



NOR'WESTER

PACIFIC NORTHWEST DIVISION—NATIONAL SKI PATROL

June 2018

DIVISION DIRECTOR REPORT

By Liz Dodge, PNWD Director

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The 2017/18 season was very busy for most of our patrols and members. The snow was great in most parts of our division. Unfortunately, the snow was scarce in some parts of the division and thus some of our ski areas had little to no activity. That said, for those patrollers who had no snow but really wanted to patrol did a bit of travel and visited other PNWD patrols/areas. Thank you to all who made the opportunities available and made these members feel welcome.

Congratulations to all PNWD members who completed any of the many educational programs offered. You will use those new skills and knowledge in many aspects of your life, not just on the hill as a patroller. If you started a program but were not able to fully complete it, there is not harm or shame in that, education is a journey and we all progress at different speeds along that journey. We the leadership and instructors of PNWD look forward to helping all of our members on their journey.

I expect the 2018/19 season to be equally busy, and there are leadership changes in the works. Below are some of those changes and some other bits of information that you may find helpful.

All Instructors - If you are an instructor – make sure that you are keeping your teaching activity roster/log up to date. Be prepared to turn those into your region program administrator next fall.

If you ran courses this past year, make sure that those courses are fully and completed closed. Your students worked hard and deserve their course completion credit to show on their member profiles.

OEC Instructors - As you are planning your OEC and other courses this spring and summer, please remember that your students must be at least 15 years of age and must be registered members of the NSP. Don't forget to also collect and submit a) their division and respective region dues and b) the \$10 Division OEC course enrollment fee.

Changes in leadership within PNWD

New Region Director's

- Oregon – Andy Bechdolt --- replacing Anne Greenwood
- Northwest – Michael James --- replacing Dave May
- Wy'East – Joel Stevens --- replacing Doug Stanton

Congratulations and I welcome each of you to the Division's leadership team. Thank you for a job well done to the outgoing RD's.

Open Position - YAP Advisor - (Young Adult Program). Dave Brown has decided to step down from this position which creates an opportunity for someone, maybe you. This person coordinates and advises on the program requirements, needs, and opportunities within PNWD. What is the YAP program you ask? It is an NSP program for youth ages 15-18 years old. Note that not all ski areas/patrols in our division allow patrollers under the age of 18, so ask questions before you start a program.

Anyone interested in this division advisory position should send a resume including your qualifications, ideas, and goals for this position to Liz Dodge at dodger@ix.netcom.com. If you have questions please send them to Dave Brown at dbrown7090@gmail.com (continued on next page)

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NSP National Level Programs

- Program Directors/Advisors

YAP – Jason Talmulen been selected to be the new YAP advisor at the national level. Jason comes with years of experience in leadership roles and most recently has been on the national safety team.

Alumni – Marty Huebner has resigned, and a search and selection committee has been formed to find his replacement. By the time this is printed there should be a new Alumni advisor selected.

- Mt Bike Patrols and Bike Host Units

Over this past year, and in the last few months, the NSP has established a process to register both Mt Bike Patrols (patrollers must have OEC), and Bike Host Units (members must have OFC). This is in part because of the expansion at many resorts into summer biking activities, and based on the IMBA (International Mt Bike Association) looking for ‘patrol’ units for the folks that ‘patrol’ the trails and resorts that they are affiliated with. Congratulations to our own Lookout Pass area and patrol for establishing the first official Mt Bike Patrol and the first Bike Host Unit in the NSP.

Bike Patrollers - In some cases individuals who are ski patrollers in the winter may patrol as Mt Bike Patrollers in the summer.

These individuals would be/could be registered on one or more patrols as say Primary – Alpine Patroller and have a secondary registration as a Mt Bike Patroller on the same or another patrol. There are no additional dues at the national, division, or region levels.

Bike Hosts – These individuals and the program are much like the Mt Host program in that the individuals would be required to have OFC (Outdoor First Care). They would be registered with a Bike Host unit and serve as Bike Hosts, providing support to the Mt/Resorts Bike activities. Those that are Mt Hosts in the winter can also be Bike Hosts in the summer and can register with a Primary and Secondary registration unit as needed.

I know that I keep repeating myself on the following, but since few have taken action I feel I must state this again. **NSP Member Profiles - PLEASE – check your profile** and make sure that your personal / demographic information is correct and current.

- ⇒ This includes the spelling of your name, your address, phone, email, and even gender and birthdate. So, you say, why does the NSP need to know my gender or birthdate? That's easy. As examples 1) we have a ‘women’s program’ – it would help to know who the women are. 2) we have a YAP (Young Adult) program – it would be helpful to know who the 15-18-year-old members are. 3) you’ve likely heard that we are an aging population as patrollers, well those with birthdates indicating that they are over 120 years old and are still on the hill patrolling don’t help that statistic very much; likewise, for those that per their birthdate are actively patrolling at 3 years old.
- ⇒ When you go into your profile there are also fields where you can input things such as MD, DO, EMT, RN, etc... these items are not mandatory, but they are great to know. If there is a project, such as the upcoming OEC 6 text, where the organization might be interested in finding someone interested in helping review a chapter, you could be a candidate. So please be willing to share your information and talents. Likewise, it would be great to know who started their patrolling career as a young person (15-17 years old).
- ⇒ While in your profile, if you see something that you don’t think is correct or is missing (education program credit), don’t just gripe about it, let your Patrol Rep know and provide some backup documentation. He/she can try to get the information updated. Oh, and be honest if you see something on your profile such as a class or award that should not be there because you did not earn it. Speak up and we can get it removed. Each of us needs to take some responsibility for our own records.
- ⇒ If you have a problem navigating the NSP website, your records, etc... please do not call the national office. With 28,000 members you can only imagine that the office staff is very busy. Most questions can be resolved by contacting your PD/PR, a region or division program administrator or other line officer. Let us help you first.

Elsewhere in this edition and on the division website you should see information on the following upcoming events. MARK YOUR CALENDARS

- OET – Nuts and Bolts Clinic – June 2nd and 3rd - Mt Hood
- Division Convention – August 10-12th – Spokane
- Powderfall 2019 – Snowbird, UT April 3-6th

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DIVISION, Region and Patrol	# of Patrollers	Eligible Voters	% of all eligible Voters	Bal-lots Cast	% of all Cast Ballots	% participation within Unit 2017	% Partic. 2016	% Partic. 2015	% Partic. 2014	% Partic. 2013
PACIFIC NW	49	2371	8.35%	464	6.26%	19.57%	10.5%	13.7%	9.8%	9.2%
Inland Empire	10	505	1.78%	54	0.73%	10.69%	6.4%	17.2%	12.8%	10.3%
Northwest	11	833	2.93%	179	2.41%	21.49%	18.0%	8.7%	4.5%	8.6%
Oregon	7	344	1.21%	73	0.98%	21.22%	5.1%	19.5%	11.1%	8.3%
S Idaho	11	381	1.34%	108	1.46%	28.35%	8.0%	20.0%	16.9%	14.0%
Wy'east	8	301	1.06%	48	0.65%	15.95%	11.3%	15.6%	14.2%	6.4%
Admin/Alumni (alumni not connected to a region)	2	7	0.02%	2	0.03%	28.57%	7.9%	7.2%	5.3%	6.7%
TOTAL - Nationally	584	28395	100%	7415	100%	26.11%	19.33 %	18.65 %	14.84 %	17.03 %

Patroller status for 2018/19 Season --- If you know you are not going to be coming back as an active patroller next winter, please tell your patrol director/patrol rep as soon as possible, so that they can properly update their patrol roster this summer. They start working their rosters in mid summer to early fall, and the sooner they know your plans the better.

