



NOR'WESTER

PACIFIC NORTHWEST DIVISION—NATIONAL SKI PATROL

March 2023

DIVISION DIRECTOR REPORT

By Shelley Urban, PNWD Director

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It has been a busy ski season for all of us. Most of us have had reasonably good snow and gotten in some great turns. We've also had some fairly traumatic incidents at many of our areas. Please remember PFA (Psychological First Aid Care) and reach out periodically to check in on the wellness of your fellow patrollers. If you aren't sure what PFA is, I'd encourage you to look at the PNWD Website – www.nsp-pnwd.org – under the SafetyCulture4All and attend a workshop or two. Workshops are held on the 3rd Tuesday of every month starting at 6:30 p.m.

I am planning on attending the OEC Senior Final for Northwest in March and the final for Oregon/WyEast in April. Most of our regions are beta-testing the revised Senior OEC Module and I'm excited to see how smoothly it runs. I have heard very positive results from other Divisions who are also beta-testing it.

As for Division specific and National news:

PNWD News:

April PNWD E-Board Meeting

As a reminder, the April PNWD Board Meeting will be held on Saturday, April 29th in Molalla, Oregon. This is typically a meeting with the Division Director, Region Directors, and some administrative staff. If you have an interest in attending, or have any agenda items you would like discussed, please email me at shelley.urben@nsp-pnwd.org. We will be working on the draft budget for the 2023-2024 fiscal year. If you are a Division Supervisor or Division Staff Member, you should have received an email already from our Treasurer, Walt Seidel, for your budgeting needs. You will also be getting an email from Kay Seidel, our Secretary, for a year-end report.

New PNWD Advisors

I'm please to announce three new advisors for our Division:

Pam Carson and Sue Baker are taking on the Division Awards position. Their contact information is listed on the PNWD website. Region Awards Advisors – please connect with them to get any instructions they need you to have for submittals.

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Jeff Doughty is taking on the role of Division Asst. OET Snowboard Advisor. He will be working with Jack Ramsey, our Division OET Advisor, to help support our snowboarding patrollers. His contact information is also on our website.

PNWD Website

The Division Website has been updated and we are continuing to add to it. Please check it out at www.nsp-pnwd.org and email Jodie Jeffers (patrollersafety@nsp-pnwd.org) or me with suggestions. Our goal is to make our website relevant, accessible, and easy to use. Nearly all of our division leadership has generic emails. This protects personal emails from being made public, and allows us to easily change emails in the background.

Region Elections

Southern Idaho has a new Region Director as of this April. Congratulations to Thad Murata who was unopposed and is therefore their new RD. I wish to give many, many thanks to Dave Campbell for his years of service to the Southern Idaho Region and to the PNW Division. His leadership is much appreciated.

Inland Region has an election coming up with Dan Becker, current RD, running and Dan Edwards running. Good luck to both.

National News

NSP Cards

The NSP office is looking into printing membership cards next year. When this happens, you will no longer need to download and print your own card.

NSP Staffing

There are several new staff members in the office. This comes from the NSP website:

Marcella Abramowicz, Office Manager

Marcella is an experienced Office Manager, Entrepreneur and Activator. In her new role, her goals include reinforcing the community at NSP, streamlining processes and providing excellent customer service.

Lee Doberstein, Marketing Manager

Lee has worked in the ski industry for nearly 20 years. Lee was a marketer for Vail Resorts for the past six years before joining NSP. He was also active with Eagle County Search and Rescue for seven years.

Alli Johns, Education Experience Associate

Alli is an experienced education guru, communicator, and outdoor enthusiast. Her goals include serving with excellence and integrity.

Learning Management System (LMS) and Member Management System (MMS)

The National office is working diligently to get the new MMS up and running this summer. They are also working with a contracted education expert, Abigale Johnson, to review our various curricula and work to make it meet the gold standard expectations we have as an organization.

Face to Face

I will be attending a face-to-face meeting in Denver with National Leadership in June of this year. Please feel free to let me know if you have any topic you would like me to address while there. Those attending include the office, board members, division directors and many national program advisors.

Many thanks to all of you for your confidence in me, and for allowing me to serve (continued p.3) you as

DIVISION DIRECTOR REPORT—continued

you strive to keep the public safe. I am here to listen, work with you and for you, and do what I can to help the NSP be of value to you as you do the work of patrolling.

Please feel free to contact me any time. I will do my best to answer right away, or get back to you in a timely manner. We are here to work together, keep each other and the public safe, and provide the highest standard of care to our guests in the outdoor, and occasionally indoor, environments.

I look forward to seeing you on the hill.

Shelley Urben
PNWD Director
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INLAND EMPIRE REGION REPORT

By Dan Becker, Inland Empire Region Director

20502djb@gmail.com

Here in the Inland Empire Region, winter is here.

All of the IER ski areas/resorts are in full operation depending on staff. During the week, they may have a chair shut down due to staffing issues.

Inland Empire Region has held 2 of the 3 Advanced/Senior Clinics to date of this article.

The Advanced/Senior Clinic at 49N will be held February 18th & 19th.

There has been enough attendance at the Clinics to have three OET training groups along with a sizable OEC training group; one toboggan & two PSIA ski groups, and an OEC group with 3 training seniors going simultaneously.

At the past Silver Mt Clinic, the PNWD OET Supervisor did an update on toboggan handling techniques for the IER OET Advisors in attendance.

An Instructor Calibration Clinic was held at Lookout Pass January 7th. All Instructors who attended were updated on their OEC & OET skills and teaching techniques. OEC Instructors were updated off site, while OET Instructors were updated at Lookout Pass Ski Area.

As all of the Patrollers in the PNWD know, the Inland Empire Region is going to host the 2023 Convention, which will be held the second weekend of August 11-13, in Spokane.

As the IER RD, I would ask all Patrols in the PNWD to consider sponsoring a few of their rank & file patrollers to attend the upcoming 2023 PNWD Convention. For those of you that are patrol board members needing to look up financial costs go to <https://www.nsp-pnwd.org/> and look at the Home page Events.

Please go make some good turns for now,

Dan Becker
IER RD

NW REGION REPORT

By Dale Wolfe, NW Region Director

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News from the Great Northwest.

The season is well under way here in the Northwest Region, in fact it seems like we just started, but by the time this gets to press we will be about 6 or 7 weeks from closing it down again. Wow, time flies when you're having fun. Our senior program is up and running, we have 13 candidates for OEC and 10 candidates for OET. The candidates are hard at it, improving their skills and looking forward to a successful end to the program. It is my opinion, that we as a region have a duty to support these hard working patrollers. See below for how you can help.

Significant upcoming events:

March 18 & 19 – Senior Final, Mt. Baker. OEC Saturday & OET Sunday

Senior finals, specifically the OEC side, are labor intensive and the program coordinators are looking for patrollers to assist. There are many ways you can help; directing flow of candidates from station to station, equipment management, patients in the scenarios, and more. If you have any interest in going through the senior program, this can be an excellent opportunity to see the program first hand. If you are able to assist, please contact Tom Wolfe at wolfetomj@msn.com. It truly takes a village to run this program and we could use your help!!

March 25 & 26 – Advanced Terrain Clinic, Crystal Mountain

The Advanced Terrain Clinic is open to all patrollers. Though this is advertised as Advanced, there will be opportunity for all levels. The registration form is in this issue of the Nor'Wester. Please sign up and come on up to Crystal and join us for a weekend of challenging yourself and improving your skiing and or toboggan skills.

April 26 – NW Region Awards Banquet

NW Region patrollers, save the date. It's mostly about awards and recognizing the recipients, but rest assured, there will be good food and plenty of time at the banquet to socialize, meet other patrollers from the region and catch up. See you there?

