



NOR'WESTER

PACIFIC NORTHWEST DIVISION—NATIONAL SKI PATROL

VOLUME 52 ISSUE 3

DIVISION UPDATE

By Dave Ulrich— PNW Division Director

dulrichnsp@msn.com

As are all patrollers, I am excited about another ski season starting. The forecasters say that this year looks to be a good one like last season. Some areas are waiting for just one more good snow storm, while others need the sky to open up and dump. I look forward to traveling to your areas and skiing with as many patrollers as I can.

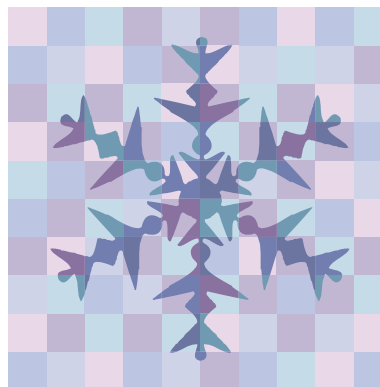
Refreshers are mostly behind us and we are getting geared up to hit the slopes. I just attended my home patrol's refresher and stood back for a few minutes to watch the activities. Patrollers and instructors from other patrols around the Region attended. It was great to see ideas being shared while making sure that basics were covered. I would like to personally thank every Instructor in the Division for the time and effort that it takes to be involved and help put on your Patrol's Refresher every year. A lot of time, effort and dedication go into each refresher. **Thank you.** In a note from National they have sales of around 14,000 copies of the OEC 5th Edition Books.

Voting – Have you voted in the NSP National election yet? And yes, I understand that some of you may not vote but I encourage you to do so. I would like to see 50% of our Division voting instead of the 9% as in the last election. Elections are open until Dec. 1st, 2011. PNWD needs to have more voters participate in order to have our voice heard at National.

Scott Kaden – PNSAA President has sent a Thank You for donating \$5000 to our Partner's - Pacific Northwest Ski Areas Association - to help produce their Safety Video that will be played and promoted at most Ski Areas this winter. This will go a long ways in helping support our National Charter of supporting Safety in Skiing and Boarding. There will be a short article in the Ski Patrol Magazine on this also.

Please plan on attending the 2012 Convention at the Holiday Inn in Springfield, Oregon. Dates are August 10-12, 2012. Please put it on your calendar now and save the date. More information in the next Nor'wester.

David C Ulrich, Pacific Northwest Division Director,
dulrichnsp@msn.com
1-801-369-2731



Inside this issue:

| | |
|---------------------------------|--------------|
| Membership Benefits | 2 |
| Young Adult Program | 3 |
| Inland Empire Region | 4, 5 |
| Transportation | 5 |
| Oregon Region | 6 & 8 |
| Northwest Region | 7, 8 |
| Wy'East | 8 |
| Southern Idaho Region | 9,10, 17, 18 |
| Awards Snow Sense Correction | 11 |
| Avalanche | 12 |
| OEC Patrollers | 13 |
| Nordic Ski Flight 2012 | 14 |
| The Skeleton in the Closet | 15, 16, 18 |
| Registrar | 18 |
| Ski Flight 2013 | 19 |

NSP MEMBERSHIP BENEFITS

By Dave Ulrich, PNW Division Director

dulrichnsp@msn.com

In addition to the camaraderie you will enjoy with your fellow patrollers on the hill and the lifetime friendships you will make, being a member of the NSP has several other important member benefits. Here is a short list of some of the exclusive things you will enjoy as an NSP member.

NSP Education Courses

You've already passed your Outdoor Emergency Care course, and will continue to take annual continuing education to keep your skills sharp. However, NSP offers many other programs to help you further your development. NSP is the greatest provider of avalanche education in the U.S., and offers six different avalanche education courses up through Level 2 Avalanche for Rescue Personnel. Our Mountain Travel and Rescue courses are designed to help you learn backcountry search and rescue skills. For those who enjoy teaching others, our Instructor Development program teaches you strategies and techniques for becoming an instructor.

Shop the NSP Winter Catalog

Every year, the NSP puts together a catalog only available to NSP members that's packed with deeply discounted items related to patrolling and outdoor recreation. These discounts provide you with a substantial savings on retail pricing. Among the brands you get discounted pricing on are Patagonia outerwear and layers, Polarmax base layers, Auclair and Hestra gloves, Ortovox backcountry gear, Columbia and Deuter backpacks, and of course, first aid supplies.

Patroller Education Conference 2012

On April 12-14th of 2012, NSP will be hosting its Patroller Education Conference at Copper Mountain in Colorado. Join us during this exciting event and attend mountain clinics, listen to great speakers, and ski with your fellow patrollers. Included in your registration is a 3 day lift ticket, 2 breakfasts, 2 lunches, 2 receptions, and a dinner along with our hospitality nights.

NSP Pro Page

Not only are there specific products that ski companies sell to patrollers through the *NSP Winter Catalog*, but there are a host of companies offering discounts on ALL their gear. Patrollers can also receive discounts on skis and snowboards from Rossignol, Dynastar, Head, Nordica and Flow, and sunglasses and goggles from Bolle, Smith and Rudy Project. There are many other companies that offer discounted gear through the Pro Page, including Subaru, Yakima, Mountainsmith and SWIX.

Ski Patrol Magazine

Published three times annually, *Ski Patrol Magazine* is an entertaining and educational publication packed with information that's highly relative to patrollers. Each of our educational and training programs have an article that will teach you something new related to the program. Division and region news will keep you on top of events and happenings at patrols around the country. Also, in each issue there are 2-3 feature articles on a host of topics, including patrolling, skiing, and outdoor recreation.

The Sweep

Published monthly and sent via e-mail, *The Sweep* is a newsletter that will keep you in the loop on news from around the NSP, including pending board elections, marketing, new sponsors, communications, education news, sales happening in the online catalog, and developments related to legislation that could affect you on the hill. As a member-driven organization, NSP is committed to providing opportunities for all NSP members to take on leadership roles. NSP has a national volunteer staff that helps direct awards, history, legal issues, and other issues, as well as opportunities for patrollers to take on roles as Region and Division directors to provide a forum for issues that affect their local patrols to be heard and addressed.

Thank you for being a Patroller,

David C Ulrich
PNWD Director



YOUNG ADULT PROGRAM ADVISOR REPORT

By Dave Brown, PNWD YAP Advisor

dbrown@ncelec.com

Young People Can Be Valuable Additions To Your Patrol Team



We call ours The SPY team – the Ski Patrol Youth. Their amazing willingness to help with a flurry of patrol activities is regularly demonstrated. For starters, our tireless SPY team members put in 10 hours each at the Ski Swap patrol fund raiser. They act as patients for the annual In-Town OEC Refresher. For the on-hill training, they act as lost skiers and often get stuck way too long on the damp, cold, chair lift for evacuation practice. And with our appreciation,

our SPY team members clean and stock the ski patrol aid room. They have taken on an integral role for getting us ready for the season.

The SPY team itself has its own pre-ski season check off list with activities such as team member and family orientation time, becoming certified in CPR/AED qualifications, and participation in an in-depth BSI course— before they hit the slope.

During the season, the SPY team checklists are used as skill guides. They serve as a framework when evaluating an individual member’s skills, and as a way to let adult patrollers know which skills SPY team members can be expected to comprehend and safely perform. All learned skills are based on the Patrol Policy and Procedure Manual.

The SPY team checklists are broken down into two broad areas: an Aid/Patrol Room Orientation Section and a Ski Area Awareness/Hill Safety Section. The Aid/Patrol Room Orientation is then divided into Aid Room Care Responsibilities, Communications, and Routine Aid Room Duties /Noon Weather Report sub-sections. Each of these has 10 to 20 skills to be covered and checked off.

The Ski Area Awareness/Hill Safety Section is divided into History and Structure of National Ski Patrol, Willamette Pass Ski Patrol, and the Willamette Pass Resort. It also includes sections on Equipment Location, Incident Management, Morning Sweep, Evening Sweep, Helicopter Evacuation, and Bamboo and Fencing. Again these are individual skills to be checked off under each of these sub-sections.

On a flow chart, The SPY team is nested in the National Ski Patrol’s Young Adult Patrol (YAP) program and is designed to encourage and support our youth as they determine how to shape their adult lives. In this symbiotic relationship, the Willamette Pass Ski Patrol has become reliant on members of their SPY Team for all of their pre-season Patrol activities. Some patrols have members that started this way many years ago and even more poignantly, what an incredible way to mentor our “potential new” patrollers.

A YAP SPY team benefits everyone with:

- Extra help for your patrol.
- Extra hands when needed.
- Develops responsibility and accountability in young persons.
- Develops life-long friendships.
- Provides an opportunity for seasoned patrollers to share wisdom and knowledge.
- Ties your local patrol into the community for PR purposes by engaging our youth.
- Provides liaisons to youth groups that use your area such as snowboarders, etc.