If you are hanging it up, don't forget that there is an opportunity for you to stay connected with both the NSP and your local patrol, through the NSP's Alumni Program. You can even maintain your OEC certification while an Alumni. This is both good for you and your family, and keeps you certified should you decide to come back to patrolling in the future. Alumni applications can be found on the NSP website. Specific questions can be directed to Josie Elting our division Alumni advisor at imaginejosie@yahoo.com

Yours in Service,
Liz Dodge
Division Director, PNWD

PNWD OEC Fund

Thank you to all who have turned in their fees. We have made a big dent in the amount of outstanding funds. At the recent division E-Board meeting the outstanding amounts were discussed and each region director was given a list of Patrols with outstanding from their region, and have agreed to assist with the collection process.

If you are an OEC instructor and have been teaching full/challenge courses, please make sure that you remember to submit your PNWD OEC Course Enrollment Fees to the division. The fee is \$10 per student enrolled in any full or challenge OEC course. There is a form on the division website which will help you with submittal. If you taught a class in recent years go back and make sure that you / your patrol paid these fees. If you taught a course this past season or are teaching a course this next season, don't forget about this in your course planning.



Fema Courses Available

Looking for something to do this summer????

Consider taking one or more of the FEMA Incident Command System Courses ---

In April 2017, the NSP board voted to "strongly encourage" members to complete the Incident Command System (ICS) 100 course offered through **FEMA**, which is required by the federal government if they are responding to specific incidents as described by the Department of Homeland Security. This course, along with ICS-200 and IS-700, is used in a variety of ways in some NSP education programs. Please refer to program documents or consult your division leadership for more information.

These three online courses and other information may be found on this website: <https://training.fema.gov/EMIWeb/IS/ICSResource/TrainingMaterials.htm>.

Members who want to document completion of these courses on their NSP record need to work with an IOR who registers the course on the NSP website so the member can enroll. Any currently certified IOR is able to register these courses. The IOR documents the member's completion of the course(s) by reviewing the course completion certificate(s), then closes the course. The national office does not collect course completion certificates.

Your questions, concerns, or ideas about anything related to this division or the NSP in general are important to me. Please contact me so we can discuss them. Email at LizPNWD@gmail.com or phone at 206-300-7711 and let's work together. Collaborative Team-work is essential to the organization at all levels. The skills, energy, and enthusiasm that all of us bring to the organization are what make it fun and rewarding to be a ski patroller. T.E.A.M. - Together Everyone Accomplishes More.

Have a great summer and I look forward to seeing many of you at the convention in August.

If you need something specific this summer, please email both myself and Blaine Price bprice58@msn.com. Blaine will be assisting me with communications this summer as I will be out and about with sporadic internet access.

Yours in Service,
Liz Dodge
Division Director, PNWD

PNWD Historian By Shirley Cummings

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What's Your Problem?

No, this is not announcement of a ski patrol crisis hot line or even a Dear Abby column. But I have a problem and you can help solve it by telling me what your problem is. As Division Historian, I have been charged with compiling a history of the PNWD patrols. Although we have over 40 patrols in our division, so far, the number of patrol histories received is low, low, low—in fact it only equals the number of upper extremity appendages. What's with that? What problems are you having in starting or completing your patrol history project? Can you tell me what your problems are?

If you have current patrollers who have been patrolling as long as I have, be aware that years ago passing our Senior Tests involved submitting a short summary of our patrol histories. So, one of your patrollers (or alumni) may already have written a patrol history somewhere. They may have a copy or may remember valuable information.

There are no “rules” to writing this summary. It is best if you have verifiable data but, if not, use phrases to get around that stumbling block—such as --“in the early days””, “as told to”, ...“some recall”... , “it is said that”. Write what you can even if you do not have the exact timeline. This history can be authored by one person or by many. It need not be a lengthy epistle or a literary masterpiece.

(Continued on next page)

PNWD MEDICAL ADVISOR REPORT

By Jim Hamilton, Medical Advisor

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Summer Sun vs. Melanoma

James Hamilton, M.D.

PNWD Medical Advisor

Asst. National Medical Advisor

Summer is upon us! Many of us, tired of cloudy days, eagerly await the chance to get outdoors and enjoy the sun. Too often we don't prepare for the hazards of summer as we would for the hazards of winter. While the summer sun is exhilarating, it also comes with the heavy price of UV exposure from the sun.

UV exposure is responsible for damage to the skin and causes skin cancers – the most common cancer in man of which 99% are basal cell or squamous cell carcinomas and 1% are melanomas. UV exposure in the southern hemisphere is 40% higher than similar latitudes in the northern hemisphere. Two thirds of Australians will develop a skin cancer during their lifetimes. The melanoma rate in Australia is 13 times higher than that seen in the northern hemisphere. In New Zealand 43.0 males and 37.4 females per 100,000 people die from melanoma, costing an average of 15.5 years of potential life span.

It is believed that experiencing sunburn during the first 10 years of life significantly increases the risk of skin cancer later in life. Because of this, New Zealand and Australia actually require grade schools to have a formal policy on UV exposure requiring the use of hats (many schools making a hat part of their uniform), providing and playing in the shade, sunscreen use, appropriate clothing, a formal curriculum, and rescheduling policy.

In 2018 in the U.S. it is estimated that 91,270 people will develop a melanoma (55,150 in males, 36,120 in females) with 9,320 people dying (5,990 males, 3,330 females)! Melanomas of the torso and back are more common in males while melanomas of the thighs are more common in females. Ethnicity and age play significant roles in this diagnosis. The risk of developing a melanoma is 1/38 for Caucasians, 1/1000 for Blacks and 1/172 for Hispanics. Risk increases with age. The average age for diagnosis of a melanoma is 63.

What steps can we take to decrease this risk? 1. UV tanning beds should be avoided. 2. Use a broad-brimmed (>7 cm) hat when outside. 3. Use 1 oz. of sunscreen with a SPF factor >30 (make sure the product has not expired), 15 minutes before exposure and reapply as directed. Internationally a slogan has been used to help remember these points "Slip, Slop, Slap," Slip on a shirt, slop on the sunscreen and slap on a hat. While baseball style hats are common in the U.S., they do not protect the ears and neck – common sites for melanomas to develop. Many ski patrollers have already had a great deal of UV exposure, but that should not be an excuse to ignore these precautions. More importantly as parents and grandparents we need to teach our children these precautions as life-long practices.