That's about it for now from the Northwest Region. Keep sliding and have a great rest of your season.

Dale Wolfe

NW Region Director

WY'EAST REGION REPORT

By Joel Stevens, Wy'East Region Director

Joel@SDELtd.com

Portland just got slammed with the 2nd biggest snowfall on record. It always brings home how much better prepared skiers are than the general public. 10" of snow shuts down the city, but Government Camp barely notices. What a difference snow tires and AWD/4WD make. Of course having enough plows and sanders also helps.

Nuts and Bolts, 2023 edition. The Wy'east Region Nuts and Bolts will be held June 9th, 10th and 11th this year at Timberline. See the full Nuts and Bolts flyer on the PNWD Website: click [HERE](#).

Seniors: Wy'east has three patrollers in the OEC Senior program this year. We are doing the Beta version of the OEC/MST. Finals are scheduled in April with the Oregon Region at Santiam Pass.

We are not doing a Senior OET program this year.

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WY'EAST REGION REPORT—continued

Avalanche: The Mt. Hood Avy instructors group has completed the Avalanche Awareness Class, and Level 1 Modules 1 & 2. Module 3 is incorporated into the Avalanche Refreshers which are currently going on. Kudos to Mike Levis for running an outstanding program.

MTR: Mt. Hood MTR instructors are getting ready to start MTR 1 instruction in March.

Cooper Spur: The Mt. Hood Ski Patrol has been asked to provide some patrollers to help staff the Cooper Spur Ski Area. Cooper Spur is operated by Mt. Hood Meadow and is the only area in the Wy'east Region that is not part of the Mt. Hood Ski Patrol.

Covid: Just a reminder that Covid is still out there, and apparently spreading more easily than ever. A couple of weeks ago, we had several patrollers who had exposure to Covid on the mountain. I don't know if any of them actually came down with it. I was exposed somewhere after my recent shoulder surgery and came down with it about 10 days after the surgery. I had not been anywhere but the grocery store, so it had to be a quick exposure, but it took. Fortunately, it did not seem too severe and only lasted about five days.

OREGON REGION REPORT

By Andy Bechdolt, Oregon Region Director

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Hello from the Oregon Region –

We've been experiencing a fantastic volume of snow over the past week, and there is still more to come. With that in mind, I want to make sure that you are all up to speed on Tree Well/Snow Immersion problems. This is the time that it can happen; and given the mediocre snow we've had up until now it's no time to get complacent.

Many of you have been attending the Safety Culture4All seminars that our awesome Division staff has been putting on over the past year+. With that in mind, I want to just remind you all that our mental health should come with as high of a priority as our physical health does. Many of us have had a career in the public safety/first responder world. Those of us who have, know the toll that the cumulative trauma that we experience can take on us physically, mentally and emotionally. Those of us who haven't had the misfortune to experience that cumulative trauma will still very likely experience it in our lives as members of our Ski Patrols; only in smaller doses. Even those small doses can have a lasting impact on you, but, only if you ignore them. One of the absolute best ways to deal with that trauma is to talk to a trusted friend. If you aren't ready to talk about it, that's ok too, whenever you are ready. Sometimes you might be the trusted friend. Often times all the other person needs is to sit in silence with you, or they may want to let it all out. Sit quietly and let them talk without judgement. Then follow up with them in a few days. Then follow up again in a few weeks. Then follow up again in a few months.

Several patrols in the Oregon Region have implemented a Psychological First Aid program. Some are very advanced and some are just in the beginning phases. If you are interested in getting something started, feel free to reach out to me, Jodie Jeffers or Kacy Carlson. We'd all be happy to help in any way that we can. Let's keep those snow dances or sacrifices to Ullr or good thoughts going and extend this winter as long as we can!

Andy Bechdolt
Oregon Region Director

SOUTHERN IDAHO REGION REPORT

By Thad Murata, Southern Idaho Region Director

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The 2023 Southern Idaho Region Senior Evaluation just wrapped up at Soldier Mountain Resort. A big "Thank you" to the host patrol and all of the hard work and effort they put in to host the event and provide a safe and memorable weekend. Seeing and visiting with patrollers from across the Southern Idaho Region, and witnessing the support that they and their friends and family provide to make a region event successful is a major reason why I decided to run for the Southern Idaho Region Director position. Thank you to everyone who coordinated, evaluated, volunteered, or helped in any way to make the 2023 Eddie Orbea Southern Idaho Region Senior Evaluation a success.

I grew up with the Payette Lakes Ski Patrol; my father has been patrolling for 57 years. I remember the days spending time in the patrol room and that the other patrollers would make me feel like family, as they still do. In the 17 years I have been able to serve on Payette Lakes Ski Patrol, I have learned the importance of ski patrol to the winter recreating public, but also the importance of the ski patrol to its members and the family built within and around a patrol.

I am thankful and honored for the opportunity to serve the Southern Idaho Region as its next Region Director. I look forward to building on the great existing support, and developing new opportunities to patrols and patrollers across the region.

Thad Murata

AWARDS REPORT

*By Sue Baker
Pam Carson*

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From the PNWD Director:

Pam Carson and Sue Baker are taking on the Division Awards position. Their contact information is listed on the PNWD website. Region Awards Advisors – please connect with them to get any instructions they need you to have for submittals.



Orthopaedic Soft Tissue Injuries: Sprains, Strains, Tears, Avulsions

When an orthopaedic injury is mentioned, everyone immediately thinks of a fracture; however, orthopaedic surgeons treat injuries of any part of the musculoskeletal system which includes not only the bones, but also the **ligaments** that hold the bones together, **muscles** that move the bones, **tendons** that attach the muscles to the bones, and **cartilage** that allows the bones to smoothly slide on other bones.

Ligaments and **tendons** are made of multiple fiber cells arranged much like a rope which is made of many strands. Depending on the specific arrangement of the cells, some arrangements have more “give” than others. Ligaments are designed to keep two bones in close contact through a range of motion. They are more rigid than tendons which attach muscles to bone. Exceeding the physical strength of these tissues results in a disruption to the tissue which can be a *complete or partial tear*. When the ligament or tendon is torn off its bony attachment, it is called an *avulsion injury*. When either of these situations is a complete disruption of the structure, it results in the structure no longer being able to serve its purpose. If a ligament is totally disrupted, abnormal movement between the two bones it connects can result in a joint dislocation damaging the cartilage of the joint. Similarly, if the tendon attaching a muscle to a bone is totally disrupted, the muscle can no longer move the bone, and the muscle retracts leaving a palpable defect where the tendon used to be. As a general statement, these injuries will require surgical intervention for repair and re-establishment of their function.

If the muscle cells and collagen within the muscle body are disrupted, that is identified as a *muscle strain*. This results in pain and decreased muscle strength with swelling and perhaps some bruising evident. This type of injury can usually heal with rest over time. Afterwards, loss of strength and function can be noted which will then require effort to re-establish the muscle’s strength and range of motion.

If the **ligaments** holding a joint together are partially torn, it is referred to as a *sprain*. Because the strength of a ligament is decreased, it is easier to have a re-injury resulting in a total disruption of the ligament that requires surgical repair. Do not dismiss an injury as “just a sprain.” Instead, decrease your activity, perhaps using an ace bandage to provide both some support and to decrease any swelling. Tell the injured person to take the required time to allow the injury to heal before returning to full activity.

So, what do we, as first-aiders, need to do? Obviously, we need to be suspicious of an injury and do a complete exam noting any: 1. pain to palpation, 2. abnormal positioning of a joint and/or laxity of a joint in the wrong plane, or 3. any palpable defect in the structures in the area. If we are suspicious of an avulsion or total disruption of a ligament or tendon, the involved area needs to be splinted and transportation provided to the first-aid room. After a repeat exam in the first-aid room with confirmation of the suspected injury, arrangements need to be made for transportation to and re-examination by medical personnel.