With many hours of reflection, I can’t think of a better win/win situation!

Have questions or need a little assistance with your program? Call or write me – I’m here to help.

Dave Brown
dbrown@ncelec.com

INLAND EMPIRE REGION

By Sonia Van De Brake, Inland Empire Region Director

sonybaker@hotmail.com

Having just returned from vacation I was thrilled to arrive home to 5'' of new snow in my yard. Most of the resorts in our area have received snow and are making plans on opening soon; I'm looking forward to an early and long season.

I had the pleasure of visiting three refreshers this year, it's always great to have the opportunity to check out the other formats and take home some great ideas to improve things at your own area. We like to set our standards high, with lots of hands on, BSI throughout the day & scenarios that are start to finish. We even added 4 on the hill scenarios that took place during Chair Lift Evac, so people would have plenty to do rather than stand around and watch. The format was well received by everyone and worked great, and thanks to Mother Nature we had a beautiful Fall day.

I'm looking forward to attending the clinics listed at the end of my article and helping out with our Senior program. We have a great program and invite everyone to attend, visit or help out; it is a great way to improve your OEC and/or S&T skills.

Speaking of skills, Cindy Fenick attended the conference below. I think her insights are worth sharing, just goes to show you what a great group of people we are.

Thanks Cindy!

Ski & Mountain Trauma Conference sponsored by Saint Alphonsus Trauma Services (Boise, ID), 4-5 November 2011 @ Sun Valley, ID:

There was a rounded population of Orthopedists (Surgeons, Physicians, RNs, and Techs), Paramedics and EMTs, Military Medics and ski patrollers. By the itinerary, I was under the impression the presentations were geared more for first responders or back-country wilderness medics. As it turned out the medical experts talked more about expedition medicine – mountain climbs in the Himalayas, K2, Mt McKinley, or any peak over 14,000 feet! The environment may not have related to most folks in the audience, but the changes in the field due to research at these elevations affect everyone, to include frostbite treatment, CPR, EPI administration (by ski patrollers and other first responders), and Head Injury Management. Very enlightening material – although I'd like to hear more presentations in backcountry or wilderness environments where patrollers and EMS folks would typically respond.

The conference also held break-out sessions where very experienced and knowledgeable instructors taught groups of 10 or so people on how to improvise traction splinting and litters, creative splinting, survival systems, pelvic, femur, and neuro injury simulations, dislocation and pain management and so on. Extremely beneficial to share "tricks of the trade" and knowledge with other medical responders, whether urban, rural, or backcountry. The two days sailed by and people were reluctant to leave, eager for more learning and networking. One thing I found really surprising is that most paramedics and EMTs who service the regions near Sun Valley were quite unaware of the extensive training and skills we ski patrollers have acquired. One of the new EMTs was "first on" for a skiing scenario. He had no clue what to do on his own without the benefit of his normal team and access to the ambulance. I had to walk him through the whole assessment/sample process while he waited for help. During the debrief, he and his EMS counterparts were really impressed with what we ski patrollers bring to the table! I would totally recommend attending at least one of these annual conferences. Fees are very affordable for ski patrollers and the accommodations reasonable. The take-away is priceless!

Wishing you a great season. If you already wear a helmet thanks, if you don't please consider it, send a positive safety message to our skiing and boarding public, you only have one head, please take care of it. Pray for many snow days

Sonia Van De Brake, Inland Empire Region Director

(Article Continued With a Calendar of Events on Page 5)

TRANSPORTATION ADVISOR REPORT

By Jeffrey Weitz, Transportation Advisor

jw@northrimpx.com

Well our season is off to a great start with all of the clinics and refreshers getting us geared up for another great year in the Pacific Northwest. This season I would like to focus our S & T training on providing more Regional clinics for our coaches and IT's to instruct at their respective areas.

In lieu of having one S & T Coach/ IT Calibration for our entire Division as we have seen in past years at White Pass, I am asking that each region schedule and hold their own Calibrations to insure that those Patrollers and Coaches/ IT's in their respective regions will not have to travel so far to get their Calibration Clinics completed this Season. The Wy'East region is offering their clinics in conjunction with the Oregon Region this season.

We are in the process of scheduling various Women's Clinics throughout the Division to increase the opportunities for the Women in our Patrols to gain the proficiency to become coaches and trainers. Heather Van Houten is our Division Women's Training Coordinator so if you are interested in holding a Clinic at your area get in touch with her. She will be available to help coordinate the clinics this season. We will be hosting the first Clinic at Mt Hood On Jan 14th and all Women are welcome to attend.

We will be hosting our annual Nuts and Bolts Clinic at Timberline again next year which is scheduled for June 1st, 2nd, and 3rd so put it on your calendar and plan to attend

one of the best training opportunities of the year in our Division.

There is also discussion about offering an additional Nuts and Bolts on Advanced Terrain at Crystal Mountain this season if we can work out the logistics with the area. This Clinic will focus on Skiing and Toboggan Techniques on Advanced Terrain and should be a whole lot of fun. Stay tuned for more information on this as the season rolls on.

If you have any suggestions about specific training that you would like to see us plan for in our Division this season please do not hesitate to e-mail me and let me know what is on your mind. I always welcome your comments and the sharing of information amongst the many diverse patrols which make up our Division.

Let it Snow!

Jeffrey Weitz,
2011-2012 S & T Division Advisor
Wy 'East Region Senior S & T Advisor
Mt Hood Ski Patrol - Hill Captain

Continued From Page 4—Inland Empire 2012 Calendar of Events

- | | |
|--|--|
| January 7 th & 8 th | S&T Instructor Calibration Clinic – Mt Spokane - kthrogmorton@yahoo.com OEC Instructor Calibration Clinic – Mt Spokane ryanmu@comcast.net |
| January 21 st & 22 nd | S&T Enhancement Clinic – Lookout Pass kthrogmorton@yahoo.com OEC Enhancement Clinic – Lookout Pass ryanmu@comcast.net or cookgl@comcast.net |
| February 4 th & 5 th | Southern Idaho Clinic kthrogmorton@yahoo.com |
| February 11 th & 12 th | S&T Enhancement Clinic – Loup Loup kthrogmorton@yahoo.com OEC Enhancement Clinic – Loup Loup ryanmu@comcast.net or cookgl@comcast.net |
| March 3 rd & 4 th | S&T Sr Evaluation – 49 Degrees North kthrogmorton@yahoo.com OEC Sr Evaluation – 49 Degrees North ryanmu@comcast.net or cookgl@comcast.net |
| April 14 th | Region Meeting – Spokane, WA |

OREGON REGION REPORT

By Craig Thornley, Oregon Region Director

thornley@cs.uoregon.edu

I remember when I joined the ski patrol in 1999 hearing veteran patrollers refer to OEC as WEC. Over 20 years after the change, some still do! Some people just don't like change, I guess.

At this year's OEC refresher I was in charge of a scenario that included using an airplane splint within a quick splint for a knee injury. Some patrollers came to the scenario and said something to the affect of, "We've always used cravats over the quick splint for as long as I've been a patroller, and that works just fine. Why do we need to change?" Some were more vocal than others, but, refreshingly, there were many people who came in with open minds realizing that this was yet another tool to put in the quiver. I found it interesting to see the wide range of attitudes and approaches.



And the same goes with the new OEC book in general. I've seen and heard a couple of "rants" from patrollers about all the new material in the book. I'll admit the number of new acronyms in the new book was a bit overwhelming even to me at first. SAILER, CHEATED, BEAN, SOAP, ... yikes! Why do we need to change? I would hope that if we keep our minds open; realize that the changes have been very well vetted; and understand the OEC program has a greater reach than just providing emergency medical care for injured skiers and snowboarders, it might be easier to embrace them.

If you are resisting change, is it because you have specific valid reasons, or is it just because you don't like change in general? If you do have specific valid issues, you have advisors and/or board members who are ready to listen and to help. But you might also think down range. Are you going to be the old fogey who still refers to Bridge Lifts while everybody else is looking at you

thinking, "Who's the outdated curmudgeon who refuses to accept change?" Or worse, "What is he talking about? I never heard of that lift. What are we supposed to do?"

So what's new with the Oregon Region? Nothing, 'cause we hate change.

Seriously, we did have our annual region meeting on September 25 at Sarah Aitken's little cabin in the woods near Willamette Pass, mind you on the same weekend and place as last year. The slate of advisors and appointed board members only saw one change: Shelley Urban, your hard-working NorWester editor, is also now the new Oregon Region Awards Advisor. Val Stilwell, from Willamette Pass, is going to serve on Shelley's awards committee. If you'd like to get involved and also serve on that committee with Shelley and Val, let either one know.

The annual Oregon Region Nordic Clinic is scheduled for January 28 and 29 at Hoodoo. Cost is \$10.00, and sleeping accommodations will be in your sleeping bag on the floor in the old lodge. See the region website or contact Joseph Calbreath for more info.

