

TRAIL SWEEP

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Official Publication of the Eastern Division of the National Ski Patrol



Division Director's REPORT

by John Shipman, Division Director

VOTING FOR YOUR NATIONAL BOARD OF DIRECTORS

When you read this report, the national election for five members of the National Board of Directors will have ended. The last day to vote for your favorite candidates was December 1, 2014. Members of the NSP have the responsibility, as per the National bylaws, to vote for their National Board of Directors. These annual elections are an important undertaking that ultimately affects all of us and shapes our organization. I hope all of you voted.

I know it is not easy to understand or appreciate some of the defining differences between many of the candidates during elections, but your Region Director and Assistant Region Directors, and others, are always ready to guide you to where more helpful and specific candidate information can be found. Just ask them. They have studied the candidates' biographies and platform statements, met and worked with many of the them and, at a minimum, have been involved in conversations with national and division leaders who know nearly all of the candidates. Their guidance is always helpful.

Who, in the upcoming years, will lead this great organization? Hopefully you helped decide that question this year!

NSP POWDERFALL – APRIL 9-12, 2015

OK, what's all this talk about Powderfall and what is it? Remember PEC? The Patroller Education Conference? NSP is throwing a 3-day party, April 9-12, 2015, at the Canyons Resort, Utah called Powderfall. It should be a blast for patrollers and their families.

The Canyons is ranked the 5th largest ski resort in North America and many might agree that Utah has the best snow (champagne powder) in North America! The emphasis will be on fun...fun activities, both day and

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night. For specific activities and registration information, check out NSP's latest edition of *Ski Patrol Magazine* or the Powderfall link on www.NSP.org.

What's it going to cost? General registration is \$289, \$254 for spouse and teens, and \$119 for those under 12 years old when all are booked at the same time. The registration price will include a 3-day lift ticket, on-hill and base area activities, classes and program sessions, evening receptions, and discounts on 2014-2015 gear. There will also be big discounts on heli and cat skiing, zip-line tours and ski days with the PSIA-AASI Demo Team. Much more is planned for the family, for example, a tour of Utah's Olympic Park.

Be sure to get the best price and the nicest accommodations and register before February 1, 2015. Go to the Powderfall link. You'll get all the information you'll need for planning a fun and memorable ski trip.

DIVISION AND NATIONAL AWARDS

Now is the time to convene your patrol awards committee and begin to consider writing up patrol, region, Eastern Division and National awards. If your patrol or region doesn't have an awards advisor and committee members to do the work of writing up the awards, it should. After all, a thank you in the form of an award from one's patrol leadership is a source of pride and undoubtedly appreciated by the recipient. The division and national awards are designed to recognize our brother and sister patrollers who have demonstrated outstanding leadership and service to the NSP. If you have any questions, or if you want more information about the awards program, just contact your region's awards advisor. They are eager to help and guide you through the awards process. It's a win-win for all of us!

By now the snow is flying, both natural and man-made, and soon we'll be back on the slopes involved with our patrolling responsibilities. Wishing all of you a fun and fulfilling ski season.

NSP shines at the BOSTON SKI SHOW

by Marty Silverman
Marketing Committee

Once again, the Eastern Division of the National Ski Patrol put its best foot forward at the Boston Ski Show.

Held mid-November each year, the Boston Ski Show is one of the two biggest ski shows in the country, the other being in Los Angeles. Over the years, attendance at the 4-day show has been as high as 40,000. The show offers the public hundreds of booths featuring ski, snowboard, boot, clothing and accessory manufacturers. Many of the ski areas from New England, Eastern and Western Canada, and the American west exhibited as well, offering discount lift tickets and more.

Show attendees were from the greater Boston area and Massachusetts, as well as the surrounding states of Connecticut, Rhode Island, and Vermont. They skied at resorts in most of the regions in the northern half of the Eastern Division, including Eastern Mass and Rhode Island, Western Mass, Connecticut, Northern and Southern Vermont, New Hampshire, and Maine. That's roughly half of the regions in the division.

The Eastern Division has hosted a National Ski Patrol booth for years, to promote the National Ski Patrol, to promote ski safety to the public, and to recruit new patrolers. Bernie Vallee of the Wachusett Ski Patrol, coordinated the show effort for the division, setting up the booth, and organizing nearly 30 volunteers from patrols across the EMARI (Eastern Mass and Rhode Island) and Connecticut regions to assist in the booth. Their efforts paid off as some of the regular show attendees commented that the booth looked the best it's ever been.

Many of the attendees stopped by the booth to thank the ski patrol for our service; some with stories to tell of how they were rescued by the ski patrol. Others expressed an interest in joining a patrol and asked how to start. Brochures were handed out with information about the NSP and the requirements to join. One local ski area near Boston, Blue Hills, placed recruiting flyers for their patrol in the booth. (If your patrol is looking for patrolers, be sure to get a recruiting flyer to Bernie before the next show.)

Most of the attendees walking by the booth were given ski safety brochures and offered giveaways from NSP sponsor Subaru, including ChapStick® and bandanas with the list of seven safety rules presented by a rescue dog. A new item, a hot/cold pack was also offered with information about the NSP and a suggestion to make a donation printed on it.

Thanks to the many volunteers from the EMARI and CT Regions for their service to the Eastern Division and the NSP to promote our organization.

STAY CONNECTED and HAVE FUN by Gerry Clark, Alumni Advisor

If you are like me, you keep asking where has the time gone? December is here and the ski season has started. Many of us are wondering if we are going to do another year or become an Alumni. Yes, we all love the sport of skiing but it's the camaraderie of our NSP crowd that keeps us going. We can continue that by joining Alumni.

The Alumni crowd gets together yearly and truly has a fun day of skiing. This happens in each of the regions that are part of the Eastern Division. No top station duty, no putting up snow fencing, no aid room duty...just plain old skiing until you drop or decide to get some refreshments. It keeps you in touch with other Alumni members. Much of this happens during the week so you're not fighting the weekend crowd.

For those who would like to join Alumni but also do some patrol work, you should continue to take refreshers and keep your OEC current. Some patrols use their Alumni members to help train new candidates, some use them to do patrol room

duty, and others may use them to do dispatch. You just need to have that conversation with your PD.

One thing to remember, most of the Alumni members have a wealth of knowledge and a good majority are more than willing to help in any way. As a PD, if you need additional help, why not contact your Alumni and ask if they are available to give you help when you have an event going on and need the extra hands.

There are many events where additional help is needed. Refreshers and Senior OEC finals can always use victims and if you are still a current OEC Instructor help teach courses and challenges and assist at the finals. Your help would truly be appreciated. I guess, it depends on what you'd like to do after you join the ranks of Alumni.

Whatever your decision, either staying as an active patroler or joining the ranks of Alumni, don't leave the family of NSP, stay connected and have fun.

JUST CPR?

by Eric Silva, MD FACEP, Medical Advisor

Do I really need that CPR refresher again? I just did it last year and my card is good for two years. I mean, is there anything easier than CPR? All I have to do is push on the patient's chest hard and fast. What's the big deal?

Cardiopulmonary resuscitation (CPR) as it exists today was developed in the late 1950s and early 1960s. Elam and Safar described mouth-to-mouth ventilation in 1958. Kouwenhoven, Knickerbocker, and Jude described the use of external chest compressions in 1960. The combination of these two skills forms the basis of current day CPR. In the ensuing 50 plus years, changes in the exact technique have occurred as we keep pace with the advances in the science associated with resuscitation. This review will focus specifically on out-of-hospital nontraumatic sudden cardiac arrest (SCA) at the basic life support (BLS) level.

Somewhere over 500,000 adults and children in the United States die every year from out-of-hospital cardiac arrest (OHCA). Studies have consistently shown an average of 5-15% of patients survive cardiac arrest. That makes cardiac arrest one of the most significant public health issues in the U.S. We know that prompt intervention can yield a

successful resuscitation. Despite this fact, survival rates have remained low for many years.

Recent data suggests that independent of event and patient characteristics there exists a wide range of survival rates across prehospital and in-hospital settings. This points to a need for high quality CPR as one way to improve outcomes.

CPR is clearly a lifesaving intervention that we can provide to our patients on the hill with little or no specialized equipment. It is one of the cornerstones of resuscitation from cardiac arrest, with the goal being the return of spontaneous circulation (ROSC). Patient survival from cardiac arrest depends on early recognition of the event and prompt activation of the EMS system. By definition, CPR is inefficient at best, providing only 10-30% of the normal blood flow to the heart and 30-40% of normal blood flow to the brain even when done properly. There are multiple studies showing that trained health care professionals do not meet the basic life support guidelines. Anything less than optimal CPR will make a successful resuscitation extremely difficult.