If on examination, there is no abnormal movement in the joint with only local pain and no palpable defects with appropriate muscle motion, then rest, ice, elevation and anti-inflammatories (such as aspirin) and/or immobilization might provide adequate conditions for the tissue healing.

After appropriate time for healing and the swelling and pain are essentially gone, the injured individual should start to slowly increase the involved area’s motion and activity. Commonly, people are anxious to resume normal activity, unfortunately prolonging their healing period by resuming strenuous activity too soon. Resumption of activity should be slow and while it might result in some discomfort, such discomfort should disappear

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MEDICAL ADVISOR REPORT—continued

in an hour or two after the activity stops. If the discomfort caused by the activity is present for several hours or requires additional medication for the person's comfort, then they are doing too much, too soon.

If surgery is required to repair the avulsion, or tear of either ligaments or tendons, the area may be placed in a cast and immobilized for 6 weeks. After cast removal, the involved joint will be stiff and require significant physical therapy to re-establish a full range of motion and normal strength. Full recovery commonly takes about 3 months to achieve.

If the ligament injury demonstrates joint laxity, it will result in abnormal joint kinetics and cause abnormal wear of the joint's cartilage eventually resulting in the early onset of arthritis and possible need for an artificial joint replacement.

So, the BEST solution to this whole problem is to avoid any injuries by conditioning and strengthening our muscles, making sure our equipment and bindings are functioning properly, and skiing in control.

Have a great time skiing this spring!

INSTRUCTOR DEVELOPMENT REPORT

By Kathy Alexander, ID Advisor

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Happy Mid-Ski Season to All: There have been several ID courses held throughout the Division this past 3 months, as well as several ID-ICE courses to satisfy ID Instructor recertification requirements.

To all Region ID Advisors: please check your Region ID-IT and ID Instructor rosters now, and start notifying those Instructors whose recerts are due to expire Dec. 31, 2023. Remind them that they need to be observed by an ID-IT at least once during the 3-year cert period; and that said, ID-ITs should plan ahead and evaluate ID Instructors whenever a course is held.

And to ID Instructors: please notify your course assigned IT that you need to be observed and/or if you need to attend and ID-ICE. Let's all work together to assure recertification requirements are being fulfilled and plan well in advance to get it done. Enjoy the rest of the season; be safe; and **thank you** to each of you for all you do for the NSP ID program.

Kathy Alexander, PNWD ID Advisor

OEC REPORT

By Marianne Becker, OEC Supervisor

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The Division has been busy training and having clinics for our OECSMP candidates. This year several of the Regions are trying the Beta testing. Once the season is completed, we will meet and get an idea of how the process went and if we need to make any adjustments for next year.

Finals for our OECSMP candidates will be:

February 25th At Soldier Mountain for the Southern Id Region

March 4th At Mt Spokane for the Inland Region

March 18th At Mt Baker for the Northwest Region

April 22nd At Hoodoo for the Oregon and Wy'east Regions.

There have also been several trainings for the T/E's for our Division and getting them up to speed. Beta testing requirements and new score cards are mainly the focus for this year. Several people in the Division are getting used to the new score card. I have had some feedback about the cards, saying they really like them and think it is easier and more objective for our candidates.

OEC Candidates are for the most part getting done completing all of their training and a lot of the candidates have successfully become Alpine Patrollers. Congratulations to them.

Respectfully submitted,
Marianne Becker

PNWD OEC Supervisor
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509 434-9191

SKI PATROL YOUTH (SPY) ADVISOR

By Tanya Carter

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The Ski Patrol Youth program (SPY/YAP) is picking up momentum in the PNW after efforts to re-invigorate the program in our division two years ago!

Some of the highlights this year are:

- ◆ Crystal mountain in Washington is in year two of the SPY program and is welcoming 14 candidates to the team. The program starts in March and saw 25 youth try out for the team in total
- ◆ Mount Hood Ski Patrol has 11 active SPY team members who completed avalanche awareness, CPR/AED, Outdoor First Care and five are starting on hill training including ski skills, beacon searches and three days of running empty sleds
- ◆ Loup Loup Ski Resort has eleven SPY candidates, along with 49 Degrees North at two, and Mission Ridge, Mt Spokane, Alpentel with one candidate each. These youth have sat in on watching first aid being rendered, gotten in toboggans, played hide and seek with cell phones and there is even a regional class with Life Flight planned!

If your resort is thinking about starting up a SPY/YAP program, please contact: tc@nsp-pnwd.org

PNWD REGISTRAR REPORT

By Blaine Price, Registrar

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Registrations for PNWD patrols and their members are now complete for other than expected spring new member Candidates and Transfers.

2022-23 counts, as of today, are as follows:

PNWD Totals: 1,820 Returning
 36 Transfers
 119 New Members
 1,975 Total

Total Counts by Region:	Returning	Transfers	New	Total
IE Region	409	8	41	458
NW Region	729	9	32	770
OR Region	239	5	36	280
S ID Region	241	5	10	256
W'E Region	201	9	0	210
PNWD Admin	1			1
Totals	1,820	36	119	1,975

This compares to 2021-22:

Returning 1,866
Transfers 15
New 181
Total 2,062

And to 2020-21:

Returning 1,993
Transfers 31
New 120
Total 2,144

2019-20 had a total of 2,192

There will be patrols bringing on new spring Candidates likely that haven't been submitted yet.

Overall, the total count for 2022-23 was down primarily due to a PNWD member pro patrol. Bogus Basin Pro, P060, moving back to the 'Q' Pro Division from the S Idaho Region, accounting for a reduction there of approximately 50 + members transferring or leaving, as well as a few at 49 Deg N moving over to their area's Q division pro patrol. In addition, Brundage Mtn, P062, is being disbanded since their members are moving to their area's Bundage Mtn pro division patrol.

Since 2019-20, total counts for the PNWD are down 217, likely partially due to the Covid situation as well as those moving over to the Pro Division.

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PNWD REGISTRAR REPORT—continued

Patrol Totals by Region 2022-23:

Inland Empire

49 Deg N	70
Cottonwood B	8
Loup Loup	51
Mission R	82
Mt Spokane	129
Silver Mtn	30
Lookout	60
Lookout Bike	All Secondary
Ski Bluewood	4
Snowhaven	22
Bald Mtn	2

Northwest

Alpental	82
CBSP	45
Crystal M	107
Hurricane R	24
Hyak	48
Mt Baker	108
Mt Rainier	60
Snoq. West	61
Snoq Central	80
White Pass	150

Oregon

Mt Ashland	56
Mt Bachelor	87
Santiam P	47
Warner Canyon	2
Willamette BC	17
Willamette Pass	81

S Idaho

705 BC	11
Anthony Lakes	29
Magic Mtn	15
Bogus Basin	94
Ferguson Ridge	34
Payette Lakes	40
Payette Nordic	7
Soldier Mtn	17
Spout Springs	1
Soldier Mtn Pro	8
Brundage Mtn	0

Wy'East

MH Timberline	2
MH Timberline Bike	1
MH Ski Bowl	2
MH Meadows	2
MH Nordic	19
Cooper Spur	3
MH Summit	2
Mt Hood SP	178

We have also added two patrols to PNWD. Bald Mtn, P049, in Inland Empire Region has been reinstated with two members transferring to it, and likely growing next year. Wy'East Region has added a Bike Patrol, Mt Hood Timberline Bike, BP-P050, with growth coming too. Last year Payette Lakes, P022, divided, adding a separate Payette Nordic, P063, to the PNWD.

