at 2:50 PM, people's  
lives, and the city  
changed forever.

We will never forget those who were lost, injured, and rushed to help. We will never forget the days after, as an historic manhunt and apprehension took place. Never before have we seen a force of volunteers, professional rescuers, and public safety personnel involved in such a mass of support. In some way or another, we were all touched and affected.

A large event like the Boston Marathon utilizes volunteers to support various functions. One of those functions is medical support at designated stations over the course of the marathon. The major concern in this 26-mile marathon event is the injuries due to weather. The expected conditions that will arise, from the elite racers to the weekend worriers, can be cramps, pulled muscles, exhaustion, and dehydration. As you get near the finish line, a tent is staged to help those in most need. This tent is staffed 100% by volunteers; doctors, nurses, EMTs, and NSP patrollers. These people are there to render aid based on the type of injuries they expect to see due to the weather and the event. They are not prepared to deal with, nor do they expect to deal with, terrorist bombings.

When the first bomb exploded many first aid volunteers sought shelter and left. Others stayed and rendered aid. When the second bomb went off, more first aiders sought shelter and left but many stayed and rendered aid. Among the first responders aiding those critically injured after the bombing were Sally Atwell and Mike Klau from the Blue Hills Ski Patrol of the EMARI Region. Both were volunteers assigned to the medical tent at the finish line of the marathon. Mike and Sally administered first aid and support to those critically injured in what has been described as a war zone. Additional details are being gathered regarding specifics of these two heroic patrollers. Personally, I cannot imagine the chaos and quick decisions these two patrollers went through while rendering care. At the Blue Hills annual banquet held on Sunday, May 5, 2013 Tim Breen (EMARI ARD), John Kane (Maine RD), and John Shipman (Eastern Division Director) presented a certificate and framed plaque in recognition of outstanding service rendered. This plaque was signed by the entire Eastern Division Board, along with all those who attended the Spring Officers Meeting in Albany, April 26-28, 2013. The entire Blue Hills patrol was blown away. It is an honor to have such dedicated patrollers in the EMARI Region.

# OECNews

by Paula Knight, Administrator Supervisor

## STAFF NEWS

Mary Emmighausen has decided to resign from her Eastern Division Assistant OEC Supervisor position. Talent and determination in bringing best practices to OEC programs are among the strengths Mary brought to this position. She will be missed; we all wish her well as she pursues new opportunities in her life's journey.

I am very pleased to announce that Mike Lord has been assigned to oversee OEC programming and delivery in the regions of Central New York, Genesee Valley and Western New York. Mike's responsibilities will include management and overseeing quality assurance in his regions. Mike brings a wealth of knowledge and energy to this assignment and he has hit the ground running. He is a member of the Swain Patrol and has had many years of experience in administration of OEC programming in the Eastern Division. An Instructor, Instructor Trainer and TE in the OEC Senior program, he has served on the Division OEC Committee as Chair. Welcome, Mike.

## REFRESHERS

This year's refresher season is already underway with planning meetings and IT/Instructor refreshers. The refresher guide is posted on the member resources page under the quick links.

In September, the OEC Division Supervisor and Assistant Supervisors are planning a continuing education workshop in the Schenectady area. Details are being finalized for location, lodging and workshops. Each region will be invited to send their Region OEC Administrator, Senior Testing Coordinator, and two Instructor Trainers from their region staff. The purpose of this workshop will be to have a grand sharing of ideas, best practices, and program changes. Stay tuned, further details will be sent to your Region Directors and Region OEC Administrators.



Into the Light...A spectacular photo taken by Beverly van den Berg at Ski Campgaw, NJ one Saturday evening in January in the fog.



# The Time is NOW

by Craig Larson, YAP Supervisor

I love the water. I love being in the water...listening to the sounds it makes, the tide pulling at my swim trunks, the tiny minnows dodging about the shadows, jumping off the diving board and splashing the nearest non-swimmer, and the sting of chlorine in your eyes from trying to see underwater. I love swimming!

My love for the water has been passed on to my children as they have been dunked safely in the pool long before they could walk. I don't have a long list of 'pool rules' just one water motto. From the first time my kids entered the water to the most recent they are reminded of this motto. They can repeat it when asked. They tell all their friends before they enter the pool. Its wording is simple, yet can be so hard to do. "Never Panic!" It doesn't matter the circumstance or the surroundings. Young or old—Never Panic!

The pool is open now, but I haven't put away my ski gear. My winter gear still sits in the corner reminding me of great snow, almost out-of-control speed runs, warm slush turns, Young Adult Patroller days, and the Eastern Division Young Adult Patroller Seminar. What a great ski season this was!

Many regions held a day of fun and training for their Young Adult Patrollers, gearing them up for the Eastern Division Seminar, which was held at Smugglers' Notch Mountain Resort. It was cold and windy in the Notch with 46 Young Adult Patrollers eager to show off their skills. At right is a list of this year's winners.

**SKI** 1st: Benjamin Longacre, Blue Mountain  
2nd: Danielle Zegelstein, Killington/Pico  
3rd: Caleb Parnell, Blueknob Resort

**TOBOGGAN** 1st: Jordan Trafford, Shawnee Peak  
2nd: Abigail Lent, Pats Peak  
3rd: Benjamin Longacre, Blue Mountain

**OEC** 1st: Samuel Lovitz, Nashoba Valley  
2nd: Joseph Arsenault, Wachusett Mountain  
3rd: Jeremy Lessard, Wachusett Mountain

**OVERALL** 1st: Danielle Zegelstein, Killington/Pico  
2nd: Jordan Trafford, Shawnee Peak  
3rd: Caleb Parnell, Blueknob Resort

**BEST ASSESSMENT** Joseph Arsenault, Wachusett Mountain

**HANS HYSON AWARD** Madeline Nyblade, Tussey Mountain

We, the aging patrollers, should be proud. The next generation of patrollers is coming. They have the skills. They have the knowledge. They have the desire. The future of the National Ski Patrol is coming. It is a bright future. It is NOT time to panic.