Be smart about decreasing your UV exposure and get out and enjoy the summer sun – but also don't forget that there is also significant UV exposure while skiing on a sunny day!

Jim Hamilton

Historian Continued

Your choice. Your patrol history can include dates, people involved and ski area growth. Or it can focus on changes experienced by your patrol. Or ideally both.

If you are having difficulties getting started, I have pages of suggestions. If you are having problems finding information sources or people, let me know, I may have some old roster sources than I can send you. In any case, if you are stuck, let me know what problems you are having, and I will try to help. shirleycu@msn.com

Shirley Cummings
Division Historian

NORTHWEST REGION

By Dave May, Northwest Region Director

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Congratulations to all the Region award winners. Many thanks to the members of the awards committee who submitted their nominations and brought forward members of their Patrols to be recognized for their outstanding volunteer work!

The NW Region had an amazing snow year! All areas opened with ample coverage and it stayed that way for the entire season. Mt. Baker recorded 843" of total snow fall for the season and finished up April 22nd with a 242" base. Still plenty out there for the back country enthusiasts!!

Wrapping up my second year as Region Director, I'll be handing over the reins to Michael James from Summit at Snoqualmie - Central. I'm looking forward to his leadership and fresh ideas to the Region as the incoming Director.

Pete Schwartz and the Crystal Mountain Volunteer Ski Patrol did a fantastic job in putting on the Advanced Terrain Clinic this year with over 60 patrollers attending. Inclement weather conditions on Saturday did not take away from the high level of training everyone received. Thanks to all at Crystal for hosting this event!

Conditions for this season's Senior program at Mt. Baker were ideal for both the OEC and OET finals. Thanks to all those who stepped up and took the challenge. This year's results are as follows:

	Participate	Passed
Senior OEC	2	0
Senior Alpine Ski	5	3
Senior Alpine Toboggan	3	3

One person from the Region wrapped up their Toboggan Module this year and received their Senior certificate. Hats off to Christie Rochette from Summit Central – well done!!

I hope everyone has a great summer. Stay safe!

Sincerely,
Dave May
NW Region Director
dave.may119@gmail.com

OREGON REGION

By Andy Bechtoldt, Oregon Region Director

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Greetings from the Oregon Region. As the Oregon Region Director elect, I just wanted to tell you all that I am so very honored to be placed in this position. As you are aware, I have been the Assistant Oregon Region Director for several years now; and I have some very large shoes to fill. Anne has done an outstanding job and I am going to have to work hard to keep up the momentum that she has built within the Region. I'm up to the task though.

The Region staff will remain for the most part the same. I'm so gracious that Shelley Urben of the Santiam Pass Ski Patrol has agreed to be my Assistant. I'm sure we'll make a great team. I'll be looking to PD/PR's within the Region to help me identify a few people for some key positions within the Region staff.

As I'm sure has been mentioned here already the PNWD Convention is always an outstanding time. It's a great time to meet patrollers from across the Division, share ideas, learn some new skills, brush up on some old ones and share a laugh or two. If you are on the fence about attending, I suggest that you submit that registration right away!

Cheers to a great summer!!

Andy Bechtoldt
Oregon Region Director elect

SOUTHERN IDAHO REGION REPORT

By David Campbell, South Idaho Region Director

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Hello from Southern Idaho Region covering Spout Springs, Ferguson Ridge, Anthony Lakes, Bogus Basin, So. Idaho Nordic, 705 Backcountry, Payette Lakes, Soldier Mountain, and Magic Mountain.

The 2017-2018 season, my first as region director, is over. It was a fun season. The snow came early and everyone was ready for a good start, then came the rain. Most areas did get to open and had a good season, some just for days. I was able to travel to all of the areas in the region, most to ski, but some only for testing. I had a great time and warm welcome at all. We are still working on getting a SIR website up and running. The Senior test had to be done at two areas because of lack of snow—OEC at Soldier Mountain and OET at Brundage. It was not prime, but in ski patroller fashion we made it work. Congratulations to the 8 new Alpine seniors, and one new Nordic/backcountry Senior. There will be a few changes in regional advisers for next year. Thanks to all for your hard work!

Some news from areas

Anthony Lakes:

Over the summer the patrol building saw some maintenance work and new upgrades. New siding, ski locker, and French drain around the building. The work took care of the water problem in the basement. The season was staffed with 32 patrollers who fulfilled 543 duty days. The area was open 96 days (mostly Thursday through Sunday) from Saturday, December 16 until Sunday, April 8. We added six new alpine patrollers to our patrol family on March 19th after a season of on the hill training. Anthony Lakes also has three new Alpine seniors, and one new Nordic/Backcountry senior after the Southern Idaho senior test in February/March. After receiving snow relatively late in December, with the best snow occurring in March, it was a successful season and a lot of fun.

Bogus Basin:

We started the 2017/18 season with a recruiting push that started in July, in the form of an icebreaker for our prospective candidates. The lawn party gave patrollers and candidates a chance to meet each other and put names to faces, and candidates were able to meet their OEC instructors. We had 15 candidates attend the icebreaker, nine of them finished their OEC and toboggan training and were voted on the patrol in the spring of 2018. Our ski season started the weekend before Christmas with early season snow conditions, which meant patrollers had to be very vigilant for lost or injured snow sport enthusiasts. As the season progressed snow conditions went from marginal to outstanding to boiler plate, giving us some really interesting skiing.

Three patrollers suffered season ending injuries. Unfortunately, Dr Gary Tubbs suffered a severe neck injury while riding his bike to the patrol building, to attend the morning bike patrol meeting. He is walking with assistance now and we are praying for a full recovery. Kent Delana suffered a knee injury mid-way through the season. Roy Nowlin, a transfer patroller from Alaska, fell two hours prior to the final sweep of the season on our closing weekend and suffered a high femur break. We hope to see them on the hill come next ski season.

We are shooting for at least 20 new candidates in this year's class. We will also be doing facilities maintenance on each of the patrol facilities on the mountain, and clearing brush on some runs if time allows. Next year we will have two new Austrian Akja toboggans and one new Edge Rescue Sled.

Soldier Mountain:

Our season length was just 7 days. We have 3 New Members and 1 new Senior. We had a Regional meeting at our Mountain this year in August and had Senior OEC with the mountain closed and no snow. A great time was had by all with lots of patrollers coming from all over the area. We had only one accident for the year. Thanks and hopefully 2019 will bring a better snow year at Solider Mountain!!!!

Spout Springs:

Spout Springs didn't open again this year, two seasons in a row. The area is for sale, if you ever wanted to own a ski area.

705:

705 had two patrollers drop out and we received two new members this year to bring us to a total of 8 patrollers. Our season pretty much started in late November and ended after an MTR 2 class in April. Three of our patrollers passed MTR 1 and one patroller passed MTR 2 this year. Our patrol put on an Avalanche level 1 course at Anthony Lakes. All in all, a good year for us. Looking forward to next year.