Much of our current understanding of effective CPR is based on the 2010 International Liaison Committee on Resuscitation (ILCOR) and the American Heart Association (AHA) recommendations. Providing optimal blood flow to a patient in cardiac arrest by performing quality, uninterrupted CPR is uniformly thought to have a positive impact on improving overall survival. The quality of CPR has been an underappreciated factor and is now beginning to emerge as an important aspect of successful resuscitation. Manual chest compressions are often done incorrectly, especially in the back of a moving ambulance or toboggan, and incorrect chest compression can negatively impact survival. As a result, the current focus is on performing high-quality CPR and adding to the existing scientific evidence on resuscitation by using continuous quality improvement (CQI).

The goal of CPR is to provide oxygen and nutrients to our vital tissues, most importantly the heart and brain, during cardiac arrest. This is accomplished by generating adequate myocardial blood flow and oxygen delivery through effective chest compressions. Coronary perfusion pressure (CPP), the difference between aortic and right atrial diastolic pressures during the relaxation phase of compressions, is the most significant determinant of myocardial blood flow in CPR. Any interruption in blood flow can mean the difference between survival and death. There is good evidence to suggest that it takes a full minute or more of high-quality chest compressions to regain the perfusion pressure generated by CPR.

Three phases of SCA have been identified. The initial electrical phase is the first four to five minutes post arrest and requires immediate defibrillation. Chest compressions should be started immediately and stopped only to deliver the shock if indicated. There is no con-



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vincing evidence that a period of chest compressions prior to defibrillation improves patient outcomes. The hemodynamic phase is from four to ten minutes after arrest and depends on high-quality chest compressions and oxygenation. The metabolic phase develops after approximately ten minutes without a pulse and few patients that reach this phase survive.

Studies have identified five main components of high quality CPR. These include chest compression rate, chest compression depth, chest compression fraction (CCF), chest recoil (residual leaning), and ventilation. Understanding that these parameters are crucial to effective CPR allows us to focus on them during training and in clinical practice. Early recognition of SCA is essential. The current guidelines suggest that even trained healthcare professionals not spend more than 10 seconds to locate a pulse, looking for visible signs of breathing at the same time. Solo providers should focus initially on compressions only except in children and infants where most SCA is primarily respiratory in nature.

Vital to effective CPR is the concept of CCF, the proportion of time that chest compressions are actually performed during a cardiac arrest. The goal should be to provide chest compressions in over 80% of the total arrest time. The 2010 AHA guidelines recommend minimizing pauses in chest compressions for any reason. That includes reducing the pre-shock pause, delay in switching personnel or stopping compressions for pulse check, and intubation or ventilation of the patient. Proper positioning of the patient and rescuer will facilitate high-quality CPR.

Maintaining a chest compression rate of 100 to 120/minute has been shown to provide the optimum blood flow to the vital organs. A compression rate below 100 has been shown to have a significant negative impact on ROSC. Compression rates over 120 do not allow for adequate filling of the heart and reduce coronary blood flow.

Chest compression depth has also been shown to have a major impact on successful resuscitation. Current guidelines recommend a depth of at least two inches (50 mm) in adults or one-third of the anterior posterior dimension of the chest in children and infants. One recent study has suggested that a depth of >44 mm may be effective but the majority of studies indicate that rescuers often do not compress the chest sufficiently despite current recommendations. It is difficult to measure the depth of compressions during an actual resuscitation. It has been shown that inadequate compressions decrease survival. There is no evidence that deeper compressions have a negative effect on outcomes. Placement of the patient on a hard surface or backboard will facilitate the delivery of high-quality compressions.

Incomplete chest wall release is the result of the rescuer not allowing for full chest recoil after each compression. This occurs when the rescuer is leaning on the chest wall

and results in a decrease in venous return and subsequent cardiac output. Animal studies have shown that leaning causes a significant increase in right atrial pressure resulting in a decrease in both cardiac and cerebral perfusion pressures. Human studies show that most rescuers often lean on the chest during CPR, not allowing the chest to fully recoil.

Less well studied is an understanding of what constitutes adequate oxygen supplementation. To some extent, it depends on whether the arrest is from arrhythmia or anoxia. There is also a decreased demand for oxygen during the arrest state. Initially, just circulating the already oxygenated blood to the vital organs may be sufficient. When the arrest is due to anoxia and later during any arrest, a combination of ventilations with high-quality chest compressions is critical to successful resuscitation. Remember that pediatric arrests are mostly respiratory and oxygenation is more important than it is in adults.

The goal is currently on not impeding compressions while still giving adequate oxygenation. Positive pressure ventilation decreases CPP and may cause gastric distension and possible aspiration of gastric contents in the unprotected airway. Synchronous ventilation requires interruptions in compression decreasing chest compression fraction. Current guidelines are a ventilation rate of less than 12 breaths per minute or one breath every six seconds. Ventilation volume should produce no more than visible chest rise. Current monitoring equipment does not easily provide detailed measurement of these parameters. This makes it difficult to accurately determine the most effective parameters regarding oxygenation and ventilation.

There are other considerations for minimizing interruptions to compressions: place defibrillator pads and charge the unit before stopping compressions; resume compressions as soon as shock has been delivered; place the patient on a backboard or other firm surface prior to starting compressions; avoid unnecessary pulse checks; attempt intubation without interrupting compressions, stopping only if absolutely necessary. The use of supraglottic airways may save time but outcomes are not as good as those seen with endotracheal intubation. Obviously trying to move the patient makes the delivery of CPR extremely difficult.

Recent attention has been focused on the concept of a team approach to CPR. This includes a team leader whose job is to choreograph the resuscitation including ensuring adequate compressions, planning switches for compressions, timing for placement of an advanced airway and minimizing any interruptions in compressions. The "pit crew" analogy is one that emphasizes specific roles for each team member allowing for optimum delivery of high-quality CPR. Current guidelines suggest no more than two minutes of compressions per provider before switching. The team leader should assess compressions in an ongoing fashion to determine when a change in provider should occur. There

are some protocols that are studying a concentrated 10-to 20-minute delivery of high-quality CPR prior to moving the patient to minimize interruptions in compressions. More study is needed to determine if this technique will lead to increasing survival rates.

In addition to maximizing manual CPR, there is a lot of interest in mechanical delivery of compressions. Piston style devices such as the LUCAS and load-distributing devices such as the ZOLL Autopulse are two of the more popular devices currently being evaluated. Depending on the setting, with limited respondents and a rural location requiring prolonged or difficult transportation, a mechanical device may prove very useful. Additionally, defibrillation shocks can be delivered without interrupting compressions. Prolonged application time of the device has the potential to interfere with providing timely and adequate chest compressions. These devices are not inexpensive and may be beyond the budget of the local ski patrol. A comprehensive discussion of the potential benefits and differences between the various devices is beyond the scope of this review.

While early studies showed an increase in survival to the hospital with mechanical CPR, there has been no improvement in overall survival. A recent systematic Cochrane literature review of mechanical CPR devices compared to manual CPR during OHCA and ambulance transport concluded that there was insufficient evidence to support or refute the use of mechanical CPR devices in these settings. The study also said that while there was some low-quality evidence suggesting that mechanical CPR can improve consistency and reduce interruptions in chest compressions,

there is no evidence that mechanical CPR devices improve survival and it may worsen neurological outcome. This is an area of active research and there are a number of studies ongoing.

The question of when to terminate CPR is not easy to answer. Return of spontaneous circulation is the preferred reason to terminate CPR. At the local ski hill, it is best left to higher-level providers than OEC or EMT. Once initiated, CPR should continue until the patient is turned over to the ALS provider that arrives to continue the patient's care. They can provide numerous other interventions that may improve the patient's survival. In the backcountry, CPR should be continued until the rescuers are physically unable to continue. There is no role for CPR in the traumatic arrest as these are almost always the result of other factors. Patients struck by lightning may benefit from rapid defibrillation, as they are often the result of arrhythmia.

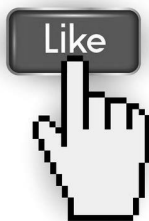
Who knew that something so simple could actually be so complicated? The delivery of high-quality CPR can improve outcomes. Only through continued training, research, measurement of effectiveness and continuous quality improvement can we hope to improve on current success rates, which have not changed significantly in years. Remember, someone's life depends on you getting it right.

High-quality CPR starts with prompt recognition of the event and initiation of the 911/EMS system:

- Initiate compressions immediately
- Minimize interruptions in chest compressions
- Provide compressions of adequate depth and rate
- Avoid leaning between compressions
- Avoid excessive ventilation
- Early application of an AED for possible ventricular fibrillation or tachycardia ♡

OEC Programs

by Paula Knight, Supervisor



This year's refresher season has rounded the corner and is heading across the finish line. Many regions/patrols opted to use the hybrid format. Initial reflections from the Instructor Trainers suggest positive feelings about spending quality

time working at skill stations. Although we had a few glitches along the way with the on-line portion, the general impression was favorable. The refresher committee is always looking for feedback that will help them in future planning. If you have a comment you would like to send to them please feel free to send it to me and I will be more than happy to pass it along.