Take time this summer to sit by the water. Listen. Feel. Observe. Now is the time. Summer is the time, not to panic, but to retool for next winter. Get 'your ducks in a row' before you need them. Does your mountain have a Young Adult Patroller program? Why not? Do you know your region's Young Adult Advisor? Does your region have a Young Adult Advisor? Do you have youth interested in such a program with no way to serve them? How can you pass on your knowledge and love of patrolling? This is the time to answer such questions. As the Young Adult Program Supervisor, I don't have all the answers, but I do know that together, with our help, the next generation of patrollers will be great.

"Go ahead, jump in. Just remember...NEVER PANIC!"

## WESTERN APPALACHIAN REGION ASSISTS AT PITTSBURGH MARATHON

by Marty Silverman, WAPP RD

Twenty patrollers from the Western Appalachian Region assisted as Rapid Response Team (RRT) members at this year's Pittsburgh Marathon. Three days before the Boston Marathon the region director was contacted by Pittsburgh Marathon Race Director Patrice Matamoros to ask for assistance as first responders at the marathon. After the events at Boston, the need for additional medical help became critically clear and intense planning discussions followed.

Boyce Ski Patrol Director Pat Boccardi volunteered to coordinate the region's response, and with just two weeks' notice, assembled a team of patrollers from Boyce Park, Hidden Valley, and Seven Springs Ski Patrols to volunteer to assist at the marathon. This dedicated group met at a downtown parking garage at 5:30am on race day.

They deployed in multiple areas to assist the University of Pittsburgh Medical Center (UPMC) medical staff and city paramedics in and around the finish line. Some were stationed along the last stretch of the race course, an area known for a high rate of cardiac incidents, to spot and assist ailing runners. Others were stationed just beyond the finish line, an area known as the drop zone because drained and

hurting runners often stop and drop the second they cross the finish line. They kept the runners moving to avoid a pile-up and assist them into a wheel chair or to higher medical care if needed. Still other patrollers stood on the pedestrian bridge over the finish line and acted as spotters for downed or ailing runners on the final leg of the course.

Patrollers were startled and pleased to hear "thank you" from the runners as they ran by. Marathon Medical Director Dr. Ronald Roth said, "The ski patrol is a perfect fit for our marathon medical team. I look forward to your participation in 2014." Pittsburgh Marathon Race Director Patrice Matamoros exclaimed, "The team was great! We loved the partnership and would love to work with the ski patrol next year."

Patrol volunteers included Pat Boccardi, Joe Miller, Patty Vilsack, and Linda Williams from Boyce Park; Rick Eting, Gary Hepler, Ginger Hepler, Chris Lindberg, Denny Matuzak, Ken Schweinsberg, Marty Silverman, Anne Sorrentino, Connie Wolff and Sarah Jane Edinger from Hidden Valley; and John Becer, John Dyke, Dave Schmidt, Emily Tabor, Jim Wojciechowski, Bill Kozlovich, and Greg Goldstrohm from Seven Springs.

All patrollers had a great experience and are looking forward to volunteering again next year.



# SEMINARS

by Cody Weinzierl, Seven Springs Ski Patrol

After the long drive to Blue Knob, I was excited to see what it was for. It was definitely worth the drive. I had expected a small group, maybe four or five at the most, what I found was ten awesome patrollers. Going into this whole experience for the first time, I was apprehensive about the program. I didn't expect that I would have as much fun as I did at both of the YAP events this year.

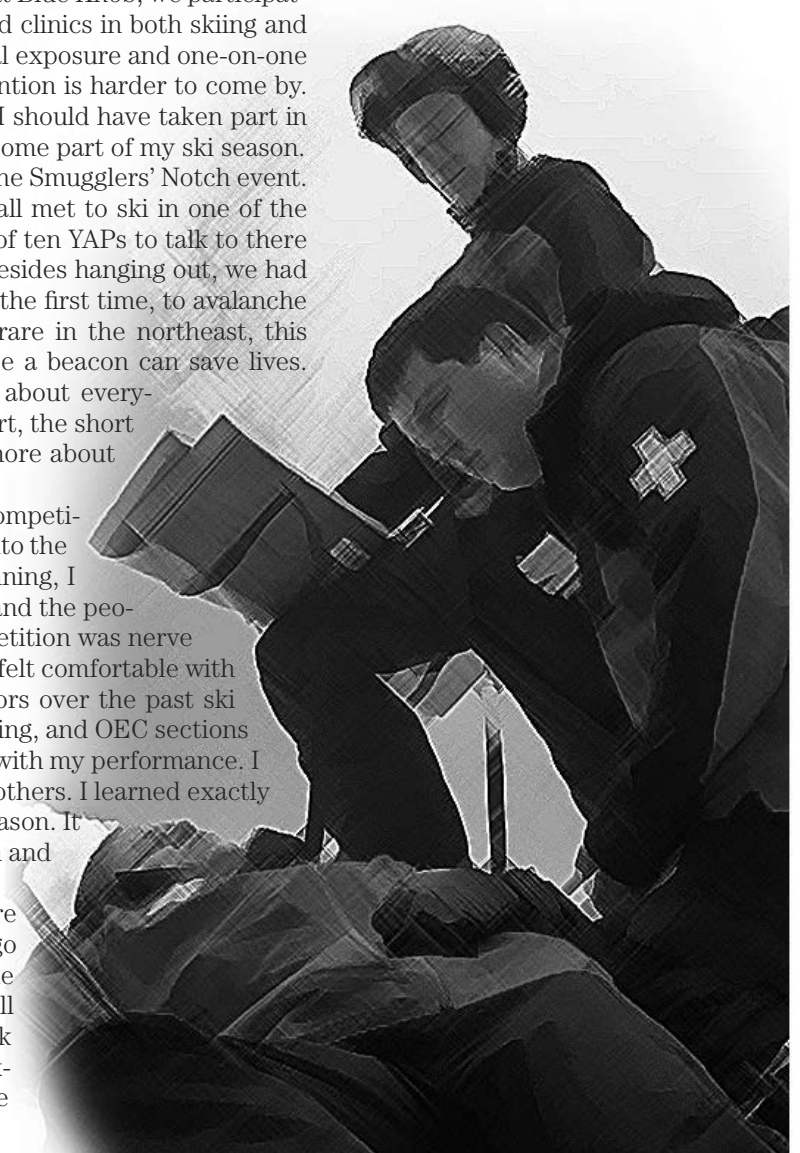
My first experience with the YAP program was at Blue Knob Ski Resort. I was excited to meet everybody and practice some patroller skills. I came late to the party due to previous obligations, but was warmly welcomed upon arrival. That weekend opened my eyes to a different world of patrolling. At my home mountain, Seven Springs, there may be four patrollers under 20 years of age. At the YAP event, everybody was under 18. It was really cool to be able to talk to people that are like you in so many ways. While at Blue Knob, we participated in many helpful exercises and activities. We had clinics in both skiing and tobogganing. It was nice to be able to get additional exposure and one-on-one attention, when in normal clinics that kind of attention is harder to come by. The Blue Knob event really made me realize that I should have taken part in the YAP program last season. It really was an awesome part of my ski season.