From Advisers:

OEC:

OEC Courses: Soldier Mountain (2 students), Magic Mountain (5 students), and Bogus Basin (9 students) held OEC courses in the fall/ winter of 2017/18. Bogus' course finished in December. Soldier and Magic Mountain completed (continued on next page)

SOUTHERN IDAHO REGION REPORT— CONTINUED

their practical testing on April 14th at Magic Mountain.

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OEC Refreshers: 2017-18 season. 6 main Refreshers and 4 Instructor Refreshers were held between September and December. Dave Kennedy and/or Karen were able to attend all of the refreshers and one of the instructor refreshers. Anthony Lakes, Ferguson Ridge and Bogus Basin Instructor refreshers were the hybrid online style, while the rest were traditional refreshers. Bogus and Payette Lakes held hybrid make-up refreshers in December as well.

Senior OEC: Senior Clinics were held in early January (6 participants) at Brundage Mountain and in late January (5 participants) at Bogus Basin. The OEC Module of the Senior Program was held on February 24th, 2018 at Soldier Mountain. Nine people tested with six passing. The Division OEC supervisor Janie San Romani monitored the test. Other notable guests were Archie San Romani, Liz and Glen Dodge, and Soldier Mountain owners Matt and Diane McFerran.

T/E (Trainer/Evaluator) clinics – Last clinic was held in Jan/ February 2018 with 5 new Trainer/ Evaluators, one from Anthony Lakes and 4 from Bogus Basin. This brought the region up to 30 T/E qualified individuals in February 2018. This clinic needs to be attended once every three years, 10 will need to renew their credentials in the upcoming season.

Instructor Continuing Education (ICE) Clinics: Over the last year, the region OEC Advisors attended an ICE clinic at Division in August. Three ICE courses were held in the region with a total of 24 folks being updated - 13 at the region meeting at Soldier Mountain in October, 8 in November in Boise, 3 in Joseph Oregon in December. We are now compliant with this national requirement.

Instructor Trainers: There is one new IT in our region over the last year – Amy Swiger from Anthony Lakes. Thanks to Jim Kopp and Dave Campbell for all of their hard work getting her through the mentoring process.

MTR:

The Southern Idaho Region saw one MTR1 course with four students enjoying a rain filled trip into the backcountry. An MTR2 in early April was completed. Three students partook in all four seasons during a two night stay in a hastily modified improvised shelter. Next year will see at least a level one and another level two with possibly two new instructors in training joining the ranks.

NORDIC/BACKCOUNTRY :

There was a Nordic/Backcountry Clinic in Boise in December and Anthony Lakes in January. A senior evaluation was held at Soldier Mountain, Nordic/Backcountry senior skiing, patient locating, rescue, and transport. During a trip to Yellowstone in March, Joe did Patient rescue, followed by teaching a Nordic ICE Clinic at Mt. Hood.

As you can see by these reports lots is going on in the Southern Idaho Region. We have added new members to the family, and unfortunately, lost a few. It has been great to get to know more of your big family. Make plans to attend the division convention August 10-12 in Spokane. It's a great place to learn something new and party with the family.

Upcoming dates, most are tentative

Refreshers:

- Anthony Lakes September, 22
- Bogus Basin 2 Refreshers Sept, 23 & Sept, 29
- Payette Lakes Nov, 3
- Soldier Mt. Nov. 10
- Ferguson Ridge Dec, 2

Region meeting

- October 13th Boise area
- Senior clinics: Jan 5-6 & Jan 26-27 2019
- Senior Test February, 22-24 2019 Payette Lakes

David Campbell, Southern Idaho Region Director

WY'EAST REGION REPORT

By Doug Stanton, Region Director

doug.stanton@icloud.com

Wy'east Region Nuts & Bolts 2018

Wy'east Region Nuts & Bolts 2018 on Mt Hood is in the final planning stages. With a snow pack on Mt Hood is once again above normal thanks to some late season snow falls, forecast conditions should be perfect, ready for all attending patrollers to enjoy. If you haven't registered, no worries, there is still time. Just drop me an email at doug.stanton@icloud.com. I'll shoot you the registration materials the same day.

This year we will have five PSIA Level III and VI instructors available for all ski and snowboard enhancement seminars. Class sizes will be limited so if you're interested in skills improvement in one of these seminars, please register early. All courses are registered with NSP so you will receive educational credit, but you need to go online and register. The registration fee covers all courses and the Saturday evening banquet. Lift tickets this year are \$30 per day, less than half the resort rate. We'll have registration swag for everyone, raffle items galore, hot waxing for your skis and snowboards to keep you sliding, and guarantee of a great weekend. Did we mention the Saturday banquet? This year's theme is Asian so bring your appetite for some spicy fare.

So if you're looking for some fun with 100 of your best patrolling friends, join us at Nuts & bolts 2018. Haven't received a registration form? Drop me an email. Hope to see you on Mt Hood June 1st, 2nd, and 3rd.

It's Been Fun and Interesting

I want to thank everyone within PNWD, all region directors, patrols and patrollers I've had the opportunity to interface and work with these past two years as the Wy'east Region Director. There were many challenges these past few years, but with the support of an excellent advisory staff, we pretty much nailed all of our objectives with one of the biggest as sponsor of the 2017 division convention. The region's financial position is the strongest it's been in years. Our continued development of a premier training event, Nuts & Bolts, continues to evolve and grow. The region's more active engagement with the division and patrols across the division have benefited our region membership. As I step down, Joel Stevens will be picking up the ball, carrying it further and further as volunteer patrolling continues to evolve. Joel's patrolling background spans decades, making his understanding of membership issues quite valuable as policy discussions evolve across the division. As I move to the next phase of my patrolling experience, it'll be the patrollers across PNWD that have helped me develop my volunteer patrol experience. I wish continued success to everyone. Keep up the good work!

Douglas Stanton - Outgoing Wy'east Region Director

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AVALANCHE ADVISOR REPORT

By Patrick Stanton, Avalanche Advisor

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Summary

Well the season is a wrap, for the most part. I know I am still out getting turns and I hope others are as well. This time of year the avalanche problem pivots a bit towards wet slide issues and more objective hazards like rockfall, uncontrolled falls, and crevasses so be safe out there.

PNWD Avalanche Season So Far

Wow what a change in incidents since my last update. In the PNWR we had an unusually large number of incidents with fatalities due to some uncharacteristic buried persistent layers. Thankfully we are past that issue, but I encourage everyone to go in and look at some of those accidents and the snowpack, problem, hazard matrix. From my area, covered by NWAC, we had seven reported accidents with five of them having fatalities. <https://www.nwac.us/accidents/accident-reports/>

Avalanche Instructors

The biggest asset of the NSP avalanche program is its instructor base, enabling courses to be taught for all NSP members affordably.

- New Instructors

Every year instructors, instructor trainers, patrol and regional advisors should be on the lookout for students that have the aptitude and interest to become avalanche instructors. They can ease into trying to teach a session in upcoming courses either classroom or field. The next step would be to get them started with an instructor application and beginning the mentoring program. New instructors are critical to the long-term health of the program.