The Senior S&T and EMM schedule has been finalized, and the combined Oregon/Wy'east finals will be held at Mt Ashland on March 31 and April 1. All of the dates are listed below. You can contact Asst OEC Advisor and EMM coordinator Laurie Coventry or S&T Advisor Al Klascius if you have any questions that aren't answered on the website.

Speaking of which, be sure to check out the region website (<http://www.nsp-orre.org/>) for any updates and/or ... changes!

Enjoy the start of your season.

Craig Thornley
Oregon Region Director
thornley@cs.uoregon.edu

(Oregon Region Calendar of Events Continued on Page 8)

NORTHWEST REGION REPORT

By Liz Dodge, NW Region Director

liz.dodge@nwr-nsp.org

As I write this it is stormy outside, with high winds and large crashing waves on Puget Sound, hail is falling in hard chunks about the size of miniature marshmallows, making the yard look like a snowfield. There has already been one white storm in the mountains. With all this I am happy to report that the NW Region is alive and well, and looking forward to a snowy, fun, and productive season.

Instructor recertifications, OEC and CPR refreshers are behind us as are most of the area's 'on hill refreshers'; candidate training is underway, and registrations should be almost complete; so now it's just a matter of time and weather before we are all on the slopes again doing what we do best patrol.

The region held its fall planning meeting on September 17th with 7 of 9 patrols represented by patrol directors and almost all of the region program advisors were present. The meeting went well, with a lot being accomplished including many events being set to the calendar for the year. The region will again have a full complement of course/program offerings. Our program advisors are putting the final touches on their plans and schedules; so watch the region and national websites for postings.

One Avalanche Level II class has already held its classroom sessions and will finish up when the snow depth is appropriate. Avy 1, MTR 1 and 2 classes are scheduled as are a variety of other programs.

Senior Program - We expect a fairly large Senior candidate class this season and look forward to successful outcomes. However everyone needs to remember that while passing the final is a bonus, it's the education, skill improvement, and learning from others from around the region that is the most important thing. The final evaluations for all disciplines will be on the weekend of March 10-11, 2012 at White Pass. Applications for the senior program must be turned into the Region Sr Program Coordinator, with a copy of the applicants NSP member profile by no later than January 1, 2012. Send them to Nicole Dodge at dodge.nic@gmail.com

Instructor Applications – Following the normal completion of the prerequisite courses for the discipline and the Instructor Development course, patrollers interested in becoming instructors must complete an Instructor application. This application and a copy of their NSP member profile must be sent to the Region's Instructor Development Pro-

gram Administrator – Bernie Goddard at bhgod-dard@aol.com. The application will be logged onto a master list and then sent on to the discipline specific program administrator. If you have questions on this process or your instructor status; please contact either Bernie or myself.

Some disciplines within the region may be looking for additional IT's this season. Being an IT is a job and not an award or merit badge. IT's are recommended by the region administrators and approved/appointed by the PNWD program supervisors as needed. Appointments are for one year. If there is no need, the appointment will not be made. Likewise if a current IT is not doing the job they very likely will not be reappointed. As an IT you are responsible for the quality of the program. You make sure that that the standards of the NSP program are being followed, that instructors are utilizing good teaching techniques, and following program requirements. As an IT you will be required to travel outside of your own patrol. You will be asked to IT at courses, refreshers, clinics, and in OEC you will very likely be asked to attend and assist with the Senior EMM clinics. Talk to the region administrators for more information.

Region Awards Banquet - The Miller Memorial presentation and Region Awards Banquet will be a bit different this next spring. The White Pass patrol is our host patrol and they are planning an event over in Benton City (aka Eastern Washington) at the Kiona Winery. So, save the date - April 21st and plan on a road trip to attend this banquet. They are hoping to encourage people come to the east side of the state and do some biking, winery touring, etc... during the day before or after the region banquet. More information will be forthcoming in the near future.

Opportunity Knocks - There are some region positions that remain unfilled (Co-webmaster, Nordic Advisor, and Legal) for which we are looking for interested patrollers. If you have an interest in one of these areas or if you have some other special talent and area of interest that you think would benefit the region, please let me know.

The future starts now ... Recruiting - It is not too early to start thinking about recruiting new candidates for next year. As you meet skiers on the hill this winter, take the time to ride the chair with them and/or take a minute and talk to them about the NSP and patrolling. If they sound interested get their name and contact info and give it to your patrol director or candidate (Continued on page 8)

We are looking forward to a busy and snowy year. Due to a computer issue I'm going to have to keep this simple and wish all of you a Happy Thanksgiving and Healthy and Joyful Holiday Season. Following is a list of upcoming events for Wy'East Patrollers.

Wishing you all the best,

Jim Trett
Wy'East Region Director

Wy'East Calendar of Events:

- December 3—Nordic Training
- December 6—Senior EMM
- December 11 - S&T Coach Calibration
- December 12—General Meeting
- December 17—S & T Coach Calibration
- January 7 and 8—EMM Clinic
- January 14—Tentative Date for a Women's Clinic
- January 15— Senior S & T Clinic at Mt. Hood
- January 22—Senior S & T Clinic at Bachelor
- February 11 — Wy'east Region at Mt Hood
- February 19 — Wy'east at Mt Hood
- March 24 — Wy'east at Mt Hood
- April 1 — Joint Wy'east and Oregon Regions
S+T Finals at Mt Ashland

training advisor. You've planted a seed and with proper follow-up and a bit of watering with information, you'd be surprised how many new recruits can be cultivated.

Take advantage of the program offerings and patrol camaraderie this season. Teamwork is essential. Remember it's not; what can this organization give to you; but rather the skills, energy and enthusiasm that you bring to the organization that makes it so much fun and rewarding.

Any Patrollers in the Region who have a questions, concerns, or ideas that they would like to discuss should contact me via email at dodger@ix.netcom.com or phone at 206-300-7711.

Check your Tires and Antifreeze, Think Snow and see you on the hill!

Liz Dodge
Northwest Region Director

Continued from Page 6—Oregon Region Calendar of Events

**2011–2012 Oregon and Wy'east Regions
EMM Training for Seniors**

- **December 8** — EMM pre-meeting, 7:00 p.m. at Sarah Aitken's house in Eugene
- **Dec 16** — EMM pre-meeting, time TBD at Ashland, OR
- **January 7 & 8** — Joint Wy'east and Oregon Regions EMM Clinic Mt. Hood
- **March 31** — Joint Wy'east and Oregon Regions **EMM Finals at Mt Ashland***

*Arrangements have been made for group rate lodging for this year's EMM testing on Friday and Saturday nights. Ashland Hills Hotel (Windmill Inns) has rooms for \$99 + tax per night, based on double occupancy. Reservations are due by February 29. The reservation number is 541-482-8310 or 800-547-4747.

**2011–2012 Oregon and Wy'east Regions S&T
Training for Seniors**

- **December 11 & 17** — Wy'east S+T Coaches clinics-at Mt Hood
- **January 14** — Women's Clinic (tentative) at Mt Hood
- **January 15** — Joint Wy'east and Oregon Regions at Mt Hood
- **January 22** — Joint Wy'east and Oregon Regions at Bachelor
- **January 29** — Oregon Region at Hoodoo Santiam Patrol
- **February 5** — Oregon Region at Warner Canyon
- **February 11** — Wy'east Region at Mt Hood
- **February 12** — Oregon Region at Willamette Pass
- **February 19** — Wy'east at Mt Hood
- **February 26** — Oregon Region at Mt Ashland
- **March 24** — Wy'east at Mt Hood
- **April 1** — Joint Wy'east and Oregon Regions
S+T Finals at Mt Ashland

SOUTHERN IDAHO REGION REPORT

By Phil Dixon, Southern Idaho Region Director

phily1@live.com

Well, “Tiz the season to think snow!” And along with that come refreshers, clinics (both senior and enhancement), meetings, setting up your local ski area for the upcoming ski season, senior evaluations, ho! and did I mention skiing! The Southern Idaho Region is going to be a busy one with all this and more. Please make note of the date change for this year’s Senior Evaluations. It has been moved to the 2nd. weekend in March (10th – 11th) instead of the end of February. I am including in this article the minutes from this year’s Fall Region meeting as they contain all of the information for this upcoming year.

Phil Dixon—Southern Idaho Region Director

Southern Idaho Region Meeting –

Minutes have been edited. For a full copy see the Region Website October 15, 2011- Call to order at 0810 am by Phil Dixon, Region Director Roll call and Advisor booklets: see attached attendance list.

Introductions. Clark Noble, National Board Rep. Connie Fellows, Division Registrar. Division Director Dave Ulrich. Division Senior Advisor Tom Fellows. Division Medical Advisor, Jim Kopp

Southern Idaho Region positions filled: Andy Youngblood will be Assistant Region Director, Tom Fellows is the new Treasurer and Hank Gimmel is now the Assistant Treasurer, Tom Muncy is new Snowboard advisor.