Another highlight of this year would have to be the Smugglers' Notch event. Young adult patrollers from the Eastern Division all met to ski in one of the most stunning locations in the northeast. Instead of ten YAPs to talk to there were over 40 awesome people to hang out with. Besides hanging out, we had a lot to do while at Smugglers'. I was exposed, for the first time, to avalanche safety and equipment. Although avalanches are rare in the northeast, this skill is one that is important. Knowing how to use a beacon can save lives. I have skied out west before and I was ignorant about everything in regards to avalanches. While I am no expert, the short demonstration has made me want to learn even more about avalanche safety.

Besides demonstrations, I participated in the competition that was held between all of the YAPs. Going into the competition I was nervous, I didn't care about winning, I just didn't want to embarrass my home mountain and the people that had taken the time to train me. The competition was nerve racking, being judged is never a good feeling, but I felt comfortable with the skills that had been nurtured by the instructors over the past ski season. After the results from the skiing, tobogganing, and OEC sections were in, I can say that I made my mountain proud with my performance. I did well in some categories while I was average in others. I learned exactly what areas I need to focus my attention on next season. It was awesome to be able to ski at Smugglers' Notch and learn as much as I did.

In conclusion, both events were awesome. There is no other word for it. I only wish that I could go back in time and do it my first year on patrol. The people I met and the relationships that I made will stick with me for years to come. I owe you a thank you for the opportunity to be part of this great experience. I would like to personally thank everyone involved in both of these events.

Thank you again.



# YAP Seminar at SMUGGS

by Maddy Nyblade, Penn State Outing Club

Good-bye elevation drops of 500 feet, hello Vermont! After 12 hours of driving with no shortage of rest stops, we had finally made it to Smugglers' Notch, home of the 2013 Young Adult Patroller Seminar.

Together, we were a party of fifteen, including Liz Hermann, the Western Appalachian Region YAP Advisor, and Bruce Ferguson and Bob Horrell, YAP coordinators at Seven Springs.

We rolled out of the three cars along with our skis, boots, snow pants, helmets, poles, coats, and whatever else we needed for four days of skiing. There was no shortage of smiles as we hastily dressed and loaded the Village Lift, which climbed the side of Morris Mountain, and then the Madonna Lift that precariously scaled Madonna Mountain. We couldn't help but wonder how they would do lift evacuations on such a steep, rocky, icy incline. While the lifts were just as slow as any small resort lift in Pennsylvania, the view was nothing in comparison. In every direction, there were mountains frosted with snow and some even laced with trails; it was a magical feeling being surrounded by snowy giants, the kind of feeling skiers live for.

After a full afternoon of skiing and a hearty dinner, we kicked off the YAP seminar with a Friday night activity in what was called the library but strangely the room itself housed no books. Craig Larson, Eastern Division YAP Advisor, quickly took control of the group and started off the night with an entertaining review of glove-removal with the help of some chocolate syrup and spit. Afterwards, we were assembled into four groups and circulated through a series of stations to learn and review new OEC techniques. In addition to that, every free moment between stations was filled with challenging and insane scenarios Craig thought up on the spot. Try helping a skier with a suspected back injury wedged under a small immovable table behind an immovable couch. By 11 pm, there was not much else anyone could do but fall asleep and forget about the fast-approaching 7 AM breakfast.

After breakfast the next morning, we split off into our groups and commenced the competition, which consisted of three parts: skiing, tobogganing, and OEC skills. During the two-day seminar each group rotated through each part as well as a mountain tour (aka free skiing). The OEC skills consisted of six scenarios, all part of one major accident, and one patient assessment station. We worked in teams of three, each leading two scenarios. The scenarios were to take care of 1) a ski patroller who had lost control of his sled, 2) the patient in the sled that had flipped over, 3) a

young paraplegic with an amputated leg on a sit-ski who had run off the slope into an electrical box, 4) a man who had a ski pole impaled in his leg, 5) a bystander who had fallen off of the balcony while watching the accident, and 6) a young man who had crashed into a tree while sledding. Once everyone was rescued, my group and I moved on to the tobogganing portion of the competition consisting of an empty and loaded toboggan ride down sheets of ice. Lastly, the skiing portion consisted of long, medium, and short radius turns, sideslip, snowplow, kick turns, crud run, and equipment carry.

Following dinner on Saturday, we were all herded into several buses and taken to a mysterious, unknown location near the ski area where we spent the evening learning about MTR (mountain travel and rescue) at three different stations. At the ropes station, we learned how to tie several knots including prussic and water knots and how to anchor a rope and pulley system. We then moved onto the GPS and compass station where we were challenged to find as many geocaches as we could (and some of us were lucky enough to find a missing phone). Lastly, we learned about avalanche beacons and practiced finding the beacons in the woods. After three hours spent outside in the frigid night air, we were all ready for bed.