(continued on next page)

INLAND EMPIRE REGION

By Kevin Voss, Region Director

voss.kevin@gmail.com

General

Most resorts in the region ended the season with very high snow levels. The high snowfall drove skier visits high and allowed successful seasons for most. We have multiple resort expansions planned and some large OEC classes already in progress to help accommodate the expansions. Now that most resorts have closed for the summer, many are getting prepared to support summer activities. Mountain biking (and scenic biking) have become very popular and are starting to demand more and more summer involvement from patrols for medical/safety support. Lookout Pass started the first official mountain bike patrol and the first official mountain bike host program through NSP, while other patrols in our region are expanding summer commitments to accommodate resort demands.

We were busy again this past season with open/senior clinics scattered across the region. Both senior OEC and OET programs had good participation and success this season. The IE region also offered 2 avalanche classes that turned out to be very well attended. Thank you to Mission Ridge, 49N, Silver Mountain, and Mount Spokane for hosting our region events. Also, thank you to all the coordinators, advisors, evaluators, and participants who helped to continue building the skills in our region. Please consider investigating the senior program – it's a great opportunity to increase your OEC/OET skills, build leadership skills, and build life-long friendships across the region.

Convention – Aug 10-12, 2018

Inland Empire Region is hosting the 2018 PNWD Convention this year, and we could still use a little help organizing the event, so please contact Kevin Voss if you are interested. Please encourage patrollers to mark their calendars and make plans to attend.

- ⇒ Outstanding educational breakout sessions and general sessions to learn more about the NSP, our division, and bone up on skills.
- ⇒ Join patrollers from across the division on Friday for various activities across our region. We already have some exciting and unique activities planned.
- ⇒ Come to the BBQ Friday night on the Hotel RL balcony that faces Spokane's Riverfront Park. The BBQ is always a memorable and enjoyable evening and one of the few times each year that we have an opportunity to meet the patrollers and leadership in our division.
- ⇒ Participate in the Pacific Northwest Division Awards Banquet on Saturday night. Enjoy excellent company, great food, and help congratulate the best of the best in our division. There will also be an opportunity to support our division and take home high-end items through a silent auction before the banquet.

We will be staying at the newly remodeled Hotel RL Inn at the Park next to Spokane's Riverfront Park. It is a fantastic Hotel with an incredible amount of amenities within walking distance. Please get the word out!

Thank you,

Kevin Voss
Inland Empire Region

AVALANCHE CONTINUED

• Current Instructors

Frankly, I find keeping current instructors at the same level of enthusiasm and aptitude as when they first became instructors to be challenging. There is a balance to be had between practicing the skills needed to be proficient in the avalanche education arena and being a proficient instructor. If you are an instructor look at your past couple years, are you getting enough time personally in the snow, have you taken any courses or continuing education recently, and how much you have been teaching?

Avalanche Training

CLOSE ANY OPEN COURSES. Don't forget to close out the course on the NSP.org website as well getting completion certificates to students. I highly advise also keeping paper copies of your course completion records (for the benefit of you, your students, and your instructors).

Hope everyone has been enjoying the winter.

Regards,
-Patrick Stanton

OET/TRANSPORTATION

By Jeffrey Weitz, Transportation Advisor

jw@northrimpdx.com

Multi- Day Training Clinics:

We were able to offer many training and learning opportunities throughout the regions this season. All regions were able to complete their Instructor updates and Alpine Patroller Refreshers. The Oregon Region held its 3rd annual multi-day clinics at Mt Bachelor with approx. 20 attendees. NW Region held their 2-day Skills and Drills on Advanced Terrain with approx. 45 attendees. Wy'East region will be holding its 17th Annual Nuts and Bolts at Timberline with an anticipated attendance exceeding 100 .

Next season the NSP will be holding their Powderfall multi-day event at Snowbird, UT. Last Powderfall was attended by over 700 patrollers from around the US and was a great opportunity to collaborate , learn and instruct.

I was able to hold the first division-wide Regional Supervisors meeting in many years at Crystal Mountain prior to the multi-day clinics with 2 out of the 5 regions attending. We reviewed many subjects in the OET Programs and also were able to get out on the hill and discuss the various differences and similarities in the regions when it comes to training and terrain. I hope to be able to schedule this sort of meeting again next season.

This season I was able to schedule region supervisor conference calls to discuss any issues particular to the regions and work on solutions. Overall, we were able to get 3 out of 5 regions to participate on all calls. I anticipate continuing with these collaborative calls next season as well.

Senior OET:

Senior OET Programs were held in all regions this past season. The new Senior Manual was adopted and utilized for this years programs. We were able to standardize the check off sheets, evaluations sheets & create more consistency in the program throughout the division.

I was able to attend both the NW Region Finals and the Oregon / Wy'East Finals this season. Looking forward to going to the Southern Idaho and Inland Empire finals next season.

2018 -2019 Focus – Ski/Snowboard Skills Education:

The Region Supervisors and myself, in coordination with the guidance and specifications from PSIA Manual and instructors, are in the process of putting together an outline for OET Instructors to be able to teach ski skills in a progressive teaching method as they apply to running toboggans both empty and loaded. These skills are based on the PSIA fundamentals of Balance, Edging, Pressure & Rotation and were adopted by the NSP OET Division Supervisors last year. I am hopeful to have this guiding skills outline ready for the Fall Conference and will be beta testing with some of our instructors attending the Nuts and Bolts clinics at Mt Hood this year. More on this new program later.

Looking forward to finishing off the season with the largest Nuts & Bolts clinics to date this season with 6 of NSP 10 Division supervisors attending this year. See you all at the Fall conference in Spokane!

Cheers!

Jeffrey Weitz, 2018- 2019 PNWD Outdoor Emergency Transportation Supervisor

MTR Report

By Frank Rossi, MTR Advisor

rossifp@nwlink.com

Several owners of Wouxun radios complain about their poor range. The problem is the antenna.

The **Wouxun KG-UV3X** and **KG-UV6X**, and **BaoFeng UV-82C** radios are actually HAM (Amateur) radios that have disabled the ability to keyboard program in order to comply with Commercial (Land Mobile) FCC regulations. Unfortunately the supplied antennas are dual-band HAM radio antenna tuned to 144MHz, and so are their hi-gain antennas. They do not work very well on 155MHz, there is resonate feedback into the radio which reduces the power transmitted. An antenna needs to be tuned within 5MHz of your transmitted frequency. Good antennas are available from Smiley Antenna.

Slim Duck 150 MHz (145-155MHz) 7.5" \$19.50
<http://www.smileyantenna.com/product-p/15030.htm>

5/8 Slim Duck 150 MHz (145-155MHz) 11.75" \$23.50
<http://www.smileyantenna.com/product-p/15020.htm>
(Explorer Search and Rescue in King Co., WA, uses this antenna on their Icom radios)

The Smiley Antennas that have changeable base fittings (connectors).