PD/PRs need to remember that effective July 2021 the NSP Secondary system has been substantially improved and PDs can both Add and Remove members from their Secondary roster. PDs should actively update and use their Secondary roster, cleaning out individuals they couldn't remove before, and adding to and maintaining that roster into the future. Secondaries can be either Alumni as well as Active members, including those on the same patrol being active in another discipline such as Nordic or Alpine.

Encourage any patrollers leaving patrolling to become Alumni with NSP and Secondary on your patrol,

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PNWD REGISTRAR REPORT—continued

maintaining their NSP years of service. Alumni applications available on line are to be sent by the member directly to National with \$50.00 for dues. PNWD receives \$10.00 of their \$50.00 dues payment annually.

Total dues processed for the PNWD as of today, not including Affiliates and Alumni, is approximately \$15,649.00, down from \$16,309.00, mostly due to transfers to Pro patrols. Depending on spring candidates coming on, this amount may increase by approximately \$150.00 to \$200.00.

There are also Canadian Affiliate Unit members, for the purpose of using our OEC program in BC, for which the PNWD will receive an approximate additional \$2,000.00 at \$10.00 per person to administer that program.

As always, if you have questions, don't hesitate to contact me.

Blaine Price
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WOMEN'S PROGRAM ADVISOR

By Sally Seeley

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March 8th is International Women's Day, and to celebrate we have a special event! 3PM that day we have Kim Dorman, owner of **Fitness in the Pink**, teaching us via Zoom how to **best set ourselves up to stay active into our 60s, 70s, and beyond.**

With over 15 years of experience, Kim is a licensed Personal Trainer with American Council Exercise, is TRX certified, and specializes in adult exercise and fitness.

An avid skier and patroller, Kim has helped many women achieve their fitness goals. She has seen what specifically is needed to keep in top shape and remain a strong skier.

Kim works specifically with the aging population and designs programs for long term strength and balance—two aspects critical to winter sports and quality of life.

** If you were at the 2022 convention and attended our session, then you already know how dynamic Kim is. Many participants came up to us afterwards to tell us it was their favorite session ever. At *any* convention!

Zoom link: bit.ly/Kim_Dorman
Password: **0725**

Fun Fact About International Women's Day 2023

This year's sponsor for International Women's Day is John Deere. If that doesn't give you an excuse to buy a new tractor, I don't know what will!



OUTDOOR RISK MANAGEMENT REPORT (ORM)

By Joe Ferraro, ORM Advisor

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Here is an article from CBC News that explains the high number of avalanches in B.C. during this season and is something to consider when skiing the backcountry. Why is B.C.'s backcountry so susceptible to avalanches this year?

Troubles rooted in a weak layer deep in snowpack that likely won't melt until spring, experts say.

Nine people have been killed in avalanches across B.C. this year, including experienced skiers, a search and rescue volunteer and brothers on a guided heli-skiing trip, while forecasters warn conditions are in place to make this one of the province's deadliest seasons in decades.

Avalanche Canada has compared this season's perilous snowpack with conditions seen in the winter of 2002-2003, when 25 people lost their lives in B.C.'s backcountry, making it one of the province's worst years on record for avalanche fatalities.

Experts have an explanation for what's making this season so deadly — and they say it started months ago.

How dangerous are avalanche conditions in B.C. right now?

This year's snowpack, with a weak layer of sugar-like crystals buried near the bottom, is being described as similar to that of 2003, when avalanches in Western Canada killed 25 people in B.C. and four in Alberta.

Avalanche Canada said conditions are particularly dangerous throughout the Interior, but more typical on B.C.'s South Coast.

What do experts mean when they talk about snowpack?

Snow that falls onto the ground and does not melt until warmer temperatures in the spring is called snowpack.

Snowpack can consist of multiple layers of snow, each one from a different snowfall, that become compacted — or pressed firmly together — under the weight of the layers falling on top.

A weak snowpack happens when one of the middle layers doesn't bond well to those around it. This fragile layer can collapse under the weight of topside snow and slip away. This leads to a slide called a slab avalanche.

This year's snowpack has a one major weak layer closer to the base and various other bad layers too.

What caused this weak snowpack?

A large part of B.C.'s problem this year began in the fall.

A shallow amount of snow near the ground was frozen by long spells of Arctic air in November and December.

When a thin snowpack is exposed to cold temperatures for a long period of time, snow grains get bigger and sharper. That means less overall surface area, which means fewer spots for the crystal-like snow to bond with layers of powder on top.

It's left the B.C. Interior with a weak foundation holding up the rest of the deep snowpack.

"It's just a perfect combination of things to build a weak base," said Ryan Buhler, Avalanche Canada's forecast program supervisor.

How can you tell when a snowpack is weak or unstable?

There are [multiple warning signs a snowpack isn't stable](#), though clues aren't popping up as often this year because the weak layer is so deep.

"It is catching people by surprise," Buhler said.

If you see cracks shooting across the snow under your weight, signs of a recent avalanche or hear a sound known as a "whumpf" — these are all signals the snowpack might not be safe.

A "whumpf" is the noise of snow falling into itself when a weak layer collapses. It sounds exactly like the word.

(continued p.14)

OUTDOOR RISK MANAGEMENT REPORT—continued

Where can avalanches happen?

Anywhere where the hill is steep enough. Most slides happen on inclines with an angle between 35 and 45 degrees, which is about as steep as double black diamond ski run, but they can happen elsewhere too.

Once a slope is larger than a tennis court — about 10 square meters — it could have enough snow for an avalanche.

What can I do to stay safe?

Check the avalanche forecast and make conservative decisions about which terrain you choose to explore. An avalanche transceiver, snow probe and snow shovel are [essential](#), but you shouldn't just throw them in your pack — make sure you've practiced and know how to use them.

Even professionals are being cautious this season, Buhler warned.

"Now is not a time to push out and go for big objectives. Realistically, it may be that message for the entire season ... it may just be a season to back off," he said.

"There will be places where things are stable, but we just can't pinpoint those right now. So the overall message is be patient and be conservative."

Experts say climate change has led to more rapid change in the backcountry, so a user's previous experience might be outdated.

"The trip that you might have done 10 years ago, you might just have to think about it twice before committing to a trip based on the current conditions," said Haegeli, the researcher from SFU.

Hopefully this will help keep us informed in the PNWD!

Joseph Ferraro

BIKE PATROL REPORT

By Chase Hausman, Bike Patrol Advisor

chase.hausman@me.com

Hello, my name is Chase Hausman and I've taken over as the Division Bike Patrol Advisor, and am on the national bike committee and curriculum subcommittee. I've been patrolling at Mt. Spokane for five years and secondary with the Hiawatha Trail Bike Patrol for the last four years. I've also been working with Mt. Spokane as we develop our bike patrol as our resort expands their summer programs.

The goal of the National Bike Program is to develop training courses specific to bike patrols and bike patrolling. The first of those courses is now available on the new LMS. Introduction to Patrolling: Bike Fundamentals is meant to introduce some of the basic things bike patrollers in any sort of terrain should know.

The next course that we're hoping to have completed by this summer is Bike 1, which incorporates hands on training that's specific to bike patrolling, including scene management, patient transportation, and basic bike maintenance. A goal I have with developing this course is to give patrols the option of offering a course for experienced alpine/nordic patrollers, as well as for new patrollers who may not have that alpine/nordic/patroller experience. As more ski areas are offering bikes, I think this can be a valuable resource we can provide to our patrols.

In other bike news, the national office is reworking some of their corporate partnerships, but we are still pushing for more bike apparel in the NSP store and Pro Deals for NSP members.

I'm still new to this position, but I'm happy to talk bikes or bike patrol any time.