On Sunday, each group completed the remaining stations, which were the ski skills and the mountain tour for my group. Dinner soon followed, but none of us were ready for the weekend to end. Following dinner, prizes were raffled off and the results of the competition were announced. From our region, Caleb Parnell from Blue Knob won third in both skiing and overall skills along with sixth in tobogganing, Jared Boger and Cody Weinzierl from Seven Springs won fourth and fifth in tobogganing respectively, and I won sixth in skiing and the Hans Hysen award, an award given to a YAP who is active at his or her home mountain as well as involved with school and community functions.

But the evening soon came to an abrupt upsetting end. Because of an oncoming storm, our chaperones decided that we could not stay and ski the extra day on Monday and would instead leave early Monday morning. In light of the dreadful news, we decided to make the most of the last night we had with our fellow YAPs so we headed off to the bouncy house. Unfortunately, we got all of five minutes to play on the inflated slides before it closed, so we reconvened at the Teen Center, which unlike the bouncy house was open a lot later (probably because it was for children over eight years old.) We took control of the stereo and games of pool, Ping Pong, and Jenga broke out. Even Craig and Jesse Cottingham, another adult and the photographer, joined in our massive round-robin Ping Pong game where everyone rotated around the table each taking a turn to hit the ball. Sadly, the night did come to an end and we all dispersed into our condos to pack for the trip home.

On Monday morning, the skies were tantalizingly blue while we said our good-byes and started the long drive home. Hopefully we will all make it to Sugarloaf to the 2014 YAP seminar.

# A TEAM Effort

by Bob Bluff, S&T Supervisor

Thanks to the talent, dedication, time, and “Team Effort” by the Region S&T Advisors, Steering Committee members, Division S&T Staff members, S&T Trainer Evaluators, and Mountain Toboggan Instructors along with the support of the Eastern Division Region Directors, Patrol Directors and Mountain Management it was another successful season for the members of the Eastern Division.

With the exception of how the toboggan refresher was rolled out by National, everything else was positive. This past season over 60 new toboggan instructors were added to our Division roster along with 14 new trainer evaluators. Patrols that never had any registered toboggan instructors have them now with more being mentored for next season.

Our S&T Instructor ranks are growing and our teaching methods are working. If you take out the holiday weekends, our S&T staff, in approximately nine weekends, ran over 70 courses along with four patroller schools, 15 senior evaluations, three T/E evaluations, numerous women’s programs, along with intros to becoming a toboggan instructor and toboggan refreshers. Our Senior S&T program enjoyed a 77% pass rate and our Trainer Evaluator a 95% pass rate.

Discussion at this year’s steering committee meeting will be granting TE recertification to TE’s while working an event and will be rolled out at the Killington staff meeting.

The S&T staff this past season enjoyed helping out regions and patrols with limited staff and will continue this season to do the same.

# AWARDS

by Jerry Sherman, Advisor

At the Eastern Division Annual Meeting in 2012, after years of effort by former Eastern New York Region Director and current Division Historian John Beach, a new award was launched in the Division. The Eastern Division Patroller Achievement Award (EDPAA) is intended to recognize long-tenured members who go above and beyond but have not had the opportunity or desire to assume leadership positions that would make them eligible for an NSP Appointment Award. Members who have already received an Appointment Award are not eligible; however, receipt of the EDPAA does not prevent someone from receiving an Appointment in the future.

This new award was given to 151 members who were nominated by their patrol or region. The number of awards presented each year is fixed based on cost and participation. The pin and patch are numbered with the year. On the Eastern Division website there are links to the nomination form, the certificate, and images of the pin and patch that are presented to the recipients. There is also a link to a list of recipients for 2012. If you know someone on your patrol who has at least 15 years of service, consistently makes contributions above and beyond their scheduled duties, and has not received a National Appointment or Leadership Commendation Appointment please go to

the website, take a look at the nomination form, and contact your Region Awards Advisor.

The William Gross Memorial Award is given annually to the member or members who perform the most noteworthy first aid and rescue. All members who have received a Purple Merit Star for a life-saving event are automatically nominated and details of the incidents are forwarded to a panel of division judges. The time period for this award runs from February 1 to January 31. This period is selected to allow time for judging and to prepare plaques to be awarded at the Eastern Division Annual Meeting at the end of April.

In the early evening of February 16, 2012, patrolers at the Liberty Mountain Resort responded to an incident and discovered a 17-year-old male snowboarder off the trail and in the trees. He was unconscious with serious trauma to his face. They immediately called for additional help including ALS and within a few minutes requested a medivac helicopter. Extreme care was taken to maintain his airway and protect his neck and spine. Extrication from the area was difficult due to the trees and steep terrain. Upon evaluation at York Hospital in York, PA the patient was found to have multiple internal injuries many of which were life threatening. There were also several spinal fractures that could have easily resulted in paralysis if not handled properly. The winners of the William Gross Memorial First Aid Award this year are Jenna Jarriel, John Rollhauser, and Kevin Scallan.

# 2013 AWARDS

## National Appointment

Steve Buzzard	11298	EPA
Chris Raup	11318	EPA
Cindy Bensel	11332	EPA
Grant Fullman	11358	ENY
Bill Kellogg	11364	CNY
Scott Crofts	11366	EMARI
Bill Teamerson	11370	GV
Jeff Welch	11386	GV
Allan Miller	11388	ENY
Pam Thompson	11390	GV

## Leadership Commendation Appointment

Harriet Frawley	8463	NJ
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## Distinguished Service Award

Joe Greenwood	EMARI
Larry Pease	EPA
Fred Tim	EPA
Geoff Feltner	GV
Mike Long	GV
Nick Schiavetti	GV
Keith Chase	NVT
Lou Galm	WMASS
Patricia Beagle	WNY
Cathy Grove	WNY
Mike Kostelnik	WNY
Robert Priore	WNY
Barbara Priore	WNY