Approval of last meeting minutes. Minutes: moved and seconded, motion passed.

Old Business

Region Bylaws/Policies & Procedures—draft is being worked on. If any patroller would like to add or adjust these, let Phil Dixon know.

Advisor Reports

Treasurer—Hank Gimmel/Tom Fellows

- Budget – see attachments
- Tom Fellows reported on budget information for past year and proposed for next year. The Reserve fund is being developed up to two years of operating budget for a special event or function (This is in accordance with IRS guidelines). This year the budget shows a transfer of \$1500 to the reserve. The RD budget amount was increased o \$2000 this year. Senior Test fund remains same at \$400. Awards budget was for \$800, only spent \$213.70, so next year’s amount will be \$500. There is a budget amount for \$300 so that Tom Fellows (treasurer) can attend the Region meetings. Standards budget was increased to \$800 from \$500. OEC budget remained same as last year, as did Avalanche, Mountaineering, Nordic, Instructor Development, Equipment, Registrar and Snowboard and Legal.
- Eddie Orbea Memorial Fund went to Special Olympics last year.
- The Avalanche advisor funds are used for the National Avalanche School Fund/Avalanche Special Training fund to assist some patrollers to attend the National School. The amount would increase by \$500 each year, and be capped at \$1500. Every other year the region sets aside a scholarship for the National school. The Division Senior Cross Calibration did not have any money budgeted this year. The contingency fund was where the Division refund was included, and this year has dropped considerably.
- The motion was made to accept the budget, and seconded. Discussion included questions about the Division Senior Cross Calibration, and whether the Division would continue to fund that. The intent was that the Division would fund part, but that the Region would be responsible for a portion of the fund. Robin asked that \$500 be put back in this fund. That transfer would drop the Unappropriated Funds amount to \$385.59. Motion to approve the budget as amended was passed.
- Tom explained that requests for reimbursement must be submitted within 30 days after the expense is incurred. This is so that the reimbursement checks can be sent out within a timely manner. All requests must be approved by Sep. 30 in order to be included in the budget year.
- Life Flight. The billing has been on an individual basis for several years. The fee per family has increased to \$55 from \$35 in October, 2011. Hank Gimmel has applications if anyone is interested in joining.
- Eddie Orbea Memorial. Two suggestions were put forward: the 10th Mountain Division Foundation, and the Wallowa Avalanche Center. The Willowa Center is setting up a station at Anthony Lakes and has asked the Ski Resort for assistance in the amount of \$400. Dave Ulrich proposed that the Eddie Orbea fund be given to the Avalanche Center this year, and to the 10th Mountain Foundation next year. The final decision will be made by the Region Director with input from patrols and patrollers. Straw poll was in favor with some dissention and discussion about leaving options open for next year.
- IRS/Patrol Taxes Report. Info on the deadlines for submission has not yet come from Division. Tom will have deadlines and info will be submitted by those deadlines, and patrols that do not send info will be dealing with IRS on their own. This is a very important issue, and patrols and patrol directors are responsible for compliance.
- Dues—1 year in reserve discussion. The Region is building up the reserve to the 2 years operating expense limit.

(Continued on page 10)



Southern Idaho Region Report Continued From Page 9

Instructor Development – Carol Fountain

- The process of becoming an instructor in the NSP system has changed. The first part of an Instructor Development course is now done on line. Once a patroller has completed the on line portion, he/she then attends a formal class to complete the rest of the course. The patroller then receives a certificate of completion. The remainder of the route to become an instructor remains the same—the patroller is assigned a mentor in the discipline in which the patroller prefers to teach. After teaching several classes under the guidance of the mentor, the instructor candidate is observed by an Instructor Trainer and if successful can be signed off as an instructor.
- If a patroller is interested in becoming an instructor, the patroller should contact the Instructor Development instructor in the local area.
- There will be an Instructor Development course in the Boise area in November. Interested patrollers should contact Carol if they are interested in attending.
- It was also noted that some people do not have internet access and therefore cannot access the Instructor Development course on line. Carol will contact the NSP office and see if those people can do an ID course as it was done in the past.
- Mike G. commented that the new OEC book has no instructor's manual with it, and that the on line version is 2500 pages, with no page numbers on the manual. It is a financial and printing problem to print out the instructor's manual.
- Mike Gooderham also indicated he would like Instructor Cards in his patrol be sent to the IT rather than directly to the new instructor, so that a special presentation could be made at a patrol meeting, giving recognition to the individual for becoming an instructor.

Co-Awards—Carol Fountain.

- Last year there were only a few awards given at the Region Meeting. This year there are 9 awards to be given out. Thanks to the patrols that submitted the nominations. Shame on Anthony Lakes and Payette Lakes for not believing they have patrollers worthy of awards.
- Dave Kennedy asked if some sample forms could be given to PD's to pass on to the patrol awards person. Carol agreed to send some samples of various awards out to patrol directors.

Dale Luther no report

Auxiliary – Robin Ulrich

- Robin needs to know if there are any Auxiliaries going for Senior so that the appropriate senior scenario can be set up. Last date to notify her is January 1.

Registrar – Earl Esson

- Earl needs to know who is going to do registration in each patrol. Connie Fellows came out with a new spread sheet last year. There have been changes to the reconciliation sheet within the last few days. There is an entry for active military/inactive. First submission must be Dec 1, 2011. If you don't make your first submittal, there will be a \$50 late fee per patrol. The late fee from national occurs as of Feb 1, and does not mean postmark date, but actual reception at the NSP office from Connie. The NSP fee after Feb 1 is \$10 per patroller. Get changes of Patrol Register to Earl if any.
- Carol Fountain asked that any changes to the PNWD Directory be submitted to her so they can be included in the minutes.
- National/Division changes – Copy for each Patrol Director

Avalanche – John Taggart: See attached report from John.

- Classes – When and Where; There were several classes around the Region with the exception of Soldier Mtn. Some of the information at Division related to instructors not completing paperwork. John will discuss this and some possible solutions with instructors.
- Last year was a problem year because there was a class attempted at Soldier but it didn't happen. There was a Level One class scheduled for Bogus Basin and no one showed up for it. That is totally unacceptable. Another issue is expectations of instructors. John will be working with instructor candidates next week to provide information about expectations.
- AV 1 for Rescue Personnel, Anthony Lakes, 4 students, Mike Gooderham
AV 1 for Rescue Personnel, 705 Back Country 37 students, S. Rodriguez
AV 1 for rescue Personnel 15 students, S. Rodriguez
AV2 for Rescue Personnel, 5 students S. Rodriguez
AV1 standard 11 students, S. Rodriguez
- Courses are a means of recruiting new members to NSP
- Tom Fellows commended John for increasing the numbers of instructors during his term of office. John has given his 2 year notice for his term of office; he will resign in 2 years so a new Avalanche Advisor will need to be appointed then.

Legal – Dan Norris—no report

Equipment – Dusty Maland:--no report

Nordic – Gail Jorgensen

- Nordic Senior - There are not enough people in most patrols to put on a Nordic Senior. The suggestion was to have some cross region training. Some interest has been expressed by Wy'East Region. There will be a Nordic clinic at Hoodoo on the weekend following Martin Luther King weekend. Dan Miller will be the keynote speaker at that clinic. Some of the other regions would like to connect with So. Id. Region to provide a Senior Nordic Test.

Mountain Travel and Rescue – Mountaineering – James Hasse – no report

Snowboard – Tom Muncy

- Tom's plan is to ask patrols to put on snowboard clinic at a resort, with emphasis on toboggan handling. Enhancement training will come later on. Patrollers who come should have form signed by PD attesting their competence on boards.

Medical – Jim Kopp

- In the new catalog, the new CPR mask is available and approved by the Medical Committee.

Webmaster – Andy Kaddas/Earl Esson

- From Earl Esson: Currently on Bogus' web site as well as the Region web site, there is a place to sign on with patrol number and name, which puts you into higher security area, allowing you to post pictures and articles. Earl will try to put current PD's phone numbers into the web site, so that people can find out who to contact in patrols. There are walls so the general public cannot access the information of names and addresses.
- Earl asked that PD's send contact information and dates for refreshers so that it can be included on web page. Also send *(Continued on page 17)*

AWARDS ADVISOR REPORT— Recognizing Those Who Serve

By Rich Maris, PNWD Awards Advisor rgmaris@msn.com

In opening the runs of this article, and keeping with my own banner motto, Recognizing Those Who Serve, I need to make three corrections to my September Awards article:

A Wy'east (Mt. Hood), 50 Year Member not included in the list of awards of the September Norwester, was Nunally Johnson, who received a pin and award at the August Convention.