Select a connector from the pull-down menu:

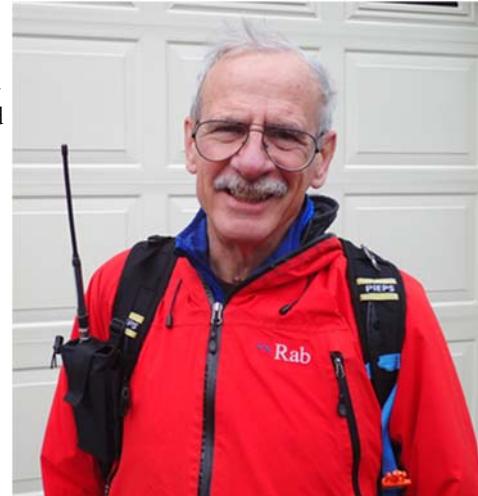
Wouxun KG-UV3X, KG-UV6X - use SMA Male
BaoFeng UV-82C - use SMA-Female standard

Additional connectors can also be purchased separately.

Regardless of the antenna chosen for use with an HT (Handheld Transmitter), it's important to keep in mind that the signal of an HT hanging on the operator's belt can be reduced in strength by as much as 20dB when compared to the same HT operated at face level. Additional improvement can be had by holding the HT at arm's-length above the head and speaking into a remote microphone.

The worst possible case for poor transmissions would be someone using their radio in a chest harness and talking down to the radio while transmitting. You are losing power by not having the antenna vertical, your body is absorbing some of the radio waves, and you are adding background noise to your transmission by speaking into the mic from too far away. [from Wildland Fire]

It is best to carry the radio in a pocket on a pack strap.



Frank Rossi

Precautionary recall of Ortovox 3+ Avalanche Transceivers (May 2018). If you own an Ortovox 3+ Avalanche Transceiver go to the following website for information on the recall requiring software upgrade to version 2.2

<https://www.ortovox.com/us/services/emergency-equipment/avalanche-transceivers/recall-3/>

OEC REPORT

By Janie SanRomani, OEC Advisor

jsanromani@comcast.net

A huge thank you goes out to Kathy Lee and Anne Greenwood for organizing the All Discipline Instructor Continuing Education Course (ICE) at Government Camp last April. Kathy presented most of the “Instructor Skills” or what used to be known as the “Global” portion along with the OEC session and the Senior OEC Trainer/Evaluator Course on Sunday. Everyone who attended expressed the feeling that it was very worthwhile and much was learned and reviewed about old and new teaching skills. Thank you all for attending and showing such great attitude throughout. These courses are a huge amount of work to put together but it really makes it all worthwhile to have such a successful positive turnout! Hopefully the next ICE Course will not occur while one of us is expected to be at National Supervisor’s meeting. I also want to thank the other various instructors who pitched in by helping at both days’ courses—it really does take a “village” to raise a great OEC technician.

Because of the fact that we had the “All Discipline Instructor Continuing Education Course”, ICE, at Government Camp this last April, it has been decided that it is not really necessary to have another OEC ICE course at the convention this August in Spokane. Liz has come up with the idea of having an Instructor OEC Refresher, Cycle B on Friday, August 10. We are still in the planning stages of this refresher but would like to have all regions in PNWD have some instructors help facilitate this refresher. This will be a great opportunity for instructors to see how other areas put their refreshers together and maybe make it easier to organize their own patrol’s refreshers this year. This will be a “Hybrid” type of refresher, obviously requiring the completion of the hybrid portion of the online refresher and the workbook before taking the “hands-on” refresher session. We will have to limit the number of attendees to approximately 25 or so and will be only offering this to OEC Instructors as it is meant to be an “Instructor” Refresher. We have heard from several people saying that they have had troubles putting together an Instructor Refresher in the past so this is meant to help smooth out this process. There will be more information about this refresher going out to all OEC instructors as we get more finalization of the plans completed. I would love to hear back from any of you who are interested in helping and/or attending.

All of you should have received your Refresher Workbook in the mail by now. It is also posted online on NSP Website under Education Resources, OEC. The Instructor Guide for Cycle B refresher will be available online under Instructor Resources, OEC, around the first of June and, hopefully, the Online Portion of the Hybrid Refresher will be available also about that time. The latest OEC test bank is available now and posted under Instructor Resources.

Hope to see tons of you at the Convention this summer—always a great learning opportunity along with lots of fun too!!

Janie San Romani, PNWD OEC Supervisor
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NORDIC AND BACKCOUNTRY REPORT

Joe Mabbutt, Nordic Advisor

joe.mabbutt@supervalu.com

It was time for our annual ski trip into Yellowstone National Park. The plan was to snow machine 12 miles into Yellowstone as far as allowed, then ski eight miles to some hot springs and spend two nights snow camping. Jerry Jensen (Intermountain Division Nordic Backcountry Supervisor) invited Mark Karl (Nordic Backcountry Senior) myself (Nordic Backcountry Senior) and five other outdoor enthusiasts. Like many trips, you meet people from different backgrounds and different levels of experience. This trip was no different.

At the trail head we had a safety talk, loaded our packs onto the gear sleds, went over our maps, had a prayer and hopped on our 6 snow machines to ride the first 12 miles of our adventure. At the 10-mile mark, 2 of the snow machines died. With 4 machines still working we shuttled men, skis and packs the last two miles to our jump off point.

We geared up, had one more safety talk, mapped out our day one camp site. The plan was to ski together six miles arriving at day one camp, spend the night, ski two more miles, make day two camp, enjoy the hot springs, spend the night and then ski out on day three. As the group started out we had light snow and mild temperatures. Two of the younger men set a fast pace, leaving their friend back with the main group. As we skied it became evident that the friend was not comfortable skiing with a 50 lb pack. Jerry, Mark and I decided to put the friend in the middle of us as we skied in order to keep an eye on the friend. The friend's pace was slow and tentative. We took breaks often to let the friend rest and "get to know him". We discovered he had never snow camped and this was his second time on skis. By that point his good friends were nowhere to be found. So much for skiing together. As we skied deeper into Yellowstone and farther from civilization the friend was more emotionally stressed and increasingly tired. On our rest breaks we discovered that the friend had a surgery 2 years earlier to put in a gastric sleeve and had lost 75 lbs since the procedure. Also he stated that since the procedure, at meal time, he can only eat or drink but not both.

It is now about 12:30 in the afternoon and we stopped for lunch. The friend reported that he was nauseous and a bit dizzy. We helped him off with his pack and sat him down. The weather began to change to rain and the friend decided he would be more comfortable laying down. Things were starting to get interesting. The friend had now become a patient, the weather was deteriorating, the group was separated into two and we were 16 miles away from the trucks.

Jerry Jensen began to assess the patient: pulse 100, respiration 25, dizzy, nauseous and was not sure if he had lost consciousness. While Jerry assessed the patient, I built a hasty shelter over him while Mark Karl pulled out his stove and made broth.

We had a quick meeting to discuss available options and make some decisions.

- #1. Trip is over.
- #2. Send Skier to bring back the 2 lead skiers
- #3. Do we make camp here?
- #4. Can we ski the patient out?
- #5. Do we send for Life Flight? 1/4 mile is closest landing zone.
- #6. Snow machines 4 miles distance
- #7. Trucks 16 miles distance.