Chase Hausman
(509) 981-7234
chase.hausman@me.com

Tree Well and Snow Immersion Safety

We all love the snow and recent / ongoing storm brings challenges to all. Let's get the word out before and during. Keep your buddy parallel and together end at the chairlift. What is your patrol & area doing to promote awareness and training? Consider hosting an awareness stand at your area and conducting some patrol training on tree well rescue.

Go to:

<https://www.nsp-pnwd.org/safety.html>

https://www.nsa.org/NSAA/Safety/Tree_Well_Deep_Snow_Safety/NSAA/Safety/Tree_Well_Deep_Snow_Safety.aspx?hkey=a51384bb-5400-460c-85e6-6fe23bc14ff

<http://www.deepsnowsafety.org>

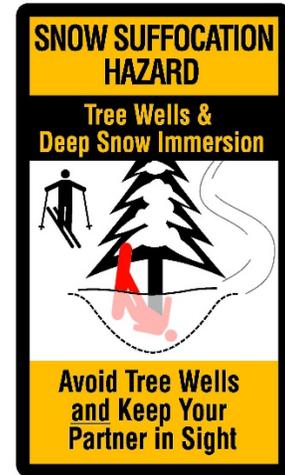
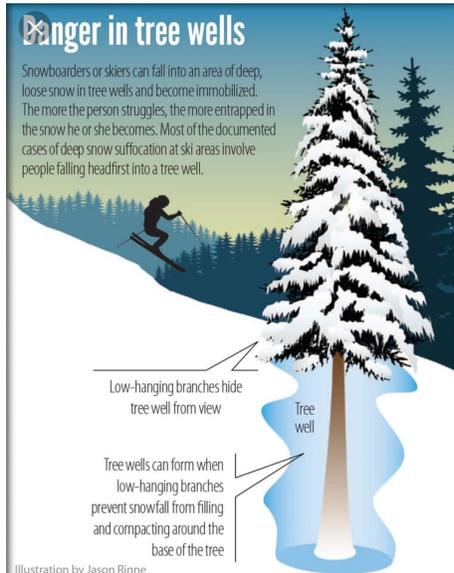
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<https://vimeo.com/51002307>

<https://www.instagram.com/reel/CmppVYoLdSQ/?igshid=MDJmNzVkMjY%3D>



OET/TRANSPORTATION REPORT

By Jack Ramsey, OET/Transportation Advisor

ramjax@icloud.com

I can't believe its February (at this writing) already and most of us are more than half way through the season. I hope by now everyone have those pesky toboggan refreshers completed. As I have mentioned previously these are a great opportunity to check where you are with your toboggan skills. If you find those skills lacking or you would like the chance to challenge them further, please consider attending the Advance Terrain Clinic on March 25-26, 2023. There is a flyer and registration form in this issue of the Nor'Wester. You will also find the registration form on the PNWD website, or ask your Patrol Director.

After such a shameless plug for the ATC, I want to welcome Kelley Creamer on board as the new OET Advisor for the Southern Idaho Region (SIR). He has big boots to fill as Kalen Swan has done a great job leading the OET program in the SIR. I look forward to working with Kelly and the rest of the SIR team starting with the Senior Final Evaluation this year.

We have added a few new OET Instructors to our ranks. I would like to welcome Matthew Bryant of Silver Mountain (IER), Stewart Harman of Hyak (NWR), and Joe LaGue of Bogus Basin (SIR). E.J. Walsh of Summit at Snoqualmie-Central (NWR) and Kelly Creamer of Bogus Basin (SIR) are now Instructor Trainers. If you get a chance, thank these new instructors and ITs for stepping up and thank those who have been there for a while for their contributions. If you are considering becoming an Instructor in any discipline I recommend it highly. It lifts my heart to look around a room of my fellow patrollers and think about how many I have had a hand in training.

I am looking forward to reporting in the next Nor'Wester on the new OET Seniors who will be passing their final evaluations in March.

Thank you all again for all you do,

Jack Ramsey
PNW Division OET Supervisor



**NW Region PNW Division
Advanced Terrain Clinic
OET Skills and Drills**



March 25-26, 2023

Crystal Mountain, Washington

**The on snow programs will be conducted on
Advanced Black Diamond Terrain**



Toboggan Enhancement Seminar-TES

Using a variety of toboggan styles and models in some of the most challenging terrain you are likely to encounter, this seminar is designed to enhance the skills of experienced toboggan operators. Though our first name is Advanced, we will offer classes for all skill levels. Just give us an idea of your comfort level and we will push it a little further. We will be using Cascade 100, 350 models as well as the Edge toboggans and exploring the strengths and limitations of them all. We will have a hands-on belay station especially for those who may never have had the opportunity to belay or be belayed with toboggan in hand. There will be a women only group if there are at least 6 women who would like to form a group. **OPEN TO NSP CERTIFIED ALPINE TOBOGGAN OPERATORS ONLY.**

Snow-Sports Enhancement Seminar-SES

When was the last time you took a lesson taught by some of the best instructors in America? These sessions will be taught by PSIA and ASSI Level 3 instructors and will improve your skiing/riding skills. Groups of differing needs/levels will be available, provided there are enough students to form a class. We will need a minimum of six people to have a class available, so tell your friends. Cost is \$40.00 per person per session to cover the instructor expense. Classes are limited to 10 people per session. Pre-registration is required and fee must accompany registration. Deadline for SES is March 20, 2023.

Toboggan Trainers Workshop (TTW)

This course is targeted to new OET instructors or instructors in training. We will be covering teaching progressions, skills and drills for training new and improving seasoned toboggan operators

Snow Sports Trainers Workshop (STW)

Rather than focus on improving your own skiing as in the SES, how about a course to improve your ability to improve the skiing of other patrollers? There are few things more gratifying than helping others improve their skiing skills. Taught by PSIA Level 3 Instructors, this is an outstanding opportunity to improve your ski instructing skills. Course fee \$40.00.

OET Instructor Continuing Education Clinic

Here's your chance to get the CE done before the April 30 deadline. This is an NSP requirement every 3 years. Check your NSP profile for your re-cert date. All are welcome, but priority will be given to those with a 2023 completion date.

Event Registration Fee \$100.00

Includes: Saturday dinner and lift tickets for both days (lift tickets are for NSP registered patrol members who are registered to attend the conference only)

Check-in: 8:00am location to be determined.

Lodging: No lodging is included in the pricing. If lodging is required please contact the event coordinator

Other Lodging Information:

<https://www.crystallmountainresort.com/plan-your-trip/lodging>
Parking and RV parking: Parking fees charged by Crystal Mtn. are not included in the event costs. We encourage carpooling from Enumclaw if possible.

<https://www.crystallmountainresort.com/plan-your-trip/parking-and-shuttle-information>

<https://www.crystallmountainresort.com/things-to-do/overnight-and-rv-parking>

This outstanding weekend of clinics is hosted by the Crystal Mountain Volunteer Ski Patrol and the Northwest Region in coordination with the Pacific Northwest Division of the National Ski Patrol.

Event Contacts:

Evan Wang CMVSP Event Coordinator,
evanw133@gmail.com

Jack Ramsey, PNW Div. OET Supervisor,
ramco@localaccess.com

Peter Schwartz, CMVSP Director, peteskiis@aol.com

Shelley Urben, PNW Div. Director, shelley.urben@nsp-pnw.org

For further information please contact the event coordinator Evan Wang.



NW Region Skills and Drills on Advanced Terrain Clinic and OET IT & Instructor CE Clinics



The on snow programs will be utilizing **Advanced Black Diamond Terrain** **Registration FORM**

Please let us know you are coming. Completely fill out the following registration and release forms and send it, by mail or email ASAP. Pre-registration closes by **March 22, 2023**. After that walk-ups will be taken on a space available basis only.