Continuing Education is an important part of each patroller's personal growth. Outdoor Emergency Care hosts a number of opportunities for you to for-

tify OEC practices. Enhancement Seminars are one such opportunity. Curriculums for six modules are available. They include: Module One, Injuries to the Lower Extremities; Module Two, Injuries to the Upper Extremities; Module Three, Injuries to the Head, Face, Neck, and Back; Module Four, Injuries to the Hip and Pelvis; Module Five, Injuries to the Chest, Abdomen, and Genitalia; and Module Six, The Unresponsive or Altered Guest. If you are interested in attending or organizing an Enhancement Seminar contact your Region OEC Advisor.

The Outdoor Emergency Care Module for Senior is another vehicle to challenge you. In this program you will be working closely with Trainer/Evaluators to hone your skills in decision-making, developing a plan, and leadership when you are on scene. This program is rigorous yet gratifying. By now, your region has posted clinic and test dates. Your region's STC (Senior Testing Coordinator) is your contact person to share additional information with you about this most valuable training program.

I have highlighted just a few of the programs available through the National Ski Patrol to grow personally and as a leader on patrol. Take the challenge.

EPA Region Does the IMPOSSIBLE —ALL Refreshers are HYBRID!

by Steve Sobolewski, OEC IT

The EPA Region began the planning cycle early this year in response to the changes brought about by National in their desire to blend in a “Hybrid” type of refresher, part online and part skill day.

After much discussion (yes, some very heated) it was determined that every refresher held in the region would attempt to be run as a “Hybrid Refresher.” For a short time there was some back-tracking to the idea of running parallel refreshers; one, normal as in previous years, and at the same time, a hybrid refresher. Again, after much more discussion the RD and OEC ROA decided to take the overwhelming recommendations from fellow ITs and go ONLY with the Hybrid refresher.

We knew that there would be more than a few complaints so several of the larger patrols took it upon themselves to prove that they could get almost 100% buy in to

this program. Most of the patrols were successful early on by placing several computer-savvy and knowledgeable fellow patrollers as mentors for those that were either not computer knowledgeable or feared an online class.

Surprisingly, this concept worked to perfection! Instead of having a patroller fear this online concept, it turned out that the camaraderie within the patrol came through loud and clear, and fellow patrollers stepped up to assist the few in satisfactory completion of the online program. What happened was that our region heard repeatedly about small groups getting together and aiding those that just did not have the equipment or the skills to perform online study. Maybe this mini-group type of study was not the original concept envisioned by National but it worked. As a first try with a totally new concept in education for many, it gave us such a warm feeling to hear the stories of patrollers helping patrollers to complete a project.

Now jump to our first regional refresher that was going to be the true test of how well our Patrol Directors, Patrol ITs, IORs, and caring patrol

members actually came through on our first try. Hold onto your hats, because the first refresher was held at Shawnee Resort and with 122 patrollers taking part in the refresher, only one, that’s right, only ONE did not complete the online Hybrid.

All of the planners of this year’s Cycle A refresher were excited beyond belief! The next day at Roundtop Resort, another large refresher with 128 in attendance, had the same fantastic result. The Roundtop Refresher had only two patrollers missing their certificates. The trend continues. As of this writing, our refresher program has served over 800 patrollers out of a possible 1400+ and we’ve only had 20 participants come without the Hybrid Completion Certificate.

In looking at these results it’s apparent that the camaraderie within our patrols can be used as a way of motivating and completing tasks. As I write this we have four more regional refreshers to complete and we expect to see the same successful online completion numbers. More importantly, we will have paved the way for a very successful Hybrid Refresher Program for years to come.

Special thanks to all patrollers and staff of the EPA Region.

NORDIC WOMEN

by Phil Galka, Nordic Supervisor

For more reasons than I care to delve into in this short piece, Nordic Women really does excite me. Putting aside the common male clichés, the primary reason is that when a woman qualifies as a Nordic Patroller or MTR Instructor she demonstrates an uncommon independence and skill set that sets her apart from our 21st century perception of women in today’s world.

In the Eastern Division, we have some exceptional women serving as Nordic Patrollers, Senior Patrollers, Instructors, Instructor Trainers, and Patrol Directors. In respect to that, the question was raised in an evaluation at this season’s Avalanche, MTR and Nordic Fall Refresher; “Why aren’t there any women in senior leadership roles” in any of the three programs?

The question made me take a step back and take some serious time to find an answer that satisfied me. After a good deal of thought, I came to the following conclusions. First, the common cliché came to mind that fundamentally women are smarter than men are. And, there is more than a grain of truth in that statement.

Female Nordics, in addition to being independent and skilled, take a more reasoned and realistic approach to the outdoors and patrolling in general. It has always been my opinion that the best position in our NSP organization, for someone who enjoys the outdoors, is to be a Nordic or MTR Instructor or Instructor Trainer. So why wouldn’t a reasoned thinker be content with her position.

In one sense, that answered the question for me, but it did not satisfactorily address the possibility of a Boy’s Club or Glass Ceiling that seemed to be at the core of the initial question. For me there is not a simple answer. I can say however, that the Nordic and MTR Programs have many women who if

persistent will be in a position of leadership in the future. A more constructive question may be; “What is the path for someone who is interested in taking a role in Program Leadership?” My answer would be to participate in Division Programs. Be an Instructor or IOR on a regular basis and make your presence known in a positive manner. Work with courses in and outside your own region and be available, positive and a consistent part of division programs. These are the core elements in leadership selections.

The original question is a good one and the simple act of posing it stimulates a needed area for discussion. Thank you!

A YEAR OF TRANSITION

Applications have been submitted for the position of Division Nordic Adviser and this season will be a transitional season in leadership. Transition can signal significant change but it is always an opportunity to express new opinions and direction. Please contribute if you can to steering the Nordic Program in a positive direction.

Division Nordic will be offering a Senior Nordic Evaluation on February 21-22 at Highland Forest Nordic. We are also investigating Division Skier Enhancement Clinics with dates and locations to be announced soon. Please check the Division Calendar at www.nspeast.org.

Have a Great Season & Let it Snow!



CERTIFIED

by Bill Jordan, Chair

The annual Certified exam will be held on March 19-22, 2015 at Smugglers' Notch in Vermont. Watch the Certified page on the division website for lodging and exam information. Go to www.nspeast.org, click on programs, click on Certified and all of the latest and greatest information will be available to you including contact names, email addresses, information about the program and schedule changes. Pre-courses and the exam dates are on the division calendar.

CERTIFIED and PSPA EVENTS

INTRO TO CERTIFIED/CERTIFIED AND PSPA PRECOURSE

Thursday, January 22nd—Sunday River, ME
Contact Dave Walker cert372@yahoo.com
978-582-9644
Must register by January 15, 2015

PSPA PRECOURSE

Wednesday, January 28—Killington, VT
Contact Carl Chaplin carl.chaplin@pega.com
603-548-3746
Must Register by January 21, 2015

PSPA PRECOURSE

Wednesday, February 1—Loon Mountain, NH
Contact Russ Monast president@pspa.org
978-500-3427
Must register by January 24, 2015

CERTIFIED PRECOURSE

Friday, February 6—Hunter Mountain
Contact Ken Kelly cert587@nep.net
570-877-7264

CERTIFIED PRECOURSE

Friday, February 20—Smugglers' Notch
Contact Ken Kelly cert587@nep.net
570-877-7264

PSPA ANNUAL EXAM

Wednesday & Thursday March 4-5—Sunday River, ME
Contact Dave Hill secretary@pspa.org
603-860-1468
Must submit application by February 18, 2015

CERTIFIED ANNUAL EXAM

Thursday-Sunday, March 19-22—Smugglers' Notch, VT
Contact Bill Jordan cert169@frontier.com
570-575-2278

See www.pspa.org website for applications and other information.

For PSPA, if no registrations by the deadline dates, cancellation will be posted on the website.

We have scheduled three pre-courses for the season. One at Sunday River in Maine on Thursday, January 22; one on Friday, February 20 at Hunter Mountain; and the last at Smugglers' Notch on Friday, February 20. You will find the contact information on the Division Certified page, and yes, you must pre-register for any of these courses. Just email the contact person and let them know that you plan to attend.

Many patrollers feel that Certified is a level that is above their capabilities or such a "good ol' boys club" that it isn't worth the time to look into. The Certified membership can help with both of these issues. Please consider this an open invitation to attend our events. This will help you understand the objectives and expectations of the program. Look around at the people in your region who are Certified and you will find some of the most knowledgeable patrollers in the division, who participate in all levels of patrolling. Every region in this division has a Certified advisor. Just access the division website for their contact information or access your region website where they are also listed.