2:00 pm: All skiers were back together. After letting the patient rest and get food, glucose and hydration on board he felt he could ski. We divided the patient pack up between the group to reduce his load. We made it back to the snow machines by 5:30 pm and back to the trucks at 6:30 pm. Patient was feeling much better.

We are very thankful for a happy ending.

When I got home it occurred to me—All three Nordic Seniors had recently been in a Nordic Backcountry Clinic together. It goes to show... PRACTICE LIKE YOU PLAY.

Joe Mabbutt
PNWD
Nordic Division Program Supervisor

PNWD REGISTRAR REPORT

By Blaine Price, Registrar

bcprice58@msn.com

As the Registration Year for 2017-18 comes to a close, I can report primary registration counts by Region, and for the PNWD as of May 20, 2018.

	Returning	New	Transfers	Total
PNW Admin Patrol	2		2	4
Inland Empire	391	5	93	489
Northwest	626	16	140	782
Oregon	263	9	30	302
South Idaho	339	14	39	392
<u>Wy'East</u>	<u>221</u>	<u>9</u>	<u>38</u>	<u>268</u>
PNWD Total	1,842	53	342	2,237

The PNWD had an increase of 123 over the 2017 season which totaled 2,114. 2016 totaled 2,098 which was our recent low. And we are getting closer to the year 2014 which had a total of 2,274. The increase comes largely from the addition of Mt Rainier Nordic as a new patrol in NW Region and some healthy candidate classes coming in several regions.

Dues for 2017-18

Tentatively, as determined by the Executive Board, individual dues for PNWD will continue at \$8.00 per person subject to approval at the August Convention. Region dues per person will be determined by each Region this summer, although no increases are anticipated.

The PNWD Executive Board in May voted to continue collecting Region and Division dues at the patrol level for 2018-19, subject to approval of the Division Board in December. The reason for doing so is the feeling that the collection and distribution process involving automated systems at the National level still has too many flaws. Although more work at the patrol, region and division level, continuing as we did last year ensures that our region and division dues payments are auditable and assured to be correctly submitted on a timely basis.

Division Convention Registration Breakout

Patrol Directors and Patrol Registration Reps can plan on a Saturday Registration Breakout session at the PNWD Convention in Spokane in August. As I mentioned in the last Nor'Wester, our knowledge of how to handle the Patrol registration process within the PNWD has come a long way over the last year or more and we will endeavor to make it more so for 2018-19. Come and learn and get informed.

PD 101

I also encourage ALL newly elected PDs to attend the PD to go out of their way to attend the PD 101 Class on Friday morning at the Convention. Part of the session will be an overview of the registration process, but more importantly, this is an opportunity to learn, ask questions and get oriented for new PDs as well as returning PDs in all aspect of their vital job as PD/PR within the NSP.

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

Blaine Price
PNWD Registrar
Bcprice58@msn.com

ALUMNI ADVISOR REPORT

By Josie Elting—Alumni Advisor

imaginejosie@yahoo.com



Hello Alumni! As you know, for your annual \$30 dues you receive benefits. Not only do you receive the National Ski Patrol Magazine but you also receive this Division Newsletter as well as other benefits.

Alumni members will be happy to know the National Ski Patrol has selected and ratified a new National Alumni Advisor, Tim Viall. Tim is from Stockton, California, has served 35 years with the NSP; 10 years with Mt Spokane NSP in the Pacific Northwest Division and 25 years with Dodge Ridge NSP in the Far West Division. He is thrilled and looking forward to the challenge. Alumni Members will most likely be hearing from him soon.

I look forward to meeting the Patrol Directors/Representatives at Patroller 101 Friday morning, August 10th in Spokane at the PNWD Convention. Please bring your Alumni Questions with you.

As most of you know it has been my goal to try to make sure every patroller in our division is aware of the Alumni Program; what it is and what it means to be registered with the NSP as an Alumni as well as the member benefits it holds for patrollers. Please do not hesitate to contact me with your questions.

Josie Elting—Alumni Advisor

INSTRUCTOR DEVELOPMENT ADVISOR

By Kathy Alexander, ID Advisor

katalexander911@mail.com

Hi all Discipline Instructors, ID Instructors and ID IT's:

Thank you to all who attended the PNWD All Discipline Instructor Conference at Mt. Hood in April. Over 70 of you completed ICE courses for recertification! During the summer, please go to the NSP website and check your profiles.

And for ID Instructors/IT's: If your certification expires 12/31/2018, please notify your Region ID Advisor now so that plans can be made for you to attend an ICE course in the fall. Please do not let your Instructor certs expire. We appreciate all that you do for the Instructor Development program.

And for Region ID Advisors: please check your roster of ID Instructors, notify them of expiration dates, encourage them to attend an ICE course, and conduct an ID ICE course if necessary.

Please notify me if I can be of assistance in making this happen. Have an excellent summer and thanks for all you do!

Respectfully submitted,

Kathy Alexander, OR Region and PNWD ID Advisor

CONVENTION 2018

Join us in Spokane for the 2018 PNWD Convention. Please reserve August 10th, 11th, and 12th for a trip to the Inland Empire Region and a great time with the patrollers of the Pacific Northwest Division. We will be staying at the newly remodeled Hotel RL Inn at the Park located on the banks of the beautiful Spokane River and next to Spokane's famous Riverfront Park. Shopping, dining, parks, site seeing, exercise trails, waterfalls, and nightlife are all within walking distance. We already have some unique activities planned for Friday and a great venue for the BBQ on Friday night. It is an excellent hotel and a beautiful city, but the educational opportunities and the companionship of our fellow patrollers cannot be beat. Make your plans and encourage your fellow patrollers to join us in Spokane in 2018!



CONVENTION 2018

Return to the Empire !

Return to the Inland Empire for this year's PNWD convention. Luke Skywalker received some Jedi training from Yoda in "the Empire Strikes Back". Now, you, an NSP patroller, (not quite yet a Jedi)....will receive Jedi-like training at this year's PNWD convention, in Spokane, Wash. from Aug 10 through 12.

The Hotel RL, in downtown Spokane will welcome patrollers from across the PNW division for an outstanding choice of activities on Friday, followed by a BBQ overlooking the Spokane River. The rest of the weekend will hold opportunities for education and net-working with fellow patrollers.

Mountain biking has continued to grow in popularity and our Division is home to the first Mtn. Bike Patrol in the US, the Hiawatha Bike patrol out of Lookout Pass. That patrol, led by Denny Burt of Lookout Ski Patrol, is offering a trip down the famous Hiawatha Trail. This is a very scenic 15 mile route, with a bus ride back to the top. This trip starts just East of the Lookout Ski area. Lookout Pass Patrol, and area management, are providing the \$20 fee for the trail and transportation back to the top of the trail. For those of you unfamiliar with this famous ride, (there are 10 tunnels and 7 high tressels). Please check out the following video link to get a good idea what this trail is all about. - <https://vimeo.com/228220949>

You will need to bring your own bike, good headlamp, and lunch, or bikes and lights will be available to rent at the trail. This fantastic ride will begin at 9:00 AM from Lookout Pass.