Next, unintentionally omitted from the list of patrollers who have passed from our ranks in recent years but mentioned by Dave Ulrich at the convention Sunday morning, was Hank Lewis, Mt. Hood Member #22 and National Patrolman #78, of the Wy'east Ski Patrol.

Lastly, recognition and hearty congratulations go to Buzz Bowman, once again of Wy'east, who in celebrating 66 years of service this season, is still pulling sleds after having joined in 1946. His patrol celebrated his 65 years last Spring. I wish him continuing good health and abilities to continue serving the public as well as being a role model for this patrol and the rest of us.

My personal apologies are given to these patrollers and Wy'east Region for these three omissions. In making future recognitions of patrollers who pass from our ranks in the NSP, it will be helpful for all of the Patrol Representatives and the Region Directors to keep a current listing as they are known and recognized from within their patrols and regions. From there they can be passed on to my attention by the first of July so that we may consider how we may appropriately recognize them at the division level and convention. Dave Ulrich and I will review how this may be accomplished in the future.

Now that you have your patrols in full action, nominations and incidents that need to be recognized will have begun to

arise. Don't wait until a "more convenient time" to gather the information and draft the nomination. Time and delay are the enemies of recollection and data gathering.

You will see some nomination guidelines for this season posted on the PNWD web site, in the slide show from the 2011 Convention. These are bullet points only and not full descriptions. New nomination forms have been promised to be available for downloading. In any eventuality, use the most current forms and instructions from the current NSP P&P Chapter 10, also downloadable from the NSP website.

Start early; gather complete information soon; draft and review to perfect the nomination; and if in doubt, don't hesitate to email me, through your Region Awards Administrator, a pdf for my review and possible clarifications and suggestions to craft a successful award nomination. Remember, that in multiple nominations for trauma or medical merit star incidents, every nominee must have their own specific nomination packet and documentation that highlights their own services and minimally speaks to the roles of assisting patrollers who need to have their own services brought out in their own nomination forms.

Lastly, remember to consider using a Yellow Merit Star for excellent administrative services as well as the medial incidents which are most commonly thought of. The instructions are the same when completing either one.

A correct nomination the first time is always easier than a revised one that has to be resubmitted. Your Region Awards Administrators are there to help you. Ask their advise as they can save you time and energy in the submission of your upcoming rounds of nominations.

Rich Maris 541-345-4566
PNWD Awards Advisor

Snow Sense 5th Edition, 2011 – Correction

The 5th Edition of Snow Sense became available mid-October 2011. There is an error in the spacing for an organized Probeline. The correct spacing is in the recent NSP avalanche publications. The following errata should be added to copies of this 5th Edition.

ERRATA

Page 120, 121: Change 2 feet (60 centimeters) to 20 inches (50 centimeters)
Page 121: Change 70% to 88% (Lin & Henry Ballard, Dale Atkins)

Jill Fredsten has made the change in the electronic version. The printed version will be changed at the next printing, probably available Fall 2012.

AVALANCHE ADVISOR REPORT

By Drannan Hamby, Avalanche Advisor

bdhamby@bendbroadband.com

It's a very busy time of year. Lots going on, some associated with PNWD Avalanche work and some associated with OEC Refreshers and OEC classes.

I had the privilege of attending this year's classroom session of the National Avalanche School (NSA) at Snowbird, Utah, Oct. 23-27. As part of that trip I enjoyed camping out a couple of nights in the Nevada high country, far from civilization's light pollution. The sky was the most magnificent I have seen in many a year. The milky way was so bright someone with good eyesight might have read a book from the light, simply beautiful.

A number of other PNWD patrollers were in attendance at the School. Some that I recognized: Jim Hutchinson, Michael Murphy, Chago Rodriguez, and John Taggart. And, some that I didn't know but saw their names on the roster: Dustin Balderach, Brian Biggs, Sarah Cohen, Dale Eldredge, James Evanelista, Jeremy Fenno, Mike Haft, Shannon Hagen, Greg Halberg, Paul Harrington, Tessa Morris. As usual, the NW Region was well represented; ten of the fifteen attendees from the PNWD were from the NW Region! NW Region sets an example the rest of us need to emulate.

Some general comments about the NSA. I attended the International Snow Science Workshop (ISSW) last fall at this same time and then NSA this year. If you are wondering which to attend and why, my impression is that the ISSW is more about current research and what new is going on in the avalanche field. NSA provides a more practical summary of avalanche theory and practice from some of the best educators in the avalanche field. Some of the better known of those individuals include: Ethan Green, Dale Atkins, Karl Birkeland, Doug Chabot, Larry Heywood, Bruce Tremper and Knox Williams. ISSW emphasizes 20 minute reports or current research and observation; NSA emphasizes hour long lectures and multi-hour practical workshops. With NSA there is pre-meeting homework, and a two hour final exam at the end of the session. And of course, NSA follows up its classroom sessions with a four day "on the hill" practical at a later date in the winter.

This year the lectures for the NSA are on disk, and for those Regional Advisors who were not in attendance, I will be sending copies of that material to you and you may distribute it to your instructors if you wish. I wish I could include all of the visual materials that were included in the lectures; but alas, they are not on the disk. Some of the visuals were spectacular; e.g., Doug Chabot's pictures from

Montana, Alaska, and Central Asia. There is good lecture material on snow pack, snow profiles and tests, terrain analysis, formation and release, meteorology, stability evaluation, control and hazard mitigation, wet snow forecasting and control, human factors and rescue operations. Some of the workshops involved plotting and interpreting snowpit data and a lot of familiarization of and use of the Snow, Weather and Avalanches (SWAG) book.

One interesting bit of trivia that stuck in my mind, which you may want to check for validity—more people were killed in the U.S. last year in tree wells than in avalanches. Perhaps this stuck with me because I have worked on two of these incidents in my patrolling career.

Being at NAS this year, my second trip to the school, just reinforced my conviction that we should be sending more patrollers to both NAS and ISSW. The snow science is interesting and the information is pertinent to all of us who recreate on snow and/or work at developed ski areas. Especially our Avalanche Instructors should be attending these events to stay current and improve their skills and knowledge.

I don't have many Avalanche Courses registered yet in the Division, and few refreshers. We ought to be convincing our new patrollers that an avalanche course is valuable background to patrolling, and that a review and update of avalanche knowledge and skills is both interesting and valuable practically to our old timers. Good to get the area pros involved in your classes too; let them know that you are interested in area safety and willing to put in extra time and extra effort to be useful to the area's safety program.

Have a great early ski season.

Drannan Hamby
PNWD Avalanche Supervisor



OEC ADVISOR REPORT

By Janie SanRomani, OEC Advisor

jsanromani@comcast.net

By this time of year most of us have completed our OEC Refreshers. I hope that it all went well for you in this challenging year, and that you are all getting familiar with our new 5th Edition. If you haven't noticed, the corrections for any errors in the 5th Edition are listed on the NSP website under Education Resources, OEC, OEC 5th Edition Revisions. If you have trouble locating these Revisions, please feel free to contact me.

Many OEC classes have been completed already or will be soon with our new candidates ready to start their on the hill training and combine all their new skills with the mountain training. The OEC Classes dealing with the 5th Edition have also been a challenge for everyone this season – candidates and instructors as well—and I commend all of you for your patience and openness to learn new and different techniques. There will be a national OEC Supervisors meeting in Denver early in December and if any of you have any major concerns and would like them brought to National's attention, please contact either your Region OEC Advisor or me so that I might take that information with me to this meeting.

Soon regions will be starting their Senior EMM programs so be sure everyone is up to date on the new skills. Even though some area protocols do not allow some of the new skills, patrollers are required to be familiar and proficient with them. The Senior program deals with leadership and the ability to be a competent OEC technician in any area of NSP—not just the local area in which we all patrol. This is

true for all patrollers not just seniors.

For those of you that are instructors, please remember to complete all paperwork for any classes within two weeks of class completion. If the classes are not closed properly and in a timely fashion, everyone suffers. The new Education Program Support Coordinator is Sarah Hadsall at shadsall@nsp.org. She has taken Carol Hudson's position and is the person to whom you should send all class information. Also, do remember to keep a record of any teaching that you are part of—OEC classes, OEC refreshers, EMM training and evaluating, they all count towards fulfillment of your instructor recertification. This last year the Division put on an Instructor/IT recertification clinic and this upcoming year, it is up to the various Regions to put one on locally. Each instructor needs to attend one of these at least every 3 years. Your advisors have just completed the chore of recertifying those instructors whose recertification date is 12/2011, so please make it easy for everyone by keeping good records yourself to send to them each year.

Thanks again to all patrollers who have successfully completed their Refreshers and are getting to know their way around the 5th Edition. It might be akin to teaching “old dogs new tricks” but I am confident we can all adapt and adjust to new ideas to better assist the public in Outdoor Environments. Keep up the good work.

