



# NOR'WESTER

PACIFIC NORTHWEST DIVISION—NATIONAL SKI PATROL

September 2018

## DIVISION DIRECTOR REPORT

By Liz Dodge, PNWD Director

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The division convention is behind us now and we are all gearing up for the 2018/19 refresher and patrolling season. But for some, the summer season of Mt Bike patrolling is still underway. From what I've heard the Hiawatha Trail Mt Bike patrol has kept busy all summer, and is still hard at work.

The convention was fun and informative with breakout sessions for all NSP educational disciplines as well as sessions on leadership, awards, safety, websites/tech, the NSP data management system, and ski waxing. On Friday there were a variety of choices for attendees including golf, bike riding on the Hiawatha Trail, a PD101 (Patrol Director Training) class, a full OEC Refresher for instructors, and of course our E-Board meeting. The day was concluded with a BBQ dinner. The dinner was thankfully moved inside the hotel due to the 100+ degree weather and the smoke in the air from the ongoing fires in the area. Saturday started with two keynote presentations in the morning:

- 1) Safety Initiatives for mountain guests and patrollers. This was a panel discussion with John Gifford, President of PNSAA; Garrett Harding, Community Outreach Manager of Huntsman Cancer Institute at the University of Utah & Sun Safety on the Slopes; Jodie Jeffers, PNWD Safety Advisor; and Rick Kaiser, PNWD Legal Advisor. This session included showing the NSP's 'Ride Another Day' video, discussing ways to get safety on the snow messages to mountain guests, and environmental concerns such as sun exposure for patrollers. Much discussion ensued and many questions were answered. Now the job for each of us is to go back to our ski areas and find ways to get the patrol (volunteer and paid), the ski schools, and area management to work together to get appropriate safety messages out to the area guests.
- 2) Our own Dan Miller from Willamette Backcountry gave a very interesting and energizing presentation on Leadership. Leadership starts at home and involves all levels in this organization. He followed this up with a two hour breakout session later in the day.
- 3) During lunch Sally Seelye gave a presentation on the plans for Ski Flight 2019 which will be going to Davos, Switzerland in February.
- 4) The breakout sessions filled the rest of the day.
- 5) The evening festivities and awards banquet were started with a silent auction with great items, and some bidding wars. The NSP national office sent us a box of items to support our auction and raffles, which was greatly appreciated. The awards presentations were filled with surprises and excitement as usual. The winners of awards will be announced in another section of this newsletter, but we will not mention any award winners who were not in attendance that evening; we don't want to spoil any surprises.

We were very fortunate to have two past National Board Chairs in attendance for the evening. Terry LaLiberte who was national chair from 2007 – 2010, and Marlen Guell who was the national chair from 1986-1992, Mini Dole Award winner in 1992, and our division director in 1973-1977. It was wonderful to have these two very strong leaders with us for the evening. We recognized Marlen for 60 years of NSP membership. I had Marlen join us on stage during the presentations of our newest LCA and National Appointments. Marlen's national appointment number is 2733 and was issued in 1963. He and others later told me that it was nice to see so many national appointment holders all lined up and forming a receiving line for the new appointment recipients. At the end of the evening all of the appointment holders gathered in the lobby for a photo shoot. Sunday was all business with our annual board meeting before we hit the road and what was for most a long, hot smoky drive home. Next year's convention will be in Oregon and early bird registrations were held on Sunday.

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I suspect that there will be more information about the OEC refreshers later in this newsletter, but I would like to thank the team of instructors from across the division who pulled together and conducted a Hybrid refresher on Friday during the convention. They had approximately 30 instructors from across the division take the class to get themselves refreshed, learn about the new spinal protection protocols, and they left better prepared to go back to their patrols and put on great refreshers for their patrol members.

## **Speaking of Refreshers --- All members need to remember:**

- That in order to get credit for taking a refresher the member must enroll in the refresher on the NSP website.
- To complete the workbook/study guide and take it to the refresher
- If the refresher you are attending is a hybrid refresher, you **MUST** complete the 'on-line' module (on the NSP website), before attending the hands-on skills refresher.
- To take a stocked aid belt/pack with you to the refresher
- Go to your refresher ready to refresh, with a smile on your face and willing to participate with a positive attitude. Your instructors (locally and nationally) have worked hard to prepare an informative day for you. Thank them!

## **YAP (Young Adult Program) Advisor**

It is with sadness that I report that our YAP advisor, Dave Brown, passed away since our last newsletter. His work for the YAP program within the PNWD and the NSP was filled with energy and passion; he is missed by all who knew him. I had announced in the last Nor'wester that he was going to step down and that we are looking for a new YAP advisor for the division. That search is still ongoing.