Certified patrollers are accessible. They are a wealth of information and are willing to share that information with you. To start training for this program you need to do a couple of things. Number one, come to the annual test, meet some great people and ask them about the program. Number two, start your training early. Getting an early jump on your training is the key to being successful. There is no reason why you cannot practice OEC, read your OEC book, read the suggested material on avalanche, get together with other prospective Certified candidates and members, work on knots, lift evacuation, read about ski area management, talk to mountain risk managers or try some dry land training for exercise.

Yes, this program is the "Outward Bound" of the NSP. It is designed to be such. It will challenge every aspect of your mental and physical toughness. It is not a program that you can just show up and take. You must train and gather information from many resources. Take my word for it, start as soon as possible, train hard, come and meet some of the greatest people you will ever know.



Introducing the new NORDIC SUPERVISOR

PHIL GALKA

I am very pleased to be selected as the new Eastern Division Nordic Supervisor. The NSP Nordic Program has very deep roots in the Eastern Division with very proud traditions. Our division has some of the best track and skate cross-country ski areas and some of the most beautiful backcountry skiing in the nation.

If you're an alpine skier and have never experienced any of the facets of Nordic skiing let me extend an invitation to you to come out and experience the thrill for yourself.

As for me, my professional background is in emergency management. I joined the National Ski Patrol in 1986. I am an Alpine Patroller at Camelback Ski Area in Pennsylvania, hold National Appointment #10260, am a Nordic Patroller at High Point Cross Country Ski Area in New Jersey, and am Master Nordic Patroller #004.

For the past six years, it has been my privilege to serve as your Division Avalanche Supervisor.

I feel lucky to have so many good instructors active in the program. I think of all the accomplishments of those who have preceded me and I look forward to working with all the patrollers in the division.

See you on the snow.



EASTERN DIVISION *“Patroller Schools”* PAST to the PRESENT

by Bob Bluff, OET Supervisor

In 1977, this young patroller left his small mountain and went off to conquer/pass the Senior Ski & Toboggan test. Hanging in the back of the group asking the other candidates what the evaluators were looking for before each event did not cut it. I failed. Back then, there were no Senior Clinics, no Toboggan Enhancements, no Skiing/Riding Enhancements. No way for someone from a small hill to come prepared. That changed in 1985.

ELK MOUNTAIN PATROLLER SCHOOL

In 1985, Paul Kozik had a plan! He worked with Gordie Bell, Bill Sachs, Rudi Harbauer, Jim Nickerson, Rob Armet, and Herb Kushner and the Elk Mountain Patroller School was born. They developed the idea of a two-day clinic; one day focused on toboggan handling and a second focused on skiing. The idea was to give patrollers the opportunity to ski, run toboggans, and learn from Certified members while getting instruction from the best PSIA instructors available.

In those days Bob Shostek, Rob Stemrich, and Paul Conrad from the Elk Mountain Ski School were the regulars from PSIA. As the program developed, it spread throughout the Division. In our discussion, Paul explained that, “In those days the Senior Program had lots of egos.” It was pass or fail and that led to some patrollers giving up their quest to become a Senior patroller. The patroller school model led to the development of the two-day, clinic-style exam and the Ski with an Instructor Program. Together the programs improved many patrollers’ S&T skills and ultimately led them to success in the Senior Program and improving their local patrols.

The program continues to evolve to meet the needs of individual patrollers. In 2000 the program was marketed as “have it your way.” Patrollers could select the original format, focus on preparing for the senior exam, or hone their toboggan instruction skills to take back to their home mountain. That menu has grown to include an Intro to the Certified Program and a certification/recertification for S&T Trainer

Evaluators.

At Elk, the program organizational duties passed from Paul Kozik to Bob Bluff to Bill Jordan and now Matt Nebzydowski. January 24-25, 2015 will mark the 27th year for the Elk Mountain Patroller School and it promises to provide all the fun, skill building, and camaraderie that made it famous.

SUNDAY RIVER PATROLLER SCHOOL

In 1988, two patrollers from the EMARI Region, John Kane and Scott Crofts, went to the Sunday River Patrol to propose an idea of an annual weekend event for “flatlander patrollers” to practice in more challenging terrain in order to challenge themselves for the purpose of higher skill development in all phases of skiing and toboggan handling. First impressions and immediate thoughts from the patrol director were absolutely NOT! Armed with a couple of cases of the preferred beverage of the patrol and a lunch paid for in full they got as far as “We will give you one shot at this. If we feel you’re endangering the lives of your guest patrollers and that of our skiing public, I will politely and promptly ask you to leave.”

The staff of Dave Walker, Jimmy O’Connor, Dave Smith, Cal Goldsmith, Jim Wackel, Jane Williams, and a host of others was not going to let this happen. It ended up with the PD asking if they could accommodate some of his patrollers for the rest of the event and the EMARI group got an invitation to return to make this an annual event.

The EMARI and Maine Region Advisors work together to formulate the plan for a successful event. Sunday River Patroller School starts this year on Thursday, January 23, 2015 with an Intro to Certified and Certified Pretest. On Friday and Saturday there will be Senior Clinics, Toboggan Enhancement, Ski Enhancement, and Toboggan Instructor Clinics along with a Trainer/Evaluator certification.

WINDHAM PATROLLER SCHOOL

Like the beginnings of the Elk and Sunday River schools, Gordie Bell, in the late 1980s, saw the need for the Certified candidates to understand the standard expected for the Certified test. Gordie felt, due to Windham’s centralized location, diverse terrain and instructor resources it would be a good choice to hold a Patroller School. Gordie discussed it with Kevin Kennedy and the Windham Patroller School was born. Windham was already hosting patrol clinics for the West Point Cadets. Incorporating Gordie’s Patroller School Program at the Windham clinics with Certified training was a great fit. The skiing skills were delivered by high level PSIA instructors and the S&T was taught by several Certified patrollers from Maine to NJ and yes, many from Windham. Windham sent all of their patrol candidates, patrollers, and Certified prospects through the Patroller school and at every level all participants said it was

one of the best learning experiences they had patrolling.

This year’s Windham Patroller School, February 7-8, 2015, should rival their best with a complete choice of venues ranging from Toboggan and Ski Enhancements to Intro to Certified, Senior clinics and TE certification. John Noto, Peter Neefus, and Jon Wilson have already started organizing and have received an outpouring of support from the Staff of the Eastern Division Certified and S&T programs.

KILLINGTON PATROLLER SCHOOL

Back by popular demand is the Killington Patroller School scheduled for Superbowl Weekend, January 31 and February 1, 2015. Why, you may ask? Simply put, the snow is great, the crowds are light and this world-class mountain is ours for the taking! For patrollers of all levels, this 2-day Ski & Toboggan course will help you improve your skiing, riding, and toboggan handling ability on a wide variety of terrain and snow conditions. This patroller school was started in the early 2000s by Brian Bishop and is now run by Terry Randolph. Planned activities include a Women’s clinic; Alpine Ski, Snowboard, Telemark, Toboggan enhancements; Senior and Certified level training and a Senior S&T Trainer Evaluator certification/re-certification.

HOLIDAY VALLEY PATROLLER SCHOOL

This year’s Patroller School at Holiday Valley is scheduled for January 31 and February 1, 2015. Mary Lyn Boberg, WNY Region S&T Advisor, is organizing the event with Bill Cline in charge of the TE certification. A full slate of events is on the agenda ranging from Ski, Toboggan, and Snowboard enhancements; Women’s programs; OET Senior clinic, Low Angle Rescue and S&T TE certification/re-certification. If you have never been to Holiday Valley you do not know what you are missing. Great mountain with a FUN town to back it up!

Go now to the Division calendar for registration information for all of these events. See you in school.

It all started in August. “Is it Christmas yet? Is it Dad? Is it?” The questions from the kids had begun. “How many days until Christmas? How many more days? Do you have my presents yet? Can we open them?”

CHRISTMAS in MARCH



by Craig Larson, YAP Supervisor

I knew that day I would be asked these questions again and again and again, sometimes just moments after answering it for a different child. My answers didn't matter much. I could try to explain the calendar. I could try to explain the seasons and where Christmas falls among them. I could try to give an accurate count of hours, minutes, and seconds until the most anticipated holiday arrived. I could try, but it didn't matter. The answers I spilled out were all irrelevant to my three children. They wanted Christmas and they wanted it now!

This morning I pulled out my ski patrol pack in preparation for refresher. The questions from the kids began again. “What's in that bag? What does that do? Can I try that? Do you ever use this? Why do you have that? What's the tape for?” My mind jumped; tape...to tape your mouths shut so I can study. So I can study in SILENCE. It was my turn to ask the questions. “Why can't I have twenty minutes of silence? Why can't you play outside...play outside far from the doors and far from the windows so I can study in peace and quiet?”