Janie SanRomani, PNWD OEC Supervisor
jsanromani@comcast.net

PATROLLER ADVISOR REPORT

Jodie Jeffers, Patroller Advisor

tailwaggin1@mac.com

Hello everyone! At the time of this writing the update from Auxiliary to Patroller has been completed and finalized by NSP. If you recall this was from the *NSP RFBA 07-08 Auxiliary to Patroller* that has been in the works for some time. Please, if you have not had a chance to review the latest NSP Policy & Procedure, I encourage you to do so not only for this but for your general reference.

- Go to www.nsp.org, sign in and click *Member Services*.
- On the left side, click on *Member Links* and choose *My Bookshelf*.
- Under *Reference & Resource Materials*: Choose *NSP Governing Documents*.
- On the Right, *Downloads Here*: Click on *Current P&P Manual 2011/2012*

This will offer the latest P&P for you to peruse through. Chapter 7, is the Member Guidelines and Policies, a great chapter to start with!

I am looking forward to hearing from you and hope that this becomes a great snow year for all!

Thank you!
Jodie Jeffers, Patroller Advisor, tailwaggin1@mac.com

NORDIC ADVISOR REPORT

By Joseph Calbreath, Nordic Advisor

calfam3@comcast.net

Nordic activities planned this season:

Nordic Ski and Toboggan clinic.

Where: Hoodoo Ski Area, Santiam Pass, OR.

When: January 28/29 2012

The clinic will be registered as a Ski Enhancement Seminar. It will be taught at the Senior level but open to all patrollers. We will cover classic, skating, and Nordic downhill. Also covered will be emergency shelters, toboggans, and raising and lowering systems. Lodging will be provided in the old lodge (sleeping bags on floor). There is room for some Friday night lodging for early arrivals, please let me know. Saturday dinner and Sunday breakfast will be provided for participants. Lunches will be on your own and will be in the field on Saturday. The cost will be \$10. Schedules for the clinic will be available by contacting Joseph Calbreath at calfam3@comcast.net.

With the changes coming in the Nordic program we will need more Nordic Instructors. The new training protocols will require all new Nordic Patrollers to complete the new Nordic Skills Course. This course is comprised of a list of

60 skills that must be preformed for Backcountry Nordic Patrollers and 30 skills for Resort Nordic Patrollers. In order to prepare for these changes we are going to need new Nordic Instructors. All current Nordic S&T Instructors are grandfathered in. All new Nordic Instructors will have to complete MTR 2 and Instructor Development. In order to complete MTR 2 you must have also competed MTR 1 and AVE 1, 90% of the 60 skills are covered in these three classes.

We are planning a Nordic Clinic at Summit Central at Snoqualmie Pass, WA the first weekend of March 2012 to let prospective Nordic Instructors teach some of these skills and have an IT evaluate them. It will also be a great opportunity to work as a group to developing how this course is going to be taught as a whole. If you have completed MTR 2, or are an MTR Instructor and would be interested in becoming a Nordic Instructor please contact Mitch Winters at ka7yer@comcast.net and mark this clinic on your calendar. If you would like a copy of the new Nordic Skills list please contact me.

Joseph Calbreath, PNWD Nordic Advisor
calfam3@comcast.net

PATROLLERS DEPART FOR NORWAY

By Jack Melill, Ski Flight

jack.melill@juno.com

Saturday Februarys 4th is departure day for twenty four patrollers, family and friends for *Lillehammer, Norway* and twelve days of skiing.

The group will meet in *Lillehammer* for five ski and exchange days with the local **Norway Ski Patrol** before moving on to Oslo and then the **Snow Train** to *Voss*. More ski fun and meeting with local patrols before bussing to *Bergen* for sight-seeing and R & R before enplaning back to the **USA**. Many are flying **Icelandic Air** with a stopover in **Iceland**.

Attending this year's **Ski Symposium to Europe (Ski Flight)** are: **Jack Melill** Leader Alpentel, **Duane Ecker** Bachelor, **Sally (Melill) Seelye** Alpentel, **Jim and Yaant Best** Mamouth, **James & Janice Skaga** Sun Valley, **Don & Diana Wadsworth** Bachelor. **Col. Larry & Marilyn Hicks** Bachelor, **John Choi**, Pennsylvania. **Dan Paulson**, Snoqualmie, **Deborah Riehl & Ralph Jarvins**, Snoqualomie, **John Pedersen & Kathy Hampton**, Snoqualmie, **Diana Cristea**, Stevens, **Kelly Hays**, Nordland, **Paul Podett** Md, MT. Hood, **Steve Gorton & Laurie Heuermann**, Snoqualmie, ,and **Doug & Julia Dominguez**, Snoqualmie.

Jack Melill
Ski Flight Advisor
Jack.melill@Juno.com

The Skeleton In the Closet

Written by Dr. Ed Smuckler, Submitted with Permission by Liz Dodge—NW Region Director

Just for fun and maybe a little education
Reprint [with permission] from a very old SASPWatch [patrol newsletter] – Oct/Nov 1974
Hey, even most of today's SASP patrollers weren't around to read it the first time.

THE SKELETON IN THE CLOSET

Written by Dr. Ed Smuckler

A tremendous response.. (Of one who will remain nameless for fear of reprisal).. to “Knee Knots”, has enabled us to prevail on Ed for another in his series of first aid essays. (If he reads this, he will also learn for the first time that it has become a series.) But in any event, our thanks to Ed for taking the time and trouble to help give us a little more insight into the various injuries we are concerned with as first aiders. Here is his latest thought provoker under a title born of his own ingenuity.

Since Skiing is a sport designed to test the metal of our skeletal system, it is appropriate to start with some general background.

What plasticity the jellyfish has floating through the sea, but of what little use this plasticity was when our adventuresome predecessor left the primeval ooze. In fact, when plants and animals (or more correctly their early ancestors) decided to try an environment with a density much less than their own, a structural member to support and sustain the body was necessary. As far as the animal kingdom was concerned, two approaches were tried, one group developed the skeleton on the outside (the insects) and the other developed an internal skeleton (among other vertebrate, that included us).

The change to a terrestrial environment also added new problems. All the clam has to do is to filter seawater to get all it needs to eat. It is recognized that there are some humans that gain weight by breathing air and drinking water (hydropneumonic obesity), but for the vast majority of the animal kingdom this fare is insufficient. Man and other beasts have to search for their food and to do so they must be mobile. If you have ever had the misfortune of having a limb casted you will recognize that the skeleton had to have some type of hinge to make things go. There also had to be some type of spring to bend the skeleton and to transfer this energy to a motive force. Our skeleton with its joints and muscles is just that setup, it is also the target for the interaction of snow, skis, and a bad trip.

The structural components of the skeleton are the bones (the muscles and joints will be discussed sometime in the future). There are two kinds of bones (in general), long tubular ones and flat ones. The latter are found in the skull, sternum, and pelvis; the former are the bones of the arms, and legs. Almost all bones have a central cavity that is filled with marrow. This central cavity is used for blood formation in the young and also in our age group. It is filled with fat (unfortunately not the only fat deposit for most of us). An important point to remember is that some of the arteries that feed the bone travel in the marrow space. The main part of the tubular or long bone is a relatively cell poor calcium phosphate mass, some like in consistency yet capable of considerable remodeling. The surface of the bone is covered with a thin transparent membrane, the periosteum. This membrane has nerves and an abundant vascular supply.

Bones change with age. Before, and for a time after birth, the bones are not completely mineralized, that is, the calcium phosphate has not yet precipitated on the necessary framework. In fact, the protein framework of bones is formed of the same type of material that makes good shoe leather. With postpartum like the bones become more calcium phosphate and less gristle, and consequently more brittle. The salts that are precipitated onto the matrix become more and more set, rendering the bones even less elastic and still more brittle.

So, as long as we stay away from autos, skis, ice skates, contact sports, muggers, and in fact remain wrapped in cotton we are in no danger of inadvertently altering this state of the bones. On the other hand, if one of these bones is subject to twisting or bending, misery can occur. Since the bones are part gristle and part stone, the effect of the stress will depend upon the magnitude of the stress, its orientation and the part of the bone that is inelastic (stone) and that which bends (gristle). In younger children the bone will bend considerably before it snaps; but, on the other hand, we older folk are subject to less bending and more snapping – a fracture.

With the break, the periosteum, the membrane covering the bone is torn and is also pulled away from the surface of the bone. At the instant of the fracture there is significant pain associated with the tearing of the membrane, but immediately thereafter the pain decreases. Usually the fellow is so surprised, scared and hurt by the fracture that they will not notice the difference. With the break in the bone and the tearing of the periosteum there are a number of blood vessels that are also (Continued on page 16)

The Skeleton In the Closet Continued From Page 15

ruptured and the bleeding starts. This further undermines the periosteum, both stretching it and ripping it free of the boney surface. This is the source of the continued and increasing pain. As if things were not bad enough, almost all fractures are associated with some deformity. The swelling about the fracture site, the bleeding into the fracture site and the fact that the muscles contract to stabilize the fracture all make things infinitely worse. It is about this time that you as a patroller come on the scene.