## Meritorious Service Award

Valerie Bruce	CT
Amanda Cannon	CT
Fred Fritz	CT
Jim Houlihan	CT

## Yellow Merit Star

Dave Walker	EMARI
Greg Moher	EPA
Chris Asher	EPA
Katherine Weber	EPA
Terry Ownes	EPA
Bob Evraets	EPA
Steve Pappanastasiou	EPA
Mark Bowker	GV
Alvin Darby	WNY
Gary Emmerson	WNY
Kim Crotty	WNY

## Purple Merit Star

Brian Luton	CNY
Kris Petty	CNY
Frank Abbadessa	EPA
Sean Augustine	EPA
Tom Bronder	EPA
Jenna Jerral	EPA
Mitch Musser	EPA
Hasan Pehlivan	EPA
Sam Pellerite	EPA
John Rolhauser	EPA
Kevin Scallan	EPA
Chip Taylor	EPA
Evan Casey	WNY
Robert Priore	WNY
Larry Robinson	WNY

## Blue Merit Star

Brian Fico	CNY
Timothy Maxon	CNY
Mirodrag Circovic	EPA
Doug Anderson	WNY
Timothy Jackson	WNY

## Patriot Star

Bob Hubbard	CT
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## Patroller Cross

Mark Whitmore	CNY
Bob Bernatos	EPA
Andy Kline	EPA
Chris Mason	EPA
Kevin Martin	ME
Peter Bushman	WAPP
Kate Dulling	WAPP
Sherman Stinson	WAPP
Wayne Thacker	WAPP
David Zeitz	WAPP
Dorothy Eberhardt	WNY
Joseph Kloc	WNY
Steve Slater	WNY

## Patroller Achievement Award

Marshall Berger	CT
Scott Dawick	CT
Steve Firth	CT
Nathaniel Florian	CT
Joel Helfer	CT
Brian Lamont	CT
Joseph Lopez	CT
Warren Markey	CT
Guy Oakes	CT
Mark Pahmer	CT
Alisa Phillips-Griggs	CT
Bruce Smith	CT
Mark Vining	CT
Joe Carrado	SNY
Karlis Kopans	SNY
Lou Schioppo	SNY
Bonnie Palmer	SNY
Patricia Burns	SNY

## National Certificate of Appreciation

Paul Tracy	NJ
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## EASTERN DIVISION OUTSTANDING AWARDS

Large Alpine Patrol	Catamount	ENY	Patroller (formerly Auxiliary)	Carol Erno	EPA
Small Alpine Patrol	Mt. Washington	NVT	Young Adult Patroller	Jeremy Lessard	EMARI
Nordic Patrol	Notchview Nordic	WMASS	William J. Gross		
Patrol Representative	Howard Wyandt	EPA	Memorial Award	Jenna Jarriel	EPA
Administrator	Paula Knight	CT		Kevin Scallan	EPA
Alpine Patroller	Sarah Keating	EPA		John Rollhauser	EPA
Nordic Patroller	Jonathan Shefftz	WMASS	Jerry Sherman Award	Craig Larson	EMARI
Paid Patroller	Doug Rice	EPA	Patroller for Patrollers	Burt Mitchell, III	CT
	David Stringfellow	WNY			
	Kristina Vasiliauskas	GV			

# CERTIFIED

by Dave Walker, Past Supervisor

The 2013 Certified Exam was held March 21-24 at the Sugarbush Ski Resort, Vermont. There were six certified numbers awarded:

Inese Jardine	Bear Creek, EPA	Certified #761
Scott Crofts	Blue Hills, EMARI	Certified #762
Joshua Tamulen	Wachusett, MA	Certified #763
Clint Boyd	Whitetail, EPA	Certified #764
Jennifer Laitala	Wachusett, EMARI	Certified #765
Bob Franz	Loon, NH	Certified #766

I am happy to report that four Certified members were honored at the annual meeting with lifetime status. This honor is bestowed upon members who have shown dedication and commitment to the program over many years. This year's honorees include:

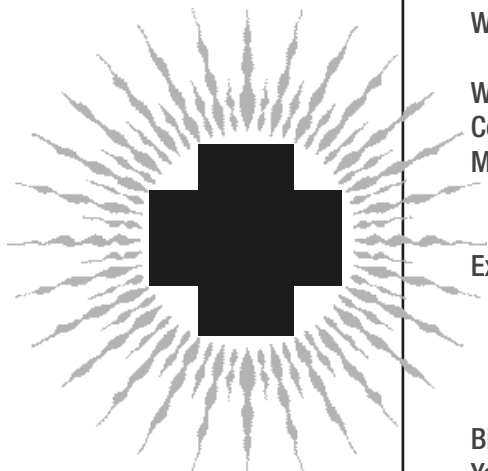
Kevin Kennedy	Windham, NY	Certified # 236
Wendy Neefus	Catamount, ENY	Certified # 351
Peter Neefus	Catamount, ENY	Certified # 371
Dave Walker	Wachusett, EMARI	Certified # 372

Well, here we go with a new season and a new round of training for patrollers who are interested in starting or are just curious about the Certified program. We have two "boot camps" scheduled for this summer. Don't let the name scare you. These weekends are designed to challenge and educate the mind. I guarantee that you will walk away with new and better skills and lots of new friends. Intimidating? Not really. There is plenty of time for some fun. Actually we try to make it all fun. The Maine event will have gone by when you read this but save the date in October and come join us for a great time. Preregistration is mandatory and tenting is recommended (of course you could stay at a local hotel if you like).