Can you guess how tonight's dinner went? Question after question after question. Don't get me wrong. I love this stage of life – the inquisitive whys, their constant need for knowledge, and the look of amazement when I answer with facts, truth, honesty, and compassion. I don't have all the answers to my children's questions. I never have. I never will.

This is the winter, the winter to get your questions answered. Are you the kid constantly asking the same questions over and over? Are you the kid waiting impatiently for 'your big holiday'? Are you the student seeking knowledge from teachers and parents? Or are you the Young Adult Patroller asking what now? What's next? I want more, but how? This is your time to ask, this is your 'big holiday.' This is YOUR winter!

As the Young Adult Patroller program grows, so does our approach. Regions across the Division are hosting events, Young Adult Patroller Days, in hopes of answering some of your questions. Days designed to meet your needs in a format you can understand—hands on. Remember, I don't have all the answers. I never have. I never will. But I can HELP you get the answers.

Before you get your answers, one needs to know what questions to ask.

- Who is responsible for putting on such events?
- Who can attend these events?
- When do these events happen?
- How much do these events cost?

Most of these answers can be found in more than one place. Every patroller, young or old, should be familiar with the Eastern Division web page. From the Division web page, one can access their region's web page. AGAIN, I don't have all the answers, but I'm comfortable in saying that most regional web pages will have answers to the above questions. Most importantly they can answer the who. Get the name and contact information of your regional advisor. Call them. Email them. Introduce yourself. Ask YOUR questions. ASK about events happening near you and ATTEND them. Check them out. If you cannot get answers locally, contact me.

On a bigger scale we have the Eastern Division Young Adult Patroller Seminar. Young Adult Patrollers from Maine to New Jersey will gather at Jiminy Peak Mountain Resort, Hancock, MA, March 13-16, 2015, to test their skills and get their patroller questions answered. Jiminy Peak is the largest Southern New England resort offering both day and night skiing. With wide open cruisers, short steeps, and some playful bumps, there is enough terrain to entice every patroller.

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

- Three nights of lodging (Friday, Saturday, Sunday)
- Breakfast on Saturday and Sunday
- Dinner on Friday, Saturday and Sunday
- Lift Tickets
- Free skiing on Friday and Monday
- Hands-on Skills Training
- Patroller Skills Competition
- Mystery events
- Swag from some of the ski industry leaders
- And so much more! All for \$375.00!

Attendees from last year's event had great things to say:

Cont'd on pg 10

“What a great event. I had more fun in three days than the whole season at my home mountain. There aren't other Young Adult Patrollers where I ski. I never knew there were so many. I'll be back next year” (first year attendee).

“I look forward to showing off my patroller skills at this event each year. This event gets bigger and better each time I attend—the friends, the hands-on learning, the skills competition, and the free stuff. I broke my goggles two weeks prior to this event and now I'm going home with a new pair—free, and better than the ones I broke! See you next year (third year attendee).

Get your applications in early, postmarked by February 2, 2015, as we cannot guarantee space for late

registrations. A late fee of \$50.00 will be enforced IF space allows. Fill out the registration form on the next page and put it in the mail along with a check.

“Dad, this (event) is so awesome. Can I have a prize? It's like Christmas in the middle of winter.” It's like Christmas in March! If you have never been to an event locally...ATTEND! If you have never been to the Eastern Division Young Adult Patroller Seminar...ATTEND. This is YOUR winter!

And don't forget to like the Eastern Division Young Adult Patroller Program on Facebook and see calendars, photos, giveaways and other YAPs at work!

by JC Cowell, Supervisor

How do I become a Mountain Travel and Rescue Instructor? Good question! I could just give you a list of the prerequisites and send you on your way but that would only be a small part of the answer. Becoming an instructor in any discipline is a process or journey. Depending on the candidate, it can be very short or very long but since this is voluntary, it should be a fun journey, every bit of it.

Let's get on the path and start the journey. First and most important you need to have an interest in the program. Many times that starts with an MTR-1 course. The course exposes you to many different topics that make you a better outdoors person and patroller. Maybe you think this is a lot of fun and practical stuff, and want to learn more.

You should sign up for another MTR course, maybe one of the MTR Enhancement courses that spend a day focusing on one or two areas of the MTR curriculum in detail. Better yet, you take MTR-2. MTR-2 takes your outdoor education to a new level that helps give you the tools, experience, and confidence to deal with almost any outdoor weather and rescue situation.

Anywhere along the path, you may decide that you want to help teach some of this. At that point, you need to reach out to your MTR Regional Advisor and tell them that you want to help. Before I go on, I want to make it clear that anyone approved by the Instructor of Record (IOR) and with proper supervision can

How to Become an



help with a course. So if, for example, you are someone who is fantastic at teaching nutrition, you could offer your services to the IOR and assist with that portion of the class. You won't be certified as an MTR Instructor but you will be helping with the program.

At any time, you can decide that you want to become an MTR Instructor and get on the path; however, you'll need to learn more than your one little piece. As an instructor, you need to be familiar with the whole program and competent enough to assist with any of it even though you're probably much stronger in some areas.

Now back on the path. Your MTR Regional Advisor working with an MTR Instructor Trainer will help find a mentor for you (you should

download a Mentoring Guide from www.nsp.org; you will have to sign in and go to Member Links/My bookshelf/Downloads/Education Forms). That team will guide you on the path to becoming an instructor and help you learn all aspects of the program, including the paperwork.

You will be asked to help teach a few sections of the program with plenty of assistance, supervision, and most importantly, feedback. Once this team is satisfied that you have completed all the requirements and are ready to become an instructor they will fill out some paperwork and submit it to the Division Supervisor who will approve your application and you are now an MTR Instructor.

You've been on the team since you took the first step but now I can say, "Welcome to the team new instructor." However, the journey is not over, you just have a different title now. There will always be more to learn and more to teach. I hope that you consider joining us on this journey. We have a great team and we keep getting better.

Listed below are the MTR Instructor minimum requirements:

- MTR-1
- MTR-2
- Avalanche Fundamentals or Equivalent (A prerequisite for MT-2)
- Instructor Development
- Mentoring
- Observation, feedback, observation, feedback
- Approval

EASTERN DIVISION YOUNG ADULT PATROLLER SEMINAR REGISTRATION

REGISTRATION DEADLINE POSTMARKED February 2, 2015 – NO REFUNDS AFTER MARCH 1, 2015

Registrations received after the deadline will be charged a late fee of \$50, if there is still availability, as space is limited

Fill in completely and return with a \$375.00 check made payable to NSP Eastern Division to:

Craig Larson, 46 Brooks Road, Paxton, MA 01612

Please type or legibly print all information except for signatures.

Last _____ First _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Age _____ Male or Female _____

NSP # _____ Mountain _____

I understand my commitment and responsibilities to the National Ski Patrol while I am attending this seminar.

Young Adult Patroller Signature _____

TO HELP US PLAN, FILL IN THE FOLLOWING;

FREE SKI FRIDAY _____
ENHANCEMENT TRACK _____
ARRIVAL Date _____

FREE SKI MONDAY _____
COMPETITION _____
DEPARTURE Date _____

YAP ___ **STUDENT ADVISOR** ___ **ADULT CHAPERONE** ___ **S&T TE** ___ **OEC TE** ___ **OEC INSTRUCTOR** ___ **TOBOGGAN INSTRUCTOR** ___

*TICKETS WILL BE GRANTED TO THOSE WHO CHECK OFF FREE SKIING FOR THE ABOVE DAYS.
YOUNG ADULT PATROLLERS WILL BE ENROLLED IN THE COMPETITION GROUP UNLESS CHECKED OTHERWISE.*

Advisor/Chaperone attending with Young Adult Patroller _____
Attending adult advisor/chaperone must be at least 21 years of age and be endorsed by the young adult patroller's parent or guardian. No more than 5 young adults per advisor/chaperone

The above named Young Adult Patroller is a registered member of NSP and approved for the seminar.