Both young and old are hurt and scared. The pain and the fact that they may have heard a “snap” all assure them that they have a fracture. The muscle spasm, the granddaddy of all charley horses, further scares them and, if the injured part is deformed, then all hell has broken loose. Incidentally, this is one time when you probably will have little difficulty with the diagnosis. But what about the jock that says, “it only smarts a little”. He heard no “snap” and there is no deformity. Simple, Treat all bone injuries as if they were fractures!

It is assumed, since you are an NSP patroller, that you will reassure the poor patient, will keep him warm, and give tender loving care, so lets get back to the potential break. Your role is to prevent further injury. Nature didn't intend the area fractured to become a joint, motion in this new boney discontinuity will complicate the fracture and may delay healing. Your first goal is to prevent any mobility at the fracture and to do this by splinting the injured part.

This new design (the break) is not compatible with the original structure. The muscles that work on these bones will pull the pieces in odd directions, and will do so with a vengeance because of the muscle spasm. For this reason it is essential that any fracture be splinted in such a manner that the joints on either side are also immobilized. Splint the injury at the place where you find the patient. If necessary, and if you have the nerve, straighten the fracture if it cannot be splinted, but remember once you have started to straighten a limb you are committed. Powerful pulling, parallel and persistently, prevails. In general there is less pain associated with a straightened limb than one that is deformed.

The bleeding about the bone is a normal part of fracture repair. The amount of blood lost into this new cavity can be considerable, especially if the femur is injured. The swelling about the fracture site is a reaction to the injured tissue, and may become a problem. It takes time for the swelling to occur; but it's a matter of minutes not hours.

With our interest and our patient population these fractures can and do occur in the ski boot. A rule of thumb says that you can't get two quarts of water into a point bottle; therefore, the added volume of the edema to the limb in the boot makes things tight, to say the least. There are two parts to this, one is the pain that the closed space swelling engenders, and the second is the fact that this swelling may compromise blood flow, adding to the discomfort and to the probability of permanent injury. Since even the best team on a toboggan takes some time to get to the aid room, the limb in the D-J [fixation splint] should also have all appropriate buckles and restrictive clothing loosened.

Once in the aid room the boot (if it is a lower limb that is injured) should be removed and the cardboard immediately applied. It may not be necessary to tape the splint immediately and cold packs may help to combat the swelling. Once the D-J is off, and if the peripheral pulse has not been tested previously, make sure that there is both blood flow distal to the injury and that the toes or the fingers can be moved. This should be noted on the accident form together with a notation of the time. For all fractures the patrol doctor on duty should be notified. It is his role to ascertain the need for narcotics, and to render care that he feels essential. It is our role only to get these people to the aid room, to get them splinted and on the way to definitive care. Although it seems cruel, you can take comfort in the fact that no one ever died from pain alone.

Almost all fractures heal, even without any more care. Without realignment of the ends of the bones there is both a functional and a cosmetic loss; but, nonetheless, the bone heals. Modern medicine, with the help of a frustrated carpenter (orthopods) sets about helping it along. Once the bones are aligned the carpenter sets the whole thing in plaster to make certain they stay that way.

The next phase of the healing process is one of the more fascinating things that happens. The blood that leaked into the fracture site clots, and then is slowly replaced by connective tissue. This forms a large knot around the break, called a callus. This process takes several weeks and produces an internal splinting that is quite strong, but not as good as the original bone. With time (months), this callus is replace by bone so that the fracture site is not a thick boney mass. If this is where it all ceased many of us would have rather knobby extremities, but one other step follows. The bones and the fracture site are remodeled. Remember that the stony part of bone only becomes permanent with advanced age. In younger people the bone is able to be remodeled so that the large outer part of the knob, the callus is removed, the marrow space is reformed, and the bone is streamlined. It is this plasticity that makes possible functional and anatomical bone reunion without the necessity of a perfect anatomical rearrangement, easing the chores of my fellow saw bones.

(Continued on page 18)

Southern Idaho Region Report Continued From Page 10

any other information that patrols want included: Region Web Page – www.nsp-sir.org, Ideas and improvements, Patrol Web Pages: www.bbsp.org and www.nordicskipatrol.org

Standard-Skiing & Toboggan – Ken Laubacher

- A copy of the Senior Manual has been sent to PD's. PD's should make sure Senior Candidates have a copy of the Senior Manual, as stated in Patroller's Manual.
- Applications due January 1 to Ken. Written essays and scenarios due to Robin Ulrich on the same day. Include name and patroller number and patrol and a way to contact you on the form.
- Dates: Senior Clinics
January 7-8, SEMM Saturday, S&T Sunday at Brundage
February 4-5, S&T Saturday, SEMM Sunday at Anthony Lakes
- The application includes 'phone number' and 'email address' as revisions. There is a space for the candidate to include completed electives, and the candidate should also include the date taken and location taken and instructor. There is a location on the application for the patrol director's signature that the candidate is qualified to take the Senior. Patrol Directors need to verify that the candidate has completed all the electives needed for the Senior, or in process of completion. This allows the Region advisors to identify needs for enhancement seminars if needed.
- Eddie Orbea Senior Evaluation
Host is Bogus Basin March 10-11, 2012
- Travel to Senior Evaluation other Regions. Ken attended NW Region test at Snoqualmie area. He learned several things there. Ken's request is that PD's pay attention to paper work so that he has less work in that area.
- Dave Kennedy asked if a candidate wants to test, but can't do the dates due to a conflict, can the patroller ask to go to another region. The answer is that a person who has a conflict must obtain permission of the region director and advisor in the region in which the patroller wants to test.
- Tom Fellows stated that a patroller can take a senior test anywhere. The problem is in the deadlines for paperwork. The communication needs to go through PD to Region advisor, then to the other Region Advisor.
- If a candidate applied in prior years they do not have to reapply, but need to notify Ken and Robin so that space can be provided.

OEC - Robin Ulrich/Karen Jensen

- Robin got an email that refreshers were going to be on-line, with a certificate to take to the hands on component. Robin dissented vociferously.
- New OEC Book - Karen presented an update on the new OEC book. She developed this for Bogus Basin so that their OEC class could go on as usual in April/May.
- Scheduling Senior: for next year at Anthony, for either last week in Feb or early in March. Anthony PD will get on the schedule and notify Robin soon.

Patrol Directors Reports:

- Anthony Lakes: New manager, changed ownership last year (Union County now owns area). Peter Johnson is new manager, former patroller at Mt. Bachelor, has several certifications. He is developing a snow study location at Anthony. Mark Anson, who had been elected PD, moved out of area, so Kevin Cassidy moved into the PD role. A current OEC class is going on, 11 candidates. 2 candidates to complete Senior this year, plus 2-3 more possible new candidates. 2 new OEC instructors, and 2 in mentoring process. Mike Gooderham suggested that the NSP and PNWD and So. Id. Region celebrate the NSP 75th anniversary. He would like to have something significant to commemorate the event: perhaps a logo to go on a piece of clothing. Mike would like to suggest that the So. Id. Region promote the anniversary. The NSP celebration will be in Denver in January 2013. Mike would be glad to work on the celebration, and perhaps get something developed in the next few weeks. If any patroller has ideas, contact Mike
- Bogus Basin: The area is in the process of replacing the Superior Chair on the back side, it will be a high speed Doppelmeier lift. The replacement means that the ski patrol building on the top of that lift had to be changed. There will be a new building as dispatch and response center. The building will be at the location of the motor room of the previous lift. There are currently 14 candidates. There were 169 people at refreshers. There have been 150 attendees at the on-the-hill. It has been reported that there are 14 people signing the interest list for Senior.
- Ferguson Ridge No report
- Payette Lakes: Ralph Miller. Good year last year. Refresher is Nov. 5, visitors welcome. If interested contact Chris Vetter. Expectation is lots of snow and skiing. Possibility of 3 new candidates. Possibility of 1-2 Senior Candidates.
- Soldier Mountain: Ron Reed - Instructor refresher is Oct 29 and patrol refresher will be Nov. 12. Are management says they will open Dec, 15 depending on snow. There are possibly 3 candidates. There are some Senior Candidates that need to complete components but at this time no new candidates to complete the entire Senior process.
- Soldier Mountain Pro No report
- Southern Idaho Nordic: The orange bags given out at this meeting were donated by Idaho Parks and Recreation. 1/10 rule, 1 minute to get breathing under control, Free ski day by Idaho Parks and Recreation Jan 7. The patrol is working with various groups to get people to get along in the terrain. Dogs are now welcomed at Gold Fork as well as Whoop-Em-Up. Grooming will be done approximately once per week.
- Spout Springs: No report
- 705 Back Country Nordic: New Patrol Director is Dave Butler. Busy year last year with all the classes completed. 69 students in avalanche classes. Two representatives from the patrol have gone to Chile and Argentina this year to teach avalanche. Health care provider CPR classes are provided for dental clinics and offices, and the patrol was invited to the Idaho Dental Society meeting in Sun Valley this year to teach CPR. The patrol donated 1 Avie 1 class to the wilderness 2 OEC candidates this year; these people have back country experience. The patrol also assists the Boy Scouts in accomplishing scenarios. Last year the patrol assisted the Boy Scouts in a full blown gunshot wound scenario with full moulage and Life Flight. One young patroller has set up a web site called SnowGeek.org where a no-avalanche-knowledge patroller can obtain info about avalanches.