Name _____ NSP ID # _____

Your Home Patrol Area _____ Level Basic ___ Senior ___

NSP Instructor? Yes No Discipline _____ IT Discipline _____

Phone _____ Email _____

Check EACH box for the courses you will be attending:

TES - Toboggan Enhancement Seminar - **Saturday** **Sunday** **OPEN TO NSP CERTIFIED ALPINE TOBOGGAN OPERATORS ONLY.** A completed Division Enhancement Seminar Permission Form must accompany the registration form (see page 4).

SES Snow sports Enhancement Seminar Alpine Skiing – **Saturday \$40** **Sunday\$40** (send payment with registration)

SES Snow sports Enhancement Seminar Snowboard (min 6 people) **Saturday \$40** **Sunday \$40**

STW Snow Sports Trainers Workshop (min 6 people) - **Sunday \$40**

TTW Toboggan Trainers Workshop (min 6 people) – **Saturday**

Instructor Skills Review for Continuing Education OET – **Sunday**

Clinic Registration Fee - \$100 Includes: Two days lift tickets and Saturday evening dinner.

Total Enclosed \$_____ Make checks payable to: CMVSP

Mail to: ATC Clinic - c/o Evan Wang 18538 SE 45th St. Issaquah, WA 98027-9726
evanw133@gmail.com PAYPAL payment can be made to
<mailto:cmvsp.treasurer@outlook.com> Please use the Friends and Family option to
reduce our transaction fees.

MTR REPORT

By Steve Potter, MT Advisor

Spotter67@frontier.com



It is mid-season in our ski operational period, and time for our Division MTR group to be planning MTR classes for new Nordic patrollers and other patrollers who are interested in out of area snow activities. Also, please consider MTR level 2 classes to develop some new MTR instructor candidates.

The National MTR Program Committee is continuing in the process of updating the MTR Instructors' Manual. Watch for these specific revisions and changes. The new MTR Instructors' Manual should be available shortly, although likely not for this season. Updates and changes in the works include:

- ⇒ OEC: Updates for NSP's OECth Edition. Page 5
- ⇒ DEI: A statement concerning Diversity Equity, and Inclusion. Page 7
- ⇒ Helicopter Operations: A statement concerning training for Helicopter Operations related to Search and Rescue with a link to <https://base.medical.thinkfire.com> for helicopter operations. Page 20
- ⇒ Tube-Style belay devices: Guidelines for the use of Tube-style belay devices are included in the guidelines for rescue rigging systems. Page 87
- ⇒

ATC DCD with carabiner redirect and prusik hands-free stop



Please watch for this new manual to be released, to prepare for your MTR classes this season. There are some videos available for this rigging option. I will send out some links when we get closer to release.

(continued p.20)

MTR ADVISOR REPORT—continued

⇒ **MTR Text:** Our time to Switch from the NSP Mountain Travel and Rescue second edition to Mountaineers, The Freedom of the Hills 9th edition and the Introduction to Search and Rescue second edition has arrived. We should no longer use the NSP Mountain Travel and Rescue second edition. This chart shows how the existing subjects relate to the new Freedom of the Hills Text. Page 21

MTR Core topics covered by Mountaineering: The Freedom of the Hills and Introduction to Search and Rescue

	<u><i>Freedom of the Hills</i></u>	<u><i>Search and Rescue</i></u>
1. <u>Body Temperature Regulation</u>	Chapters 2, 3, 24	
2. <u>Water and Hydration</u>	Chapter 3	
3. <u>Nutrition</u>	Chapter 3	
4. <u>Clothing</u>	Chapter 2	
5. <u>Sleeping Systems</u>	Chapter 3	
6. <u>Emergency Shelters</u>	Chapter 3	
7. <u>Essential and Group Equipment</u>	Chapters 2, 21	
8. <u>Travel Equipment</u>	Chapter 16	
9. <u>Navigation</u>	Chapter 5	Chapter 3
10. <u>Backcountry Hazards</u>	Chapters 6, 17, 23	
11. <u>Environmental Awareness and Camping</u>	Chapter 3, 7, 8	
12. <u>Weather</u>	Chapters 27, 28	
13. <u>Group Dynamics</u>	Chapter 24	
14. <u>Backcountry Medical Emergencies</u>	Chapter 24	
15. <u>Search and Rescue Basics</u>	Chapter 25	All chapters
16. <u>Emergency Rescue Techniques</u>	Chapters 11, 18, 25	

Please note that some of the test questions in the October 2020 Instructors Manual are not covered in The Freedom of the Hills 9th edition. I would suggest that we do not use those particular questions but include the topics in class discussion.

As the new MTR Instructors Manual is not yet complete and ready for release, please present your classes utilizing the latest release from October of 2020.

PNWD MTR Advisor
Steve Potter
PO Box 481
906 Travis Drive NE
Silverton, Or 97381
Spotter67@frontier.com
503-586-6724

NORDIC/BC PROGRAM REPORT

By Eric Geisler, Nordic/BC Program Advisor
Matt Strauser, Asst. Nordic/BC Program Advisor

Ericsgeisler@yahoo.com
syntereo@gmail.com

As we write this, the last two Nordic/ Backcountry Clinics for 2023 are gearing up. These clinics are open to everyone and we encourage alpine patrollers to come join in next season. As usual, we will try to set up dates for Nordic/Backcountry Clinics at the Division Meeting in August in Spokane so that people can plan the winter activities. Dates will be published in the Nor'Wester in the fall. Most Nordic patrols are in search of additional members and some have a pretty attractive duty requirement.

Nordic/Backcountry is looking for more patrollers to continue their training through the Senior program. This is not as scary as some may think and we try to make the evaluation weekend more fun than stressful. This year we had no senior candidates.

Several patrols are busy training this year and are taking the opportunity to mentor new Instructors- HOORAY! We started the year with only 12 active instructors and 2 alumni still teaching. We want to recognize the following for their continued commitment to the program as well as the effort the mentors and IT's have put in to get them through.

Mt Hood Nordic

Katherine Christensen
Michael Cummings

Willamette Backcountry

Denis Van Winkle

705 Back Country

Brad Acker
Steven Meyer

Payette Lake Nordic

Kim Apperson
Joe Baugh
Don Sanda
Chris Vetter



The National Program had patches made to identify our program. They may be worn on or off a uniform, hat or equipment. The 4" patches are \$3.75 and the 2.5" patches are \$2.50. I can put the small patch onto a hat (\$15). These will be available at the Division Meeting or by contacting Eric.

Most of us are in the last month of track skiing as you read this, but there are still lots of backcountry opportunities available. It is also a great time to plan or get in on a Mountain Travel and Rescue (MTR) class. Stay safe and start looking ahead to spring and summer activities. PLEASE bring Ideas and questions to the Division meeting.



Alumni Profiles

Oregon Region

Doug Robin's first ski patrol experience was at Diamond Lake in 1980 when a group of Forest Service employees volunteered to help the public on winter weekends. In 1983, Doug became a charter member of the new Crater Lake NP Ski Patrol. He went on to serve as patrol director twice and was certified as a Senior Patroller in 1992. Doug transferred to Willamette Backcountry in 2006. The transition to Alumni in 2019 allows him to continue helping out and enjoy staying in touch with fellow patrollers.



Doug has been an active NSP member for over 36 years. He has substantially contributed to NSP all of those 36 years, in ways too many to list. And is still going strong and ready to help with whatever is needed. You can always find him sorting boots and skis at SWAP or with his camera and documenting trainings and patrol events for the patrol newsletter. Doug is a high profile, involved alumni who was awarded his Patrol's Outstanding Alumni Award. Congratulations Doug.