Keuka Lake—Finger Lakes, New York (see below for details), October 11-13, 2013

Contact: Jeff Baker, [jeff@timberdesigns.net](mailto:jeff@timberdesigns.net)

## Patrollers Summer School Keuka Lake, NY



**IMPORTANT NOTE: You must pre-register, space is limited, and the program fills fast! Do not delay. Email Jeff Baker for registration form: [jeff@timberdesigns.net](mailto:jeff@timberdesigns.net)**

**When:** October 11/12/13 (arrival Friday the 11th at 3PM, departure Sunday 1PM)

**Where:** 7439 East Bluff Drive, Penn Yan, NY

**Accommodations:** 16 and 8 bed cottages, some space for tents available

**What:** Low/High Angle Rescue  
Lift Evacuation  
Risk and Patrol Management  
Bystander First Aid  
Practical First Aid

**Why:** To gain confidence in your patrol skills and have the opportunity to practice with patrollers from all over the Eastern Division

**Who:** Any Patroller

**Cost:** \$40

**Meals:** Breakfast: Saturday and Sunday Mornings

Lunch: Saturday and Sunday

Dinner: Friday and Saturday Night

**Extracurricular Activities:**

Bonfire and Beer and Bull

Swimming

Hot Tub

Waterski/Tubing/Kayaking/Sailing/Lifesaving Opportunities!

**Biking:** Guided tours before breakfast and dinner.

**You Bring:** A dish to pass (assignment given with registration confirmation)

Whatever you want to drink for the weekend.

Sleeping bags, favorite pillow and woobie, towels, etc.

Rough terrain footwear/rain gear (if everyone brings a rain coat, it won't rain!)

First Aid Pack

A Notebook and Pen

A desire to share experience and learn

# Hello Mudda, Hello Fadda... *Here I am at* Certified Boot Camp *in Maine!*

by Marty Silverman, Marketing Committee

When something is called Boot Camp, you expect a harsh tough love environment in a remote location. Nothing was farther from reality when I went to the Certified Program's Boot Camp.

Well, it was remote for me because I was coming from Western Pennsylvania and the camp was in Maine. The camp, held the first weekend in August, was hosted by John Kane and his wife Debbie at their beautiful home on Long Lake in Maine, just 40 miles from Mt. Washington. More than 40 people attended the event, including certified chairs, instructors, candidates, and the curious plus the family members of all.

But, wait a second, isn't becoming a certified patroller just being a great skier? Noooooo! Skiing is just one of many components. Well, not really just one, there are 10 parts to the S&T portion.

Over the two-day weekend, we were given a taste of all the parts of the certified program except skiing, although you could get a taste of that behind John's boat. Dave Walker, retiring certified chair, put together a full weekend to fully immerse us in the certified program.

On Saturday morning we were divided in to groups of three and rotated through stations covering ski area management, risk management, accident investigation, avalanche, low angle rescue, and lift evac.

In the Ski Area Management station, we discussed how to prepare for an interview for a job as ski patrol director at a mythical ski area. You have to be prepared to talk about staffing, recruiting, pay, budgets, benefits, volunteer patrollers, patrol and mountain procedures, interdepartmental communication, and more. It was an eye-opening experience that gave me a lot to think about.



Risk Management and Accident Investigation dealt with pre- and post-accident procedures. How do you prevent an accident and what do you do after it's happened to protect the ski area.

Avalanche crammed a lot into an hour plus session. Avalanche prediction, snow pack, slide paths, traversing avalanche country, how to use rescue beacons, rescue and recovery procedures and more.

Low Angle Rescue was a new experience for me. While it's common at many larger ski areas, I could see a lot of applications at home at my little ski area.

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When it came to lift evac, everyone figures this should be easy because you practice it at home all the time. But, when you're given different equipment than you're used to it's an eye opener. There were great demos and everyone got a chance to try everything.

On Sunday, you are given a taste of the OEC component; again a component with many parts. We got to lead or assist on a number of OEC scenarios, all with multiple injuries (if you didn't find at least three you better start looking again). I found the next one the most interesting; we led problems with no trained helpers, only untrained bystanders. Sometimes the patient or the help didn't even speak English. This made it really interesting. But, of course, the piece de resistance is always the mass casualty incident (MCI). John Kane put together a masterpiece with a dozen injured, plus extras, and a cacophony of screaming, noise, and confusion. It was great. Maybe because I wasn't leading.

I got a tremendous chance to learn by watching, listening, then doing it myself. The instructors, some seasoned certified veterans, some having just past the test last year, all offered personal critiques and advice for improvement in a warm friendly tone.

This did not feel like the boot camp I was expecting. It was much, much better. So if you are thinking of entering the certified program, or just want a taste of it, come to the next certified boot camp. Check the Eastern Division website for the dates of the next one. The details are included in this issue of *Trail Sweep*. It's a great way to spend a weekend.

## In Memoriam

### ORVILLE SLUTSKY

Orville Slutsky, owner and manager of Hunter Mountain, NY, died at age 96 on April 18, 2013.

In 1970, following the lead of Charnita in eastern Pennsylvania, Orville and his late brother, Israel, started a "Ski Patrol Benefit Day" on the Friday after Thanksgiving. A portion of the ticket receipts was donated to the Eastern Division of NSP. Over the forty years the program lasted, Hunter Mountain donated well over \$50,000 to the patrol. The event and ceremony had fallen away in the past three seasons due to poor snow conditions.

In addition to the Patrol Benefit Days, Hunter Mountain was, and is, always ready to host fall refreshers, senior S&T and OEC events, the annual Certified weekend, and other clinics and exams.

In the early 1980s, Orville and his late brother Israel were awarded honorary NSP appointments through the efforts of the Eastern Division.

Donald Page  
Past Eastern Division Director

### MILTON "MILT" GOLDIN

Milton "Milt" Goldin, long time patroller at Canaan Valley Resort, WV, Western Appalachian Region, passed away on May 9, 2013 after a long illness. He was 89 years old.

Milt was always one of the first to volunteer for any task that needed to be done. He and his wife, Ida May, could often be found staffing the first aid room to allow other patrollers to cover the hill. He provided a multitude of services for both his patrol and the region, including OEC instructor, historian, equipment procurement, patrol administrative duties, and administrative assistance for region OEC refreshers. Milt approached patrolling with a level of dedication that is not often found in a volunteer organization. He is fondly remembered, and will be sorely missed by all who knew him. Donations should be made to the Alzheimer's Foundation in his memory.