Section Chiefs Reports:

- Deb Brown: no nothing to add to the PD reports.

New Business:

- Division dues stay at \$10 for one more year. So. Idaho Region dues are \$15.
- Convention 2012, Host: Oregon Region, at Springfield, OR.

(Continued on page 18)

PNWD REGISTRAR REPORT

By *Connie Fellows, Registrar*

fellows@bmi.net

Registrations for this year are slowly trickling in and the clock is ticking to receive, or be postmarked, your patrol's first registration packet. This must be done by December 1st to avoid your patrol being assessed a \$50 registration late fee. There are a number of registration batches pending, but I have not seen the actual paperwork!

Southern Idaho Region, you need to send your registration packets to Earl Esson, SI Registrar.

Please remember to submit 3 copies of the following forms/reports along with checks made payable to National Ski Patrol, PNWD, and your region: PNWD Reconciliation Form, NSP Dues Payment Summary Voucher, and NSP Detailed Dues Submission Report.

To avoid a \$10 per patroller late fee from National, I have to have submittals to the National office by February 1st! This is for returning patrollers only, not candidates!

As always, if you have questions or issues, please either call me at 541.566.2268 or email at fellows@bmi.net.

Connie Fellows

PNWD Registrar

The Skeleton In the Closet Continued From Page 17

All in all, it's more the healing capabilities of the body than the efficacies of the medical profession that leaves the skeletons in our closet so properly aligned, without any help from certain sports.

2011 notes

On Ed: Ed was both a patroller and our medical advisor for several years. Back in those days, patrollers were required to attend an annual medical lecture put on by a local physician. Ed's lectures were always a highlight of our annual refreshers across the NW Region. He had a wonderful sense of humor and loved to teach and entertain his patrolling friends. Professionally Ed was the chief of Pathology at the UW. After patrolling with SASP for a number of years he moved to California and patrolled at Tahoe for quite a few more years where he continued his quest to teach and entertain his patrolling friends.

On the article: As you probably all noticed as you read this, times and protocols have changed a bit here and there over the years, but the basic treatment ideas have remained the same. Just for clarification on a point using 2011 standards, No we don't need to call in the duty doctor for every fracture. Refer to your area protocols.

Southern Idaho Continued From Page 17

- Region Meeting Fall 2012, Host: Spout Springs. More info to come later.
- Edie Orbea Senior Evaluation 2013, Host is Anthony Lakes. The date will be sent out within a week or so.
- If patrols have active military personnel, be sure to notify Earl so he can process the info and pass it on to the Region Director and Division Director.
- Heather asked the PD's to check with her to identify the S&T instructors.

Report from John Taggart, Avalanche Advisor

- Please find attached the presentation (two formats) we reviewed at SI Region Meeting last weekend. Enclosed in the file is a table with specific NSPS courses registered this year for Avalanche Education. Last year we registered a course in Boise that was cancelled due to lack of interest: I need your support to encourage patrollers to take advantage of these education opportunities.
- We will be marketing these courses in a few different ways this year, and the primary venue for students to sign up is through the web and using these registration links. We will post these courses to local Patrol, SI Region, and Division calendars, through the avalanche forecast centers, and if possible through the universities and recreational retail stores.
- As part of this year's development plan, I have created registration forms and links for students to submit their information to each course. These registration links, once submitted, dynamically create a web document which matches NSP Course Completion records format. The IOR then updates this web document on close of the course, and can submit the CCR direct to NSP. You will see hotlinks in the presentation and table below which redirects the students to these registration forms.
- We have had several discussions at Region and Division about NSP members having limited access and service to the Internet, so we will include contact telephone numbers so the IOR can register the student directly if they fall in this category. I will work with Mike and Patty Gooderham as the acid test to determine feasibility of using this type of registration on dial up!
- There is the course summary location including registration links located on the region website.
- Please provide me any feedback you have as we continue development of our learning tools and processes. Your feedback is always welcome.

Ski The Alps of Italy & Austria *Explore-Venice & The Ice Man* *Ski Flight 2013*

February 1-12, 2013

Here's the opportunity to ski **the Alps of Italy and Austria and St. Moritz**, visit the 5,000 year old **Ice Man** and explore fabulous **Venice**, all on **Ski Flight** next year.

EXCHANGING TIPS AND TECHNIQUES

Plans are to meet and exchange tips and information with the **Italian and Austrian Ski and Rescue Groups**. These events, part of the **Ski Symposium to Europe**, include valuable information sharing as well as fun social occasions. Many long term relationships are made.

TOUR DATES

Dates are February 1 to 12, 2013 to fly into **Venice, Italy** and meet at our deluxe four star hotel, and spend two days exploring **Venice**. Transfer will be provided by private motor coach first to **Bolzano, Italy** where time will be spent enjoying a visit to **The Ice Man Museum** then to **Bormeo, Italy** and our 6,600 foot high deluxe hotel located on the ski slopes. Five days of skiing the powdery pistes and exchanging with the **Italians** patrols will follow. A day trip to **St. Moritz** is possible from **Bormeo** before we transfer again by private motor coach to **Sautens/Oetz Valley, Austria**, skiing a day at **Nauders** en-route. A final two days will be spent skiing **Sautens** before transferring to **Zurich, Switzerland** and our return flights home. An extra four day extension to **Sautens/ Oetz Valley** is offered.

BORMEO A CHARMING VILLAGE

The village of Bormeo, located high in the mountains of **Lombardy, Italy** near the **Italian/ Austrian** border, is a 16th century habitation. It features in the old town narrow cobblestone streets, medieval walls and fortifications, ancient churches and more. Yet the town retains its ancient cultural charm and has modern shops and restaurants plus up to date resort and ski facilities.

ESTIMATED TOUR COST AND EXTENSIONS.

Tour cost are estimated at: land only \$2,180 or land/air \$2,990, including add-on costs. (Fuel Surcharge & Taxes) The four day extension to **Saunters/Oetz Valley, Austria** is estimated at \$550. Single room supplement are \$350. Everyone is encouraged to use their air mileage credit or shop on the Internet for best offers. Contact **John Hanson** at 1 800 838 8142, our agent for airfare quotes.

GREAT ITALIAN AND AUSTRIAN CUISINE

Tasty buffet breakfasts and delicious five course **Italian and Austrian** dinners are included at all hotels. Rooms are based on double sharing and include baths, wi-fi, TV's, telephone, etc. Meetings with local ski rescue groups and all transfers are included. The tour is escorted by **Jack Melill Ski Flight Advisor. Ski Flight Ski Symposium** is primarily organized for ski patrollers and mountain rescue people but is open to family and friends. **Ski Flight** is not sponsored by **PNWD** or **NSP**.

NEED MORE INFORMATION?

For questions or an informational flyer please contact **Ski Flight Advisor Jack Melill** at **"jack.melill@juno.com"** or tel. 425 313 4632.



**THE NOR'WESTER
PACIFIC NORTHWEST DIVISION,
NATIONAL SKI PATROL
PO BOX 126
BEAVERCREEK, OR 97004**

NON-PROFIT ORG.
U.S. POSTAGE
PAID
PERMIT NO.
700
Portland, OR

The National Ski Patrol (NSP) is a Federally Chartered non-profit membership association dedicated to serving the public and the mountain recreation industry by providing education services about emergency care and safety.

NSP also reaches members through nationally funded education materials and programs, division newsletters, and local clinics. Through its divisions, NSP conducts training events to supplement training provided by the ski areas. This cooperative effort ensures that members are serving the needs of area management while staying in tune with a nationally standardized system.

Vision Statement: The Pacific Northwest Division is the foremost ski patroller association comprised of volunteer and paid patrollers in the host ski areas, dedicated to maintaining performance standards in the ski patrol environment. The main purpose of the ski patroller is to deliver up-dated first aid and rescue services to the skiing and outdoor-recreation public. The Pacific Northwest Division is an integral part of the National Ski Patrol Systems, Inc.



www.nsp.org

www.nsp-pnwd.org

Shelley Urben
PO Box 126
Beavercreek, OR 97004

Email: surben@yahoo.com