If you are looking for something a bit more of a serious ride, then you have an opportunity to take a guided down-hill bike ride on Mt. Spokane. At Mt Spokane, you may also choose the easier route in the "cross-country" area. Both of these choices start near the Mt Spokane ski area. You don't even have to bring your own bike from home. These rides are complete with quality Mtn. bikes supplied from Wheel Sport, a bicycle shop in Spokane. Your guide(s) will be some of our own Mt Spokane patrollers that are very familiar with the route. Van transportation will also be provided. The main downhill trip is limited to the first 10 that sign up. After that, you will need your own bike, but could still follow the group. It's a quick 40 minute trip back to the Hotel RL for the BBQ Friday night.

If Mtn. biking is still not your "thing", we will have golf set up for you as well. Spokane is well known for its quality of local golf courses. Depending on how many sign-up, tee times will be pre-set for our convention group. Indian Canyon, Downriver, the Creek at Qualchan and Meadowood are some of the highly rated choices we can set up for you. So that we can plan ahead adequately, please sign up for these activities on the registration form. Some quality, interesting, classes and seminars await you on the weekend followed by our banquet with the annual Division awards, Saturday night.

The dates are Aug. 10-12. The place is Hotel RL, Spokane, Washington....a part of the *Inland Empire*.

The room block will end on July 9th, so get your registration in now to make sure you get your place at the NSP 2018 PNWD convention. The registration form is attached, along with a brochure for the Hiawatha Trail.



RETURN TO THE EMPIRE

PNWD CONVENTION REGISTRATION

August 10-12, 2018
Spokane, Washington

Checks Payable To: **PNWD 2018 Convention**

Send form and payment to:

PNWD 2018 Convention
P O Box 631
Mead, WA 99021

Hotel Reservations

HOTEL RL, by Red Lion
303 W North River Dr. Spokane, WA
Phone 800-733-5466

Ask for PNWD Ski Patrol Convention
Cutoff: July 19, 2018 Room Rates: Single/Double @ \$121

Name _____

Patrol _____

NSP # _____

Region _____

National/LCA Appt. Number _____

Office/Title / Level _____

Spouse/Guest _____

E-Mail _____

Address _____

Phone _____

I am staying at the Hotel RL Yes No

(One Form per Patroller)

Registration - until 7/10/18 _____

Number

Cost

Amount

\$55.00 (patroller) _____

\$75.00 (patroller) _____

\$24.00 per person _____

\$19.00 per person _____

\$20.00 per person _____

\$38.00 per person _____

Choose 1 entrée for each person below

Panko crusted Halibut _____ Mesquite Smoked Prime Rib _____ Honey and Sesame Seed Chicken Breast _____

Polenta Napolean w/ Grilled Veg skewer (Vegetarian) _____ Mushroom Risotto w/ Grilled Vegetables (Vegetarian) _____

Sunday Breakfast _____

\$19.00 per person _____

Other:

Patrol Director Training – Friday Morning _____

\$0 _____

Educational Program TBA – Friday Morning _____

\$0 _____

Total:

*There will be morning meetings for Program Advisors on Saturday and Patrol Directors on Sunday during the breakfast time.
Grab your food and head to the assigned breakfast room*

I (and/or my family) plan to attend the following activities (Friday): Please list the # of participants for each activity:

___ Golf # ___ Downhill mountain biking @ Mt. Spokane (bikes: Sponsored by Wheel Sport)
 # ___ Biking on the scenic Hiawatha Trail # ___ Cross country mountain biking @ Mt. Spokane (Sponsored by Wheel Sport)

PAYMENT

Check # _____

Credit Card (Credit card transactions by phone or US postal mail)

Credit Card transactions will include a 2.75% Processing Fee

Type: _____ Acct # _____ 3 digit Security Code # _____ Exp Date: _____



Card Holder Name (Print): _____ Signature: _____



Let's Ski Switzerland & Austria!

Ski Flight 2019 heads to Davos, Switzerland & Innsbruck, Austria Feb. 8th—19th

2019 is shaping up to be an excellent year for Ski Flight, come join in the fun! Invite your best cohorts and/or loved ones!

Switzerland. Known as the region where the snow never fails to arrive, **Davos** is the highest elevation town in Europe. With five ski areas (any one of which would be considered big by American standards) spread out on both sides of the valley and descents from almost 9,000 ft, Davos offers the alpine skier an endless amount of terrain. Thanks to the high alpine locale, snow conditions are generally quite good.

With 55 lifts and 186 miles of pistes, Davos Klosters includes: Parsenn, Rinerhorn, Pisch, Madrisa, Jakobshorn.

Taking a day off from the slopes? Plan a visit to the world-famous **Institute for Snow & Avalanche Research**. There is no shortage of other activities to enjoy, with miles of cross-country trails, tobogganing hills, sleigh rides, airboarding, fat-biking, and Europe's largest outdoor ice-skating rink. Not to mention both of our 4-star hotels are SPA hotels!

We will be quite close to **St. Moritz**. With 18 trains per day running between Davos and St. Moritz, it would be great to check out as well. Rumor is their off-piste skiing stays untracked for days.

Seven nights at the 4-star Sunstar Alpine Hotel. Daily breakfast buffet and nightly 3-course dinner with choice of main course included.

Austria. The Austrian Tyrol hosts some of the biggest and best ski resorts in the world, and the mediaeval town of Innsbruck is hard to beat. Eight ski areas (including: Nordpark, Igls, Axamer Lizum, Kuhtai, Muttereralm, Schlick) provide varied terrain for all levels of skiers, and are connected by a free ski bus. While all are worth visiting, the **Stubai Glacier** is one in particular to be excited about!

If those aren't enough options, nearby **Mayrhofen** (with its 78-degree Harakiri Piste! I must check that out.) is comprised of Ahorn, Penken, Horberg—and is just about an hour away by train if you choose to get out of town.

Or, cross the border into Germany to the Bavarian Alps and ski/visit **Garmisch**, also just about an hour away by train. Garmisch is known for having an ideal climate—not too cold, plenty of sunshine, and considerable snowfall. 175 miles of terrain is accessed by 53 chairlifts. You can even ride a cogwheel train to get in turns and views atop Garmisch's high glacial peaks.

In addition, there is no shortage of history and/or museums to explore in and around Innsbruck. Also worth mentioning, the stunning **Neuschwanstein Castle** is only an hour and a half away.

Three nights in the heart of Old Town at the 4-star Hotel Innsbruck. Daily breakfast buffet included.

Pricing starts at \$3150 per person (PLUS \$215 for airport taxes) based on double occupancy. ***Airfare from Seattle is included. *** Deduct \$500 per person for land package only price, and no airport taxes. Private group motor coach transfers from Zurich airport to the hotels and then to Munich are included, plus all local taxes. (Prices are subject to change due to unforeseen circumstances, exchange rate changes, not enough group participants.)

**** For questions, more information, and/or a flyer, please contact:**

Sally Seelye
8114 188th St. Ct. E
Puyallup, WA 98375
E-mail: sallyseelye@gmail.com
Cell/text: 253-468-0725



**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

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