The YAP Advisor is the person who coordinates and advises on the program requirements, needs, and opportunities within PNWD. The YAP program is an NSP program for youth ages 15-17 years old. Note that not all ski areas/patrols in our division allow patrollers under the age of 18, and there are some state laws to consider, so ask questions before you start a local 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](mailto:dodger@ix.netcom.com).

## **There are a number of changes within the NSP policies and/or procedures.**

### **New Spinal Protocol**

- The NSP's new Spinal Protocol that has been talked about for some time went in effect June 1<sup>st</sup>.
- All OEC programs after June 1, 2018 will utilize the new Spinal Protocols.

### **OEC Refresher 2018**

The P&P in Appendix D, Section C, item 2, currently states:

"Every NSP member must complete the OEC refresher each year, except candidates who are currently enrolled in or who complete a full OEC course after May 31, before the annual membership registration. Every OEC instructor, including ITs, division supervisors, and the national OEC Program director must complete a full OEC refresher. This may be accomplished during a separate OEC refresher specifically for instructors teaching or helping at the patrol refresher."

Per Rick Knight National Chairman 8/17/18 In an effort to ensure proper training for this new protocol.

"The NSP Board, in order to be very clear, voted to suspend that exception for 2018. **So, all candidates who are currently enrolled in or who complete a full OEC course after May 31, 2018 must take the 2018 refresher.** Everyone else will already be taking the refresher so this assures everyone gets the new training."

### **Incident Command System Training (ICS)**

In the last Nor'wester the following was presented.

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 for persons who are responding to specific incidents as described by the Department of Homeland Security. The information in this course, along with ICS-200 and ICS-700, is used in a variety of ways in some NSP education programs. Please refer to program documents or consult your local 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>. (Continued on next page)

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Completion of these courses will be documented on the members NSP record. An IOR 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 FEMA course completion certificate(s) against the NSP course enrollment list, making adjustments as needed and then closes the course. The national office does not collect course completion certificates.

**Please note, there has been a recent change in the Incident Command System Training Requirement:**

The National Board has decided to make the ICS-100 course a **requirement** for all NSP members of the patroller type (candidates, patrolers, alpine patrolers, bike patrolers, etc...).

**Effective 8/2018 -**

**All new candidates must take the ICS-100 course. This should be part of their initial training.**

**Returning patrolers – Have until December 31, 2019 to get this course completed and reflected on their NSP member profile.**

The ICS-100 course can be found at <https://emilms.fema.gov/IS100c/>

### **YAP (Young Adult Patroller) Registration**

All members under the age of 18 must be registered as a YAP, using the classifications – YAP Candidate, YAP Patroller, YAP Alpine, YAP Nordic BC, YAP Bike Patroller. When these individuals turn 18 or complete High School (whichever is later) they can be changed in the system to an adult patroller classification.

Remember the minimum age to be an NSP member is 15 years old. However, be mindful of any age requirements for patrolers/members from your ski area, county or state laws.

Also remember that per PNWD P&P – OEC Course - Prerequisite to taking an OEC course within PNWD is a minimum age of 15 years at the beginning of the course.

### **OEC Modified Challenge**

The new OEC 'modified' challenge course is now available. This course is ONLY for those who are current EMT's and Paramedics. The course is registered separately from a Full OEC Course or Regular Challenge course. The cost of the modified challenge is \$30 (national fee) until December 31, 2018. After that the course cost will be re-evaluated by the national board.

What is the modified challenge and how does it differ from the regular OEC Challenge? The only differences are:

- Eligibility – Must be a current EMT or Paramedic
- Cost - \$30 instead of \$60, plus the division \$10 enrollment fee, textbook, and any other local fees
- Course Content – All is the same as the regular challenge except the individual will not be required to take the 'written' final exam.
- The practical exam is the same as any other full or challenge course.
- Pass/Fail Criteria – is the same as the regular challenge as related to testing and retesting.

I am looking forward to this coming season, assisting and watching members grow in their ski patrolling skills and leadership positions to be the best they can be. I am very proud of the PNWD membership and the strength and commitment to our organization and the snow-sports community.

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](mailto:LizPNWD@gmail.com) or phone at 206-300-7711 and let's work together. Collaborative Teamwork 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.

Yours in Service,  
Liz Dodge  
Division Director, PNWD

Osteopenia vs. Osteoporosis  
James Hamilton, M.D.  
PNWD Medical Advisor  
Asst. National Medical Advisor

As our nation grows older, there is an increasing incidence of osteopenia and osteoporosis with an association of bone fragility, fractures and declining health. What are these problems and how do we avoid them?

As I discussed in previous articles, bone is a living organ that requires a blood supply, grows and remodels. Bone health is dependent on the following: genetics, gender, age, hormones, diet and activity. The first three we can't change. Because of the stature, women have smaller and thinner bones in general. Hormones are changed with difficulty and risk. We really only have control over diet and activity.