Bryant Hall  
Canaan Valley Ski Patrol, WV

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## ROBERT F. KLOS

Robert F. Klos, who served as Central New York Region Director from 1979 to 1987, passed away at a Syracuse hospital Jan. 27, 2013, at the age of 85. While in failing health for the past few years, Bob had served 33 years as a vigorous, active ski patroller at Song Mountain until he suffered a heart attack in 2000.

Bob was a strong leader for the CNY Region and his opinions and guidance were highly regarded by leaders in the Eastern Division. He made sure he offered a voice for individual patrollers at the division level, occasionally taking a stand against policies or decisions his local patrol leaders considered counter-productive to the NSP ideals espoused by NSP founder Charles "Minnie" Dole.

From his earliest days on ski patrol, Bob was instrumental in first aid training immediately becoming a Red Cross first aid instructor. Later as RD, his concerns included how that training was passed down to the average patroller at a time that the NSP did not have full control over emergency care education content. Under his watch, there was local concern that the Red Cross expansion of its Advanced First Aid course might scare off new recruits due to its length. While

Bob took these concerns to Eastern Division and National leaders, he would see the irony of the new WEC/OEC program being even more intensive prior to his retirement from patrolling.

In 1970, Bob spearheaded production of a 16mm training film for new patrollers. The film was well received by the National administration and was sold to a number of sections and regions of the NSP.

Because of his leadership, Bob was awarded National Appointment 4466 on May 10, 1974.

During Bob's time as CNY RD, the Region celebrated its 40th anniversary in 1984 as a component of the NSP. Formal recognition of the milestone was observed during the Eastern Division Fall Forum held at Greek Peak Sept. 14-16, 1984. While Bob was RD, there were up to 26 patrols registered in the three sections making up the CNY Region.

Bob is survived by his loving wife of 36 years, Jacqueline, and two grandsons. He was predeceased by his son David, also a former Song Mountain patroller, who died a year earlier.

Jeff Paston  
CNY Region Historian

## AL PELS (1922-2013)

Albert E. Pels, Jr. of Hancock, NH, and formerly of New Jersey, died on June 28, 2013 at Dartmouth Hitchcock Hospital in Lebanon, NH. Al, the son of Albert Edward Pels and Edna Fall Pels, was born in Hoboken, NJ on May 15, 1922.

His childhood was spent in Hoboken and Montclair, NJ and following his marriage to Elizabeth "Betty" Voorhees on October 27, 1951, they lived in Verona, West Caldwell, and Allendale, NJ. After Al's retirement from the American Can Company, where he worked in training, Betty and he moved to Hancock, NH where they lived for the past 25 years.

Al received his undergraduate degree in English from Wesleyan University in Middletown, CT in 1943. Following graduation, he served as a sergeant in the U.S. Army during World War II in Fort Dix, NJ where he worked in the medical wards.

In 1947, Al and friends started the Montclair Ski Club where he twice served as President and was on the Board of Directors. Al was instrumental in the building of the MSC Ski Lodge at Mad River Glen Ski

Area in Fayston, VT. The Pels family enjoyed many winters at Mad River Glen with the extended family of MSC members.

Al was an active member of the National Ski Patrol for 62 years and proudly patrolled at Mad River Glen, VT; Smugglers' Notch, VT; Great Gorge/Vernon Valley, NJ; Crotched Mountain, NH; and Ragged Mountain, NH. He was a former National Board Member, NJ Region Director and Section Chief, NH Alumni Advisor, and most recently was the Eastern Division Alumni Advisor. While in NJ, Al was given NSP 1 for his license plate. At Ragged Mountain, Al was a training officer and was always available to all the candidates. Through the years, Al has touched many ski patrollers' lives and mentored many who are on the slopes today.

In December 1975, Al was part of the committee that set up the Eastern Division Memorial Fund, which provides a means of honoring and remembering Patrollers and Friends of Skiing.

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Al is survived by his son Chris, daughter Diane and husband Doug, son Jim and wife Karen, and five grandchildren. He is predeceased by his loving wife of 59 years, Betty, who died March 17, 2011.

A memorial service was held on Sunday, July 7 at 4:00 p.m. at The First Congregational Church of Hancock, 47 Main Street, Hancock, NH. Burial took place on Monday July 8 at the Mt. Hebron Cemetery, Valley Road, Upper Montclair, NJ followed by a 4:00 p.m. memorial service at the Union Congregational Church, Cooper Avenue, Montclair, NJ.

In lieu of flowers, contributions can be made to the National Ski Patrol Eastern Division Scholarship Fund c/o David J. Nelson, Fund Chairman, 2 Terrace Road, Boonton, NJ 07005. Please state the contribution is for

Al Pels of Hancock, NH. For more information on the fund go to <http://www.nspeast.org/html/memfund.htm>.

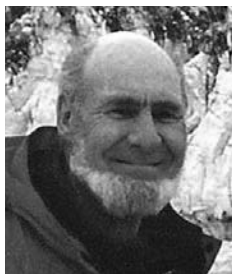
In closing, Al you will be missed but we know you are watching over us all as we traverse down the slopes.

For those who could not attend the services and would like to send a card, Al's daughter's address is:

Diane Systrom  
6 Old County Road  
Sudbury, MA 01778

Diane will let her brothers Chris and Jim know.  
Gerry Clark, Crotched Mountain  
Chris & Jim Pels and Diane Systrom

## RICHARD GARDINER



Richard C. Gardiner, Patroller at Ski Sundown and Master Instructor of Canton, CT died unexpectedly at the age of 84 on Thursday, July 18, 2013. Son of Henry M. and Aurelie Schwiers Gardiner, he grew up in Glastonbury, and Stonington, CT.

After serving in the U.S. Air Force in Newfoundland, Canada, Dick attended the University of Maine where he spent much of his time exploring the White Mountains and the trails on Katahdin, his favorite mountain, with the Outing Club. He returned to Connecticut, earning a BS in Biology at Central Connecticut State University and an MS in Botany at UConn.