Patrol Director OR Young Adult Advisor (*Print/Signature*) _____

REQUIRED 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 _____ Emergency Contact # _____

Parent/Guardian Signature _____

Physician's Name _____ Physician's # _____

Insurance Company _____ Policy/Plan # _____

Special Emergency Information/Instructions _____

RELEASE AND INDEMNITY AGREEMENT — REQUIRED FOR ALL YOUNG ADULT PATROLLERS

The undersigned, as a participant, or as a parent or guardian of a minor who is participating in the 2015 Eastern Division Young Adult Training Seminar, in consideration for being allowed to participate in such event, hereby releases the National Ski Patrol System, Inc. and the Eastern Division, Jiminy Peak Mountain 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 2015 Eastern Division Young Adult 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 2015 Eastern Division Young Adult Training Seminar. As further consideration for being permitted to participate in the 2015 Eastern Division Young Adult 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, Jiminy Peak Mountain 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 _____ Participant Signature _____ Date _____

Parent/Guardian _____ Parent/Guardian _____ Date _____

ISSW — An Avalanche of Knowledge

by Les Blomberg, Mt. Washington Ski Patrol

I was honored to be the recipient of the 2014 Eastern Division Avalanche Scholarship which allowed me to attend the International Snow Science Workshop (ISSW). It is the place where college professors and ski patrolers meet and learn about avalanches from each other. Nearly 800 participants from 17 countries attended ISSW 2014 in Banff, Canada. It's an academic and also a very practical conference with scientists sharing the podium with ski patrollers, forecasters, and guides. The name, however, is a little misleading. Snow science is only half the story. Human factors, decision making, and education are the other half.

From the first paper by Paul Baugher discussing how far avalanches can travel to the last paper dealing with the ethical and legal consequences of avalanche accidents, "uncertainty" underlaid the sessions like a persistent weak layer. Roger Atkins, a long-time ski guide and presenter said, "It is important to focus on what we don't know." And, that is what we did for a week.

Better science is integral to quantifying and reducing the uncertainty. Some of the research at ISSW 2014 was very 21st Century, using RADAR, LiDAR, and NiR (near infrared) technology to measure and "look into" the snow pack, or using infrasound and seismic monitoring to detect avalanches.

Some research used very simple technology such as recycled 3-ring binders to try to stop fracture propagation. There was less good old-fashioned digging in the snow than you might imagine, but there is still lots of uncertainty buried there, such as why do avalanche fractures stop where they do? Several papers addressed this.

By midweek, the papers had moved from snow science to the human and not entirely rational decision-makers, just as the industry in general has shifted its focus in that direction. Behavioral economics, dual process decision-making theory, and marketing were featured prominently, as was education.

There were 215 papers presented at the conference. It's not possible to understand

them all, let alone summarize them. One thing I was struck by was the importance of attending this conference. If you like to ski and are good at it, you will be drawn to avalanche terrain. The knowledge that those on the slopes have, however, is behind the current state of the art. At the ISSW, even the textbooks, which might be 5-10 years old, seem dated. Avalanche instructors have to be constantly monitoring and practicing the newer techniques, and ISSW is the place to do that.

There is a cascading flow of information from scientists to instructors and books to students and skiers. Its speed, however, is orders of magnitude slower than a snow avalanche. We need to initiate this avalanche and speed it up.

My take away from the conference was to shrink your uncertainty, understand the residual uncertainty, and calibrate your decision-making to account for that uncertainty. To that end, take an NSP avalanche class, and while attending the ISSW might be prohibitive, apply for the Eastern Division's Avalanche Scholarship. Alternatively, try to get to events like the Eastern Snow and Avalanche Workshop put on by the Mount Washington Avalanche Center. Finally, join the American Avalanche Association. Their magazine, *The Avalanche Review*, will keep you updated and help you close that gap between science and practice.



Chuck Boyd (ED Avalanche Program Supervisor) with Ed Carlson (Assistant National Avalanche Program Supervisor) at the 2014 International Snow Science Workshop (ISSW).

2015 Eastern Division Level II AVALANCHE COURSE



by Chuck Boyd, Supervisor

Whiteface Mountain provides premier training terrain for advanced avalanche courses with its ample lift-served backcountry access to avalanche-prone slides. Join us for the next Level II Avalanche Course and improve your knowledge and understanding of avalanches and rescue operations. Anyone with aspirations of being an avalanche professional or a patroller in avalanche-prone terrain, or who spends a lot of time in the backcountry should sign up now!

The 2015 Eastern Division Level II Avalanche Course is scheduled for March 19–22 (Thursday through Sunday) at the Atmospheric Science Research Center and Whiteface Mountain, NY. Participants should plan to arrive Wednesday evening, March 18. The purpose of the L2 course is to help prepare the patroller and backcountry users for all aspects of avalanche hazards and rescue operations. More information describing the course will be available on the Eastern Division website.

During the first two days of the course, participants will complete the first half of the program by attending a wide variety of presentations by industry professionals, NOAA, and our trained staff of L2 instructors, plus many outdoor exercises including ski tours. Two evening sessions include trip planning/navigation and a rescue simulator session. The simulator is an indoor mockup of a rescue problem designed to provide realistic situations and decision-making typically encountered in avalanche rescue operations. The next two days include the outdoor portion of the course in which participants will ski to field exercises including snowpack and terrain analysis, rescue beacon use, and com-

panion and organized avalanche rescue operations.

Accommodations during the course will be available at the Inn at Whiteface (518-946-2232 or toll free 866-whiteface) very near Whiteface Mountain, with breakfast in their restaurant. We are trying to negotiate a group rate for double occupancy. Reservations can be made online at www.theinnatwhiteface.com. Make sure that you mention that you are here for the avalanche course.

Group dinners are also being arranged for Thursday and Friday night. The evening sessions will be at the Inn. Lunches will be provided at ASRC Thursday and Friday, and for a very reasonable price, trail lunches for the outdoor sessions Saturday and Sunday. Registration cost for the course for NSP members will be \$250 and \$325 for non-NSP members.

Completion of both an L1 avalanche course and a mountain travel and rescue course, within the last four years, is required as a prerequisite. Winter hiking experience, with proper outdoor clothing and ski touring equipment, along with strong skiing skills are also essential. You must be able to ski the black diamond terrain at Whiteface. Interested participants should understand that the outdoor fieldwork is done in a winter mountain environment that involves physical exertion and sustained exposure to winter elements and hazards. Interested participants with physical or medical restrictions must consider these factors before applying.

Attendance is limited, so sign up early! To register for the Level II Avalanche Course, please complete and return this form with a check for \$250 (NSP members) or \$325 (non-NSP members) made out to Chuck Boyd by March 10, 2015. For information, contact L2 Avalanche Instructor of Record, Chuck Boyd at; 860-508-5273 (chucknspavy@gmail.com).

2015 L2 AVALANCHE COURSE
Whiteface Mountain, NY
March 19–22, 2015

Please return this form with payment by March 1, 2015 to:

Chuck Boyd
IOR L2 Avalanche
1 Daventry Hill Lane
Suffield, CT 06078

Name _____

NSP Reg. # _____ Patrol _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

THE ART OF RESCUE

by Marty Silverman, Marketing Committee



If you're tired of ski swaps, raffle tickets, and golf outings as fundraisers for your patrol, consider the novel approach that Holiday Valley and Holimont Ski Patrols in WNY used for their fundraising event this year, tied in with the Ellicottville, NY Fall Festival.

Last October, the owner of the Ellicottville Brewing Company approached Greg Boberg of the Holiday Valley Ski Patrol suggesting that his brewery would sponsor world-renowned performance artist and entertainer, Michael Israel, for a huge fundraising event. He paints larger-than-life canvases on stage with the crowd cheering him on as the canvas spins to high-energy music with flashing color and lights. His work has been described as Cirque du Soleil meets Picasso. His art performance is part David Copperfield, part Jackson Polack, and part Jackie Chan.

His art sells for \$75,000 to \$150,000 and is owned by music stars, movie stars, corporate stars and former presidents. But he has also done many fundraising events for the Special Olympics, the Susan G. Komen Breast Cancer Foundation, and Ronald McDonald House charities.

Mary Lyn Boberg of Holimont Ski Patrol said, "Peter Kreinheder, owner of Ellicottville Brewing is a generous man. His whole family

skis. He wanted to make the public aware of what the ski patrol does, to educate the public, and to support both ski patrols in the valley." Mary Lyn took the reins of the event and ran with it. This was October of 2013—nearly a year in advance of the planned event the following August.

With the support of Eastern Division Director John Shipman, and the advice of Division Legal Adviser Bill Cline, the event began to form. Mary Lyn worked through the winter getting sponsors for the event and developing promotional material. Michael Israel provided the outline and guidance.

Ten months later, on August 2, the event was hosted under a big tent constructed on the outdoor plaza behind the Ellicottville Brewery. Dark clouds and winds threatened the event but did not dampen the enthusiasm of the crowd numbering in the hundreds. After a cocktail event with clam chowder and mussels served by local patroller volunteers, the crowd sat down to a \$100 lobster or steak dinner.

After everyone was stuffed the lights dimmed and Michael Israel strode onto the stage. Spotlights lit up the stage, music blasted from the speakers, and the crowd cheered as Michael when to work. As the large canvases spun Michael splashed strokes of paint here and there. Part of the fun is to try to guess what he's painting as the images reveal themselves, sometimes upside down, sometimes sideways. The rains came, lightening flashed as the lights went out briefly, and a gust of wind almost caused the wall of paintings to crash to the ground, but Michael continued on.