Inland Empire Region

Dave Warnica, Alumni Member with the Mount Spokane Ski Patrol (MSSP), National number 10262, and 27 years as a Mount Spokane Ski Patrol (MSSP) member. He served 4 years as Section/Region chief and was the Director of the nation's largest all volunteer ski Swap. Dave has won multiple local and regional awards.

(continued p.23)

ALUMNI ADVISOR REPORT—continued

A few years ago, Dave was diagnosed with bone cancer. He took a leave of absence, aggressively attacked the cancer, and found himself with a chemotherapy treatment once a week and multiple doctor appointments with ongoing testing. All this didn't stop Dave and his desire to continue serving his local Mt Spokane Ski and Snowboard Park. Two years ago, he joined the Mt Host program and now shows up multiple times a week, both during the days and nights. We see Dave performing that all important personal customer services role that makes a huge difference to the first timers. He loves to help carry ski gear and ensures the young families find that important spot in the lodge. When it comes to assisting the patrollers, Dave is always there to deliver the medical equipment needed at the scene of the incident. He carries a radio and with his vast knowledge and expertise, is a huge asset to the mountain operations as a whole, totally amazing, considering he's fighting a debilitating disease. Dave is humble, generous, kind, and always makes you feel welcome to party! Dave is a great example of a dedicated NSP Member and continues to contribute as an Alumni Member. Submitted by Joseph Ferraro, Mt Spokane & 49 North Ski Patrols with permission by Dave Warnica

MEMBERSHIP - RENEWAL

It's time for you to check your profile on the nsp.org website. Make sure all your information is up to date and entered correctly. A number of you **HAVE NOT** paid your dues for 2023 it's time to renew...

HERE'S HOW TO RENEW

Current Alumni can pay their 2023 dues, of \$50, online. If you wish to mail in your dues, send a \$50 check to the National Ski Patrol, 133 South Van Gordon Street, Suite 100, Lakewood, CO with your NSP Member ID on the memo line.

BENEFITS:

If you have maintained your membership for **50+** years, you are eligible for a **Free Lifetime Membership** with no more National dues. The PNWD also does not require additional dues. With NSP continued membership of **30+** years there is a reduced fee for Lifetime Membership.

WHAT IS A PFA?

Psychological First Aid (PFA) is a monthly Zoom workshop to promote psychological health. The Pacific Northwest Division sponsors **workshops for all** across patrols and divisions of the National Ski Patrol. Check out Psychological First Aid Care (PFA) at nsp-pnwd.org for the link to join on the third Tuesday of the month Zoom. This provides information you will want to know whether you are on the hill, in town or enjoying you family! Please join us.

INFORMATION OR QUESTIONS: Please let me know if you have any questions or need any information on the NSP Alumni Program or Membership. Also, please let me know if you know an Outstanding Alumni, let's get them the acknowledgement they deserve in the Nor'Wester!



PATROLLER & SAFETY ADVISOR REPORT

By Jodie Jeffers, Safety & Patroller Advisor

jodie.jeffers@nsp-pnwd.org

SafetyCulture4All: *The NSP Creed: Service and Safety since 1938!*

Our PNWD believes strongly in this and continues its 2nd full year with SafetyCulture4All. We are continually looking for ways to improve and meet the needs of all. We have endured three years of COVID and a marked increase in those partaking in winter sports which also has increased injuries and medical cases, and some extremely difficult cases especially this year. Add to that life happenings off the slopes with work, family, home life- all builds up. We need to be there for each other and supportive. Often someone thinks somebody else has checked in with others and then possibly they have been overlooked. Let's learn ways to build a foundation and support each one another.

SafetyCulture4All was started with the concept of building a foundation statement of:

“How do we build & sustain a culture of safety in our patrols, regions & division?”

This is a Skill Set for us all. **New = Practice, Review = Practice**

Each session brings about the concept of safety for patrollers and all. Part of this has been bringing forth PFA- Psychological First Aid with a lot of information from the [Responder Alliance group](#). Including Stress injuries, 3-3-3 Protocol, Stress Continuum tools. Then each patrol can shape and modify to meet their needs and share what works, what hasn't, etc. PNWD is not the only division/region doing this. Eastern Division and SoCal Region also have had some great work with this as well. Questions/Suggestions, email: safetycommittee@nsp-pnwd.org

Have you been to one yet? Watched a recording of a monthly session? You can, by going to our [PNWD website](#) and check it out. The Zoom session meets the 3rd Tuesday of every month at 6:30-8pm year-round. March 21st will be our next session and we hope you grab a friend and join us. Go to the website for the schedule and links or use the QR code below.

PNWD Safety Culture4All



SCAN ME

READY	REACTING	INJURED	CRITICAL
Transparency	Normalizing Depletion	Resources Scarce	Cliques And Hierarchy
Sense Of Mission	Staff Dreading Work	Rigid Perspectives	Lack Of Trust
Requests For Help Met With Support	Mistakes Are Personal	Members Undervalued	Gaslighting
Connection	Transactional Communication	Communication Silos	Culture Of Blame
Team Approach To Overwhelm	Requests For Help Are Criticized	Suffering In Silence & Helplessness	Vulnerability Punished
Curiosity Culture	Mission Drift	Mission Fatigue	Fear At Work
Mission Satisfaction			Hopelessness
			Moral Injuries

Missing Person Form +: Another project being worked on is a generic Missing Person Form that any patrol can possibly use as a start and tailor to meet their needs and area. If you already have one, this may help to add to your existing form. Or, if you have found other components that work well, share with the safety committee so we in turn can share with others.

We are also looking to pilot this with some patrols and expand its use with encouraging that photos be taken by groups just before leaving for the lift. This will provide the latest info on what is worn that day, etc vs trying to recall by memory. We see that happen a lot and hence errors and delays can occur. Ideas, existing plans welcome!

This is ongoing project with additional exciting possibilities to add to it. We discussed some of this at the 2/21 SafetyCulture4All Zoom meeting and we can't wait to share more. Look to the website to learn more. As always, suggestions and ideas are always welcome and if you want to become more involved, please let us know.

Email: safetycommittee@nsp-pnwd.org

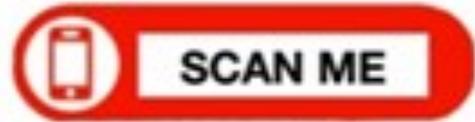
(continued p.25)

PATROLLER & SAFETY ADVISOR REPORT –continued



SafetyCulture4All 2022 - 23 Season

2022-23 Season		Discipline	PFA
October	18th	PFA Workshop	PFA Workshop
November	15th	Avi/MTR/Nordic BC	PFA Workshop
December	20th	PFA Workshop	PFA Workshop
January	17th	Legal ORM Case Studies	Legal ORM Case Studies
February	21st	Avi/MTR/Nordic BC Revisited	PFA Workshop Hands On
March	21st	Unified Patrol	Unifying PD & Vol
April	18th	Guest Speaker	Guest Speaker
May	16th	History / Alumni	PFA Workshop Hands On
June	20th	PFA Workshop	PFA Workshop Hands On
July	18th	OEC/Medical/Bike	OEC/Medical/Bike
August	15th	Womens/Spy/Mt Host	Womens/Spy/Mt Host



DRAFT DRAFT

<https://www.nsp-pnwd.org/safety4all.html>



YOUR RESPONSIBILITY CODE

- 1** Always stay in control. You must be able to stop or avoid people or objects.
- 2** People ahead or downhill of you have the right-of-way. You must avoid them.
- 3** Stop only where you are visible from above and do not restrict traffic.
- 4** Look uphill and avoid others before starting downhill or entering a trail.
- 5** You must prevent runaway equipment.
- 6** Read and obey all signs, warnings and hazard markings.
- 7** Keep off closed trails and out of closed areas.
- 8** You must know how and be able to load, ride and unload lifts safely. If you need assistance, ask the lift attendant.
- 9** Do not use lifts or terrain when impaired by alcohol or drugs.
- 10** If you are involved in a collision or incident, share your contact information with each other and a ski area employee.