He first taught science and math at Pomfret Community School and then Earth Science at Bulkeley High School. Dick was passionate about education and empowering students in Hartford. He led bicycle and hiking clubs to reach out to students, teaching them about the environment, self-worth, and respect.

Dick was proud to be a member of the National Ski Patrol for over 45 years, patrolling at Ski Sundown ever since it was known as Satan's Ridge. He was one of Connecticut's first Outdoor Emergency Care trainers, teaching first aid and training the instructors. He set up the Connecticut Region Nordic Ski Patrol program in the 1970s, and was the area's Mountain Travel and Rescue Instructor Trainer as well as a Level II Avalanche Instructor. Dick received National Appointment 6640 in 1986, a great honor for any patroller. His

proudest moment was teaching two of his grandchildren as they joined the patrol.

The woods and mountains of New England were his second home, hiking and climbing throughout the White Mountains since the 1950s. He cut ski trails during the development of Sugarloaf Ski Area, built lean-to's in northern Maine and in the White Mountains, and hiked and skied many of the trails and climbing routes of the Presidential Range, the Shenandoah, and Mt Katahdin. In recent years, Dick could often be found on the trails at the Roaring Brook Nature Center, Stratton Brook, or McLean Game Refuge.

Dick was an avid cyclist, commuting from Canton to Hartford by bicycle daily since the 1960s. He raced as a member of the Nutmeg Wheelmen Cycling Club and was the 1976 State's National time-trial champion. When not on a bicycle or hiking trail, Dick rowed and kayaked in the Farmington River, building the wooden kayaks he and his family paddled. His greatest joy was sharing his love of the outdoors with family and friends.

Dick will be dearly missed by his loving wife of 56 years, Betsy, daughter Lee and her husband Chris of West Granby, son Bill and his wife Jo of Bainbridge Island, WA and by his beloved grandchildren Madison, Cody and Alex who he was so very proud of. Dick will also be truly missed by his many friends and extended ski patrol family. Memorial Donations may be given to the Roaring Brook Nature Center, a spot Dick loved to walk and whose mission he supported, at 70 Gracey Road, Canton CT 06019.

# MEMORIAL Scholarship Fund

by Dave Nelson, Fund Advisor

The Eastern Division is proud to announce that the following students have been chosen to receive this year's Scholarship Award:

- Krista Ann Garriepy—Blandford Ski Patrol, WMASS
- Kelsey Ann Johnson—Okemo Ski Patrol, SVT
- Bailey O'Donnell—Plattekill Ski Patrol, SNY

Congratulations to all and good luck in the future.

This past season we added 10 patrollers' names to the Memorial Plaque as donations were sent in on their behalf. The Eastern Division this past season lost 46 Patrollers. Why weren't donations sent in so their names can be acknowledged on the Memorial Plaques?

When we lose a patroller, sometimes the family will ask for donations to be sent to a worthy cause in their name. That's great, because a worthy cause can use donations.

Or, you can split your donation between research and the Eastern Division Memorial Scholarship Fund. That way you can see your donations at work in a timely manner by the scholarships that we award every year at the Spring Officers' Meeting. The Eastern Division has handed out 96 scholarships since 1978.

When a donation is received, a letter is sent to the patroller's family stating that you made a donation (never the amount) in their name. The letter also explains what the scholarship program is about and that the patroller's name is engraved on the Memorial Plaque and can be viewed on the Eastern Division's web page. The donor is sent a thank you letter from the Eastern Division.

Please help keep this program going, it is a great way to remember our fallen patrollers.

## PATROLLERS No Longer *with Us*

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

**CNY:**  
*Skaneateles:*  
Orville S. "Bunt" Osborne  
*Greek Peak:*  
Charles "Chuck" Adams  
James "Jim" Daugherty

**CT:**  
*Hartford Ski Club:*  
Wilson Alford  
*Mount Southington:*  
Al Lounsbury  
Barry Resnick  
*Ski Sundown:*  
Harold Humphrey  
*Powder Ridge:*  
Rick Garrison

**EMARI:**  
*Wachusett:*  
Brian Hunter Gelinias  
Paul Bennett  
*Nashoba Valley:*  
Dick Marra

**ENY:**  
*Gore Mountain:*  
Bill Brannon  
Don O'Brien  
Ed Manna  
*Catamount:*  
Carminoe Heilman  
*Hunter Mountain:*  
Orville Slutsky  
*Whiteface:*  
Shawn Farmer

**EPA:**  
*Ski Roundtop:*  
Jim Trout  
*Camelback:*  
Dr. Walt Peters  
Bill Ballek

**GV:**  
*Swain:*  
John Hynd  
*Brantling:*  
Larry Mooney  
*Bristol Mountain:*  
Marykae Hoercher

**ME:**  
*Farmington:*  
Nancy Knowles  
*Camden Snowbowl:*  
Jeffrey Kuller  
*Sunday River:*  
Brian Nystrom  
*Saddleback:*  
Robert Austin

**NH:**  
*Ragged Mountain:*  
John Genet  
*King Pine:*  
Mark Mayhew

**NVT:**  
*Mad River Glen:*  
Bob Graham

**SNY:**  
*Belleayre:*  
Lynn Anderson  
Tom Holdner  
*Holiday Mountain  
& Belleayre:*  
Jeffrey Gilbert

**WAPP:**  
*Tussey Mountain:*  
Pierre Lallement  
*Seven Springs:*  
Bob Fry

**WMASS:**  
*Bousquet:*  
Richard Mosher  
*Berkshire East:*  
Charles Seaman  
Paul Sheldon  
*Blandford:*  
Tim Holmstead

**WNY:**  
*Kissing Bridge:*  
Al Palmer  
Jay Zelinks  
Harry Loomis  
*Glenwood Acres:*  
Carl Reed  
*Holimont:*  
Carolyn Brown  
*Holiday Valley:*  
Manley Tillou  
Judy Lounsbury  
Norm Schihl  
*Peek'n Peak:*  
Ramsey Riddle