He painted seven in all: John Lennon, Marilyn Monroe, the Statue of Liberty, and others and created two new paintings just for this event, one of a freestyle ski racer and one of an Olympic skeleton racer. Two Olympians from the nearby Buffalo area, wearing their Olympic medals, came up on stage to put their handprints on the skeleton race painting. Michael signed each painting and placed his handprint on each as well.

Then a professional auctioneer came up on the stage to sell the artwork and smaller copies of the originals. The audience, made up of skiers, local business owners, and a number of patrollers bid on each item. The high bid for one piece was \$20,000.

The event raised \$90,000 after expenses. From the proceeds, the Ellicottville Great Valley Ambulance will get \$2,500, and the Eastern Division will get as much as \$7,000 for the Division Young Adult Patrol Program to be used for scholarships for the students to get to the annual Division YAP Training Seminar. The rest will be split between the two patrols.

Mary Lyn said, "We appreciate the support from John Shipman and Bill Cline for helping to make this happen. But we especially want to thank our patrol volunteers and donors for all of their support."



2014 AWARDS

National Appointment

Bradley Van Brunt	11464	CNY
Matthew Miller	11536	SVT
Leslie Kelley	11538	SVT
Roger Carlson	11556	SNY
Clark Goodrich	11558	SNY
Justin Guth	11568	EPA
Steven Burkholder	11580	EPA
Kim Burkholder	11582	EPA
Denise Pascucci	11592	ME
Christine Ludka	11594	EPA
Richard Sax	11596	EPA
Matthew Nebzydosky	11598	EPA
Ronald Baker	11600	ENY
Bart Howe	11606	NVT

Leadership Commendation Appointment

Conrad Brown	8477	ME
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Distinguished Service Award

James Smith	CNY
Tom Merritt	EPA
Joseph Panczer	EPA
Myron Crispino	GV
Maggie Gerlach	GV
Jim Ried	WNY

Meritorious Service Award

Bert Ebeling	CNY
Tom Lipa	CNY
James Wackell	ME
Dave Carter	SVT
Roger DelGiorno	SVT
Garry Keane	SVT
Nadine Martin	SVT
Joseph Sinko	SVT

Purple Merit Star

Larry Burnah	ENY
Virg Hoyt	ENY
Mike Michelson	ENY
Ken Norton	ENY
Don Uhler	ENY
Bob Zande	ENY
Eddie Becker	EPA
Joseph Bennett	EPA
Lynne Lindsey	EPA
Anita Taylor	EPA
Joe Young	EPA
Bill Perkins	ME
Janet Brunelle	NH
Steve Bolduc	NH

Jim Breitenstein	SVT
Steve Cohen	SVT
Dennis Davison	SVT
Doug Fish	SVT
Matt Miller	SVT
Thomas Moran	SVT
Ned O'Rourke	SVT
Phil O'Rourke	SVT
Chris Schilling	SVT
Marcy Moriarty	WMA
Dan Moriarty, Sr.	WMA

Blue Merit Star

Larry Burnah	ENY
Scott Dubois	ENY
Bill Everett	ENY
Bill Honan	ENY
Anna Hoyt (4)	ENY
JR Hoyt	ENY
Bob Hudak	ENY
Henry Jakobe	ENY
Todd King	ENY
Garth Leaning	ENY
Matt Levenson	ENY
Bill Martin	ENY
Mike Michelson	ENY
Ken Norton	ENY
Barrie Potter	ENY
Dan Reilly	ENY
Nancy Rendinaro	ENY
Randy Rock (2)	ENY
Bob Zande	ENY
Danny Garletts	EPA
Doug Rice	EPA
Pete 'Chase' McKendry	ME
Paul Marshall	NH
Bill Taylor	NH
Malthien Levac	NVT
Pat Ploof	NVT
Rob Sibthorpe	NVT

Yellow Merit Star

Tricia Hines	EPA
Kurt Johnston	ME
Isaac Swain	NH
John Amiro	SVT
Casey Gould	SVT
Clement Napolitano	SVT

Patroller Cross

Mimi Cusick	EPA
Jake Felix	EPA
Ken Gable	EPA
Dina Manoway	EPA
Tim Uliana	EPA
Barry Viscomi	EPA
John 'Chip' Child	ME
William Nolan	NH
Sarah Lunn	NVT
Dave Tepper	NVT

Patriot Star

Peter 'Max' Dodge	ME
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Nathan Grace	ME
Lee Murphy	NH
Jerald Rohling	SNY
Sam Bellia	WNY

EDPAA 2013

Jim Clark	NVT
Bruce Dougal	NVT
Kevin McKegney	NVT
Peter Minich	NVT

EDPAA 2014

Gary Atkins	CNY
Martha Christano	CNY
Mary Daniels	CNY
Bill Hamilton	CNY
Hal Hill	CNY
Kurt Hill	CNY
Lynn Lubaszewski	CNY
Tony Martin	CNY
Candy Mathews	CNY
Joe Procopio	CNY
Bill Winkelman	CNY
Moira Blair	CNY
Geff Dennee	CNY
Chris Myers	CNY
Carter Riley	CNY
Mae Audibert	ME
Jan Brinkman	ME
Andrew Forster	ME
Peter Gadd	ME
Dail Martin	ME
Francis Mullin	ME
Carolyn Vail	ME
Jennifer Read	NH
Andy Condon	NVT
Dave Kennedy	NVT
Andre Lavoie	NVT
Susan Allieux	SNY
Patricia Blenk	SNY
Joseph Lauterstein	SNY
Ronald Zavada	SNY
Stew Bartner	WMA
Linda Clifford	WMA
Kirk Garber	WMA
Peter Hawley	WMA
Tony Percivalle	WMA
Ken Schwartz	WMA
Paul Sebben	WMA

National Certificate of Appreciation

Dave Marchand	NVT
Chris Redder	NVT
Steve Truskoski	SVT

Lifetime Membership for 50 Years of Service

Tom Buckley	CNY
John Amiro	SVT

Angel Pin

Lyn Gangi	NH
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AWARDS

or RECOGNITION...

There *is* a Difference

by Jerry Sherman, Awards Advisor

NSP awards are given for things like lifesaving acts (Purple, Blue and Yellow Merit Stars), leadership (National and Leadership Commendation Appointments) and service to the region or division in administrative positions (Meritorious Service Award). A Distinguished Service Award can be given, after at least 20 years of service and approaching retirement, to a member who has made significant contributions to his or her patrol and the NSP throughout their career. The intent and process for securing each NSP award is clearly defined in Chapter 12 of the *NSP Policies and Procedures Manual*. The P&P can be downloaded or just viewed online at www.nsp.org. Every patrol should have an awards person willing to get to know Chapter 12 and recognize when a member is eligible for an award. Every region has an awards advisor who provides guidance to patrols and patrollers in the region and is a member of the Eastern Division Awards Team.

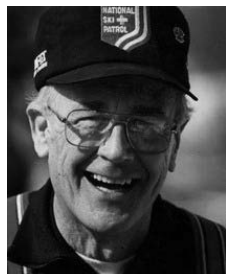
Recognition, on the other hand, encompasses things like Service Pins and Angel Pins. Unlike the nomination procedures for awards, a patrol officer can order recognition items directly from the NSP Catalog. There is a new recognition item available to ski areas who have been affiliated with NSP for 50 or more years. The first one was presented to the Roundtop Resort in Eastern Pennsylvania in October. This recognition is an attractive sign that has all of the NSP logos, the name of the Resort, and the date it became an NSP member. There is a cost involved and this item is not available from the Catalog but your region awards advisor will be happy to assist if your resort became an NSP member in 1965 or earlier.

NSP awards are an under-utilized way to recognize contributions of our members. If your patrol does not have an awards focal point and you have a little extra time please volunteer. Contact information for all members of the Division Awards Team can be found on the division and region websites. We are happy to assist.

In Memoriam

RICHARD "DICK" VIOLETTE

Richard "Dick" Violette, Sr., 85, peacefully passed on October 17 in Delray Beach, Florida.



A man of unusually high integrity, Dick was equally engaging with an easy smile and a genuine interest in the wellbeing of others. He was a loyal husband to his loving wife Beatrice for 62 years, a model father to his four beloved children, and ever-charming grandfather to his two beautiful grandchildren. Dick was a man of unwavering Catholic faith, a daily communicant, and a valuable participant in the

church communities of St. Louis de France, in Lowell, MA, Our Lady of The Miraculous Medal in Hampton, NH, and most recently with St. Vincent Ferrer in Delray Beach, FL.

Those who knew Dick knew well that, amongst his many activities in his community, he was especially passionate about contributing to and advocating for the Winter Special Olympics and the National Ski Patrol. From its nascent days at Bretton Woods in 1982, he nurtured the Special Olympics Ski Patrol into statewide, then national, and eventually international success.