**Know and Obey the Code.
It's Your Responsibility.**

If you need help understanding the Code, please ask an employee.

SKI FLIGHT

By Sally Seeley

sallyseeley@gmail.com



The French Alps to the French Riviera



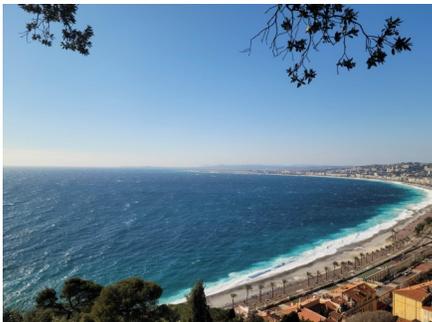
Ski Flight 2023 is over! We departed Seattle for Val d'Isere on January 27th. We met up in Geneva, first, with those who flew from other than Seattle. It was an extremely long travel day, made even longer by traffic due to an auto accident on the windy winter road. Thankfully our bus driver called ahead to the hotel to tell them we'd be late, and to please hold our dinner for all 36 of us.



The next day a group of 24 skied with a guide to get an overall "lay of the land," and an idea of where we'd like to go back to on our own.



While there was no shortage of snow, there was a shortage of *new* snow. It was firm in places! Stellar views more than made up for that.



The hotel was great in terms of comfort, location, and service. They didn't even get upset with us when we set a table on fire at dinner one night—accidentally of course.



Another fabulous feature of the hotel was the ski room. There were individual lockers assigned to each room with boot and glove heaters in each. My boots have never gone on so easy.

February 4th we departed Val d'Isere for Nice, on the French Riviera. That was another long bus ride. Once we got there we were all glad to finally get out, stretch our legs and go exploring.

Explore we did, for the next couple days. Some of us went on a food tour, some of us climbed Castle Hill to view the ruins left over from the 11th century. Most of us walked the promenade (the color of the Mediterranean was unbelievable!), and most of us went to Monaco and its world famous casino—whether we gambled or not.

The trip did have a couple trials, with one case of Covid, one case of altitude sickness, and one newfound ulcer. No injuries though!

February 7th we headed home. Now it's time to plan the 2024 trip ~

HISTORIAN/SPECIAL PROJECTS

By Shirley Cummings

shirleycu@msn.com

NSP History Quiz

March 2023

1. The least expensive type of ski lift to install is the _____.
2. The only civilian unit in charge of screening applicants for the 10th Mountain Division of the US Army was
The NSPS
The American Red Cross
Pacific Mountains Search & Rescue
3. The early 4-handle sled was invented by Minnie Dole in 1938. True _____ False _____
4. What is the name of the lift which uses a pole or disk on a long stick to pull skiers up the mountain?
_____.
5. The motto of the NSP is _____ and _____.
6. What is the name of the award a patroller receives for playing a secondary supporting role assisting those receiving the Purple Merit Star? _____.
7. In the early braking system for toboggans
Two patrollers, one on each side handled ropes on the rear of the toboggan.
The patroller in back would crouch down, reach between his legs, and hold onto a low dragging bar attached to the rear of the toboggan.
Patroller in the rear would sit on the back edge and use a metal paddle to slow the toboggan down.
8. A _____ is the type of lift designed to be used at the same time by two different riders who are hopefully about the same height.
9. Which of the following rescue sleds are of the four handle type: Cascade 100 Legend, Edge SD Standard, Edge HD Heavy Duty, Cascade 350 Extreme, Edge IC and Ultra Light, Cascade SS Cruiser?
10. What is the name of the award a patroller receives for being seriously injured while patrolling?
_____.



See page 28 for History Quiz Answers

HISTORIAN/SPECIAL PROJECTS

By Shirley Cummings

shirleycu@msn.com

History Quiz Answers March 2023

1. Rope Tow
 2. The National Ski Patrol System (System was part of the NSP name then)
 3. False
 4. Poma
 5. Safety and Service
 6. Blue Merit Star
 7. The patroller on the back would reach down between his legs and hold onto a low dragging bar attached to the rear of the toboggan
 8. The T-bar
 9. Cascade 350
 10. Patroller Cross
-

WEBSITE & SOCIAL MEDIA

webmaster@nsp-pnwd.org

Website & Social Media Showcased: *Did you know the PNWD had these?*

***Website:** www.nsp-pnwd.org This is a working website, meaning it has many areas to delve into, educate, and learn about the PNWD, including how to participate. It helps us to learn about our past and future. To find out where the patrols are and ways to get involved. There are many areas to explore and we are always looking at ways to improve.

Do you have some suggestions or want to help out, please contact us. Richard Murphy and Jodie Jeffers are its leads but we are always looking for help. Please contact us at webmaster@nsp-pnwd.org.

****Help Needed: Illustrative Designer for consult and possible assistance, and/or recommendation!****

Know of someone, please contact me at Jodie.jeffers@nsp-pnwd.org

***Social Media:** **FB:** SkiPatrolPNWD **IG:** @nspnwdssafetyteam



PNWD also utilizes social media, please feel free to explore and partake here too. Both FB and IG are actively being used and we are currently developing YouTube and will announce when it is ready.

Does your patrol have a website or social media, share with us so we can pass it on too!

We are always looking for help on these projects as well as seeking photos/videos that we can showcase. Please let us know where, when if possible, and where to give credit. Not sure what to submit? The sky is the limit!

Want to help or have questions, please contact me at Jodie.jeffers@nsp-pnwd.org



2023 PNWD Convention Registration
August 11, 12 & 13, 2023
Spokane Washington



Paying with Credit Card please
 go to PNWD site online:
www.pnwdcon.org

Event location at Ruby
 Hotel, 700 N Division St,
 Spokane WA 99205. For
 Reservations call Ruby Hotel
 directly at 509-326-5577.

**Deadline for discounted
 room rate of \$169/night is
 July 11, 2023 (must call to
 reserve discounted room)**

Paying with a Check please
 mail this form and check to:
 PNWD C/O Kelli Piper
 311 E Garland Ave Spokane
 WA 99207

Name _____ Patrol# _____ National# _____
 Patrol _____ Region _____ Position _____
 Address _____ Phone # _____
 City _____ St _____ Zip _____ Email _____
 Guest's name _____

	Number		Cost	Amount
Registration	_____	X	\$65.00/per person	= _____
Late Registration after 7/20/2023	_____	X	\$85.00/per person	= _____
Friday Night Dinner	_____	X	\$24.00/per person	= _____
Saturday Hot Breakfast	_____	X	\$20.00/per person	= _____
Saturday Lunch	_____	X	\$26.00/per person	= _____
Saturday Dinner	_____	X	\$33.00/per person	= _____
(Beef___ Chicken___ Veggie___)				
Sunday Hot Breakfast	_____	X	\$20.00/per person	= _____
			Total	= _____

***Make your hotel reservations early to get the ski patrol discount \$169.00/room per night, deadline July 11, 2023**

Program Questions please contact Ken Essig 509-435-1673 or kenneth.essig@gmail.com

Registration Question please contact Kelli Piper 509-290-4452 or piper@zagmail.gonzga.edu



**THE NOR'WESTER
PACIFIC NORTHWEST DIVISION,
NATIONAL SKI PATROL
960 SUNMIST CT SE
SALEM, OR 97306**

**SERVICE
and
SAFETY**

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

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Article deadline for the next Nor'Wester is May 15, 2023