The body has the capacity to change its structures. Muscles grow larger and stronger with exercise. When you stop exercising and working out at the gym, muscle mass then decreases. Certain hormonal factors also affect this process. For instance if a person takes steroids, they will become more muscular with the same exercise level. Bone also is subject to these principles and forces. As young children our bones grow and become stronger as we increase our activity and work during our teenage years and young adulthood. As a child, our bones have a higher stretchy fibrous collagen content compared to the mineral content. When we age, our bones naturally increase their mineral structure and lose collagen which results in older bones becoming more brittle. Osteopenia is simply a description for reduced bone mass while osteoporosis describes a significant loss of bone structure.

Remembering back to high school physics, forces applied to a solid rod are concentrated on its surface. By increasing the diameter by a small amount, a hollow pipe can be just as strong as a rod, using much less material. The body capitalizes on that principle by making bones hollow thus decreasing the amount of material required and the associated nutritional requirements. Also with decreasing activity the body starts to remove bone mass that it no longer needs to withstand forces. A 180 lb. runner can subject the heel to 2000 lbs./sq. in. at heel strike. When we begin to walk more carefully and no longer experience high stress from impacts on the heel, the body removes material as "not needed." This happens throughout the skeleton with decreased activity as we age. Unfortunately for women, the hormonal changes seen at menopause also alter the body's perception of the amount of bone required and the skeleton further economizes on the amount of material and nutritional requirements. Osteoporosis is not seen only in women! Men are now being diagnosed with this problem at a much higher rate than in years past.

Just as a slightly larger pipe is just as strong as a smaller rod, a larger "thin-wall" pipe can be just as strong as a smaller "thick-wall" pipe. The body utilizes this fact in the process of "remodeling." Extra bone is added by the periosteum on the surface of the bone while osteoclast cells actively resorb the solid interior bone making it more porous or microscopically "spongy." This keeps the bone strong enough for general activity, but can result in it no longer being strong enough for intermittent high stress such as seen in a "simple" fall resulting in a hip fracture - which in a person over the age of 65 has a 25% chance of mortality in the next six months! As you can imagine this is a gradual process with slowly increasing loss of strength from decreased bone mass progressing from "normal" to "osteopenia" to "osteoporosis."

So what can be done to prevent this problem? Everyone needs to determine if they are meeting dietary recommendations for daily calcium intake. More importantly is continued activity – even if it is only a brisk walk every day or a workout a couple of times a week. You need to continue to subject your bones to some level of stress to prevent bone resorption. After the age of 65, or if you have risk factors such a family history of osteoporosis or fractures after the age of 50, it is also important to determine if you are developing this silent problem. This is done by "bone densitometry" or "DEXA scan" which measures your body's bone mass and compares it to the ideal bone mass of a healthy 30 year old. Measurements within +/- 1 standard deviation are felt to be "normal." If the bone mass is found to be between -1 and -2.5 standard deviations the diagnosis of "osteopenia" is made and perhaps increased activity, calcium and vitamin D intake can reverse the process. If the bone mass has decreased beyond -2.5 standard deviations the diagnosis of "osteoporosis" is made and then in addition to exercise and increased calcium and vitamin D intake, a drug/hormone replacement regimen might be prescribed.

Prevention is always better than repair – so "Use it and don't lose it!"

James Hamilton

## National Ski Patrol History

Summary-Part I

By Shirley Cummings

*As members of the National Ski Patrol we have a lot for which to be proud. Our national history and our local patrol histories make us all better patrollers and better leaders. Passing on that history to our new members is a gift from the past and inspires enthusiasm for the future. Can you add to that pride in our organization by writing your own patrol history? (Congrats to Hyak, Look Out Pass, and Willamette Pass for submitting theirs!!).*

The short version of the history of the National Ski Patrol is that it was founded in 1938 by Minot (“Minnie”) Dole. The longer version begins with two ski accidents: the first was a fractured ankle to an insurance agent (Minot Dole) from Greenwich, Connecticut who was hurt in Stowe, Vermont in 1936. At the time of his injury, there was no one to rescue Dole except his friend, Frank Edson, and a skier-by who found a piece of corrugated tin and brought him down the mountain. Two months later Minnie’s good friend, Frank was in a ski race, and fell—fracturing an arm, 4 ribs and suffering lung collapse from that ski accident. Frank Edson died the next day. The impact of these two incidents made a lasting impression on Minnie and eventually led to his founding of the National Ski Patrol.