With the help and support of his many NSP friends, whose camaraderie he held dearly, the Special Olympics Ski Patrol participated in the 1989 Special Olympics Winter Games in Reno, NV; the 1997 Special Olympics World Games in Toronto; the 1998 National Ski Championship in Steamboat Springs, CO; and the 2001 Special Olympics World Games in Anchorage, AK.

Dick continued his support of the Special Olympics Ski Patrol well into retirement. He took particular pride and joy in continuing to coach athlete and dear friend "Peter" for the NH State Winter Games.

Dick was born on March 2, 1929 in Lawrence, MA. He is survived by his wife Beatrice of Boynton Beach, Florida; son Richard Violette, Jr.; daughter Patrice Taylor and son-in-law Dr. Percell Taylor; son Robert Violette and daughter-in-law Sandy Violette and their children Alexandra and Michael; son Christopher Violette; sisters Mrs. Roger Petit, Mrs. Robert Lippe and Shirley Violette; many nieces and nephews; and numerous friends—all of whom remain incredibly lucky and better for having been loved by him.

Please make donations to any of the following:

- Special Olympics New Hampshire
- St. Vincent Ferrer Catholic Church
- Hospice of Palm Beach County Foundation

For those who would like to send Bea a card:

Bea Violette, 12767 Hampton Lakes Circle,
Boynton Beach, Florida 33436

*by Gerry Clark
Special Olympics Advisor*

WALTER L. HARRINGTON

Walter L. Harrington, National Appointment #1108 of Hinsdale, NH passed away on March 31, 2014 at the age of 91 following a long period of declining health. He was a World War II Army Air Corp veteran who served as a P51 Instructor Pilot at the Southeast Training Command Center in Georgia and later flew F86 jet fighters for the Massachusetts Air National Guard.

Although Walter Harrington will be remembered as a civic icon and former Trustee of the Brattleboro Vermont Historical Society and the Brattleboro Museum and Art Center, it will be his loyalty to the very mission of the National Ski Patrol and his devotion to its membership that will punctuate his legacy. He was a lifelong resident of Vermont and New Hampshire and served as the Brattleboro, VT Ski Patrol Director at Hogback Mountain from 1946 to 1986 where he received national recognition as a recipient of the Eastern Amateur Ski Association Safety Award. He was also an American Red Cross Instructor for more than forty years and a founding member of Rescue, Inc. in Brattleboro, VT.

Walt Harrington was an innovator who designed, built, and marketed many first-aid devices. One such example is the patented Harrington Whole Body Splint which is an emergency backboard capable of applying cervical traction in the field. Many of his devices are still in use by ski patrols, rescue squads, and ambulance services today.

As the Patrol Director at Hogback Mountain, Walt Harrington was a visionary with a profound expectation of excellence across all aspects of ski patrol work. He lead by example and demanded an extraordinary level of proficiency from every member of his patrol. Education

and training were at the forefront. Fall refreshers were only the beginning. Every duty day began and ended with toboggan and first aid training. Each incident on the mountain was systematically debriefed to not only determine that the right thing was done, but to look for ways to improve upon what had been accomplished. While some might conclude that this was a perk that could only be enjoyed by a small ski area patrol, Walt would have found a way to make this happen no matter where he served.

Walt was an avid proponent of patroller development and actively supported all of the educational programs within the NSP. He strongly supported the Senior and Certified training programs and encouraged his patrollers to continue their service at the region and division levels.

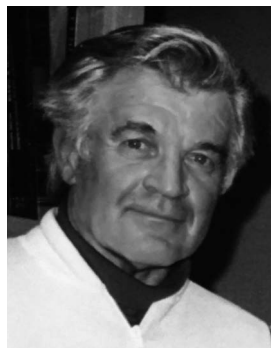
His passion for achievement and devotion to duty was contagious and as a result, many of his patrollers have gone on to serve the National Ski Patrol in a variety of leadership roles at all levels. Long after retiring as Ski Patrol Director, he maintained an intense interest in the ski patrol activities of those he mentored over the years and often made one of his famous shaker boxes to commemorate an important milestone in those careers.

Walter Harrington leaves his wife, Mary, of Hinsdale, NH; his son, Scott, daughter in-law Irene, and three grandchildren of Chesterfield, VA; and one sister, Jeannine, of New York State. Let it be known that his ski patrol family will always remember him as a Father, Brother, Friend, Confidant, Mentor and Leader that will forever be revered, respected, loved and sadly missed.

*by Terry Randolph
SVT Awards Advisor*

In Memoriam (cont'd)

RUDI HARBAUER



Rudi Harbauer, the father of Windham Mountain Ski Patrol, died suddenly of a heart attack on March 22, 2014. We lost a Renaissance patroller, leader, sailor, teacher, and dear friend.

Born in 1929 in a German-speaking area of Czechoslovakia, Rudi learned to ski at age 6 on a pair of wooden skis handmade by his grandfather. Rudi's childhood was interrupted by World War II.

"I was drafted in March 1945 when Hitler was desperate," he recalled. "I was sent to the Russian Front in Poland. I was 15 ½ years old...my infantry company consisted of 150 boys 15-18 years of age...with two horse drawn wagons and two motor bikes. What a sad column. This is what Hitler's desperation came down to."

After the war, the German-speaking Czechs faced racial tension and persecution. In September 1945, Czech authorities evicted Rudi's family and seized their property and home with just 24 hours notice. Taking only what they could carry, Rudi helped his family escape into West Germany, where Rudi worked as a farmhand, nursery worker, and earned a degree as a European landscape architect; he also worked with the German Ski and Mountain Rescue in the Alps.

In 1957, Rudi immigrated to the United States and got a job at Atlantic Nursery in Freeport, New York. His creative use of European landscape ideas and seashore landscaping earned Rudi recognition and awards at the local, state, and national level.

Rudi was also an avid sailor, and is the only man to have competed in the first 31 Around Long Island Regattas. Other maritime adventures included sailing aboard the replica of the *Bounty* and crewing 30 days across the Atlantic on a Polish Goodwill 45' sailboat which was finishing up an around-the-world trip. Rudi named his sailboat "Bohemia" after his "lost-forever birthland."

Rudi met his wife, Lois, in 1958 on a ski trip planned by her cousin. Rudi agreed to teach Lois to ski if she would teach him to swim. At first, Lois found Rudi too serious. They went out a couple times, but she just considered him a friend. When it was time for her to teach Rudi to swim, her attempts seemed a total failure. "Every time I took my arms away, he sank," she said. "Finally, I said, 'I can't do this!' and turned around to walk to the beach, where a crowd had gathered to watch this show. They all started laughing, and I couldn't figure out what was going on. I looked back and saw Rudi swimming out to sea; he had taken his lifesaver's patch off his bathing suit!"

Rudi's sense of humor won her over, and they were married on December 7, 1958. Rudi's love for skiing led him to build a little ski house in Windham, New York, next to Cave Mountain (the peak Windham's ski area is built on). At the time, it was a 500-foot-vertical area with a T-bar and four trails. Rudi's European accent and knickers got him hired as a ski instructor before the place even opened, and when

he disclosed his first aid background, Rudi became the first patrol director. He borrowed some toboggans from Karl Plattner at nearby Hunter Mountain and founded the Windham Ski Patrol, which he directed until 1979.

Rudi's impressive patrol career spanned 50 years. In 1968, he received National Appointment Number 3308 from Minnie Dole himself. In 1972, Rudi earned Certified Number 21. He later became a Certified examiner, earned a Yellow Merit Star, and in 1987 received the Distinguished Service Award from NSP in recognition and acknowledgement of dedicated and compassionate service.

Rudi never stopped innovating or teaching. He took genuine interest in helping anyone and everyone he could, whether it was treating an injury or giving some tips on improving skiing techniques. Virtually every member of Windham's patrol family got a lesson from him at some point.

Dinners at the Harbauer's were always a special treat, complete with fine German beer, perhaps some Jägermeister, and a card game that was bound to result in fits of laughter. His humility, kindness, humor, and wisdom showed through in all his endeavors and encounters.

At the top Windham's west peak, there is a memorial stone to honor "patrol family" members. At this year's refresher weekend a brief memorial service was held and Rudi's name was placed on the stone with family and friends in attendance.

Rudi is survived by his wife, Lois; daughter, Suzanne (Burton) Lee; son, Steven; as well as grandchildren Katarina and Kolton. He is also survived by his sisters Helga Lubber and Anna Harbauer, as well as his brother Wolfgang (Maureen) and many nieces and nephews.

We miss you... *Howard DeVennish, Patrol Director
Windham Mountain Ski Patrol*



Lois Harbauer adding Rudi's name to Windham's Memorial Stone