At that time, another of Dole’s friends, Roger Langley, NSA president (who would later become National # 1) asked Dole to chair a ski accident study for the National Ski Association (now US Ski Association) and to set up a provisional patrol for the 1938 national downhill and slalom races. That went well, and Langley asked Dole to expand on the idea of a provisional patrol on a national basis throughout the US. Dole formulated his concept of patrols patterned after Parsennendienst, a patrol in Davos, Switzerland; but unlike the Swiss patrol, members of the new national patrols in the US did not charge for rescue or care.

Dole adopted the motto “Service and Safety” which ski patrols still live by today. He had to fight to have safety as one of the priorities because many ski enthusiasts of his day thought that making skiing safer would make skiers be seen as sissies. The American Red Cross was charged with developing a course and book on “Ski Safety and First Aid”. All patrollers had to pass the Standard (18-hour) Course, as well as the (10-hour) Advanced Course and the (10-hour) course on Special Winter Rescue. Dole patterned the national organization of the NSPS (for years was known as the National Ski Patrol System) after the NSA organization, first naming 7 geographical divisions throughout the US and later expanding the divisions to 9.

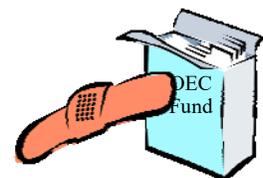
Dole believed strongly that any volunteer organization must implement an awards program. With that in mind, he established two levels of patrollers—local and national. “Locals” skied at their own mountain and “Nationals” could roam and were welcomed at any mountain at which they wished to ski. Nationals were appointed and had to show demonstrable leadership, skiing and first aid skills. Later proficiency in avalanche and mountaineering were added. Dole nominated his NSA president friend, Roger Langley, to be National #1. National #2 was awarded to Roland Palmedo who started one of the early Eastern patrols and was prime backer of the 1936 Womens Olympic Squad. Eventually Dole was awarded National #3. During the first year of its inception, the NSP awarded 91 National Appointments to patrollers across the US. The double-triangle (6-point star) was used to symbolize a patroller who had received a National designation. The 6-point star is still used today.

Shirley Cummings

*To be continued—10<sup>th</sup> Mountain Division—Next Nor’Wester*

## PNWD OEC Fund

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 are teaching a course this next season, don’t forget about this in your course planning.



# WY'EAST REGION

By Joel Stevens, Wy'East Region Director

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The Wy'east Region has been busy this summer. We hosted the Nuts and Bolts Ski and Toboggan Clinic, with the largest turnout ever. There were patrollers from all over the US, including the Southern Region. I personally took an Alpine Ski lesson on telemark skis and improved both my parallel and tele technique. Many thanks to Doug Stanton, Jeffrey Weitz and David Atkinson for all their work leading this event.

As most of you know Timberline has ski and snowboard camps on the Palmer Snowfield all summer. Patrollers from the Mt Hood Ski Patrol have been assisting the Timberline paid staff. Next year Timberline will have bike trails as well, so the Mt Hood Patrol will probably be doing bike patrol. Mt Hood Skibowl has mountain bikes and an Adventure Park where we also provide bike patrollers and first aid. Cooper Spur, Summit and Teacup are in summer mode, so there is no patrol activity at these areas.

Eight Patrollers from Wy'east attended the PNWD convention in Spokane, where we saw Reba Sharp receive her LCA, Doug Stanton receive his National Appointment, and Jim Hamilton his 50 year lifetime Service Award.

And now for something completely different. **Water Intoxication!**

A lot of you are dog owners, so I thought this might be of interest. This occurs when a person or animal drinks enough fresh water to upset their sodium balance. Dogs normally won't drink water to excess, but a few weeks ago, one of our labs spent about 4 hours retrieving tennis balls from a mountain lake. With all of the retrieving, she ingested a lot of water and basically collapsed without warning. After a night at the emergency vet clinic hooked up to IVs she recovered completely, but it was serious and scary. If you have hard core water retriever, they need to take a break now and then to have time to rebalance their system. We had no warning that this was about to happen, and it is life threatening. It can happen to people also, which is why you need electrolytes, not just water if you are exercising hard, in hot weather.

Joel Stevens, Wy'East Region Director

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# OREGON REGION

By Andy Bechtoldt, Oregon Region Director

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Sitting in the Spokane airport reflecting on my first PNWD convention as Oregon Region Director (certainly not my first convention, but my first as RD). I'm still honored and humbled that the region chose me to be their representative. I'd like to congratulate the Inland Empire on a great job with this years convention. Programming was fun and interesting. Silent auction and awards banquet was entertaining and a huge congratulations to all that were presented with awards. I would like to give a special recognition to Shelley Urben on her award for Outstanding Patrol Director in the PNWD and Santiam Pass for being awarded the PNWD Outstanding Large Alpine patrol! Next stop, gold merit star! (keep those fingers crossed).

I hope that all of you had a great summer recreating, bike patrolling or doing whatever made you happy! I know that I did!

The Oregon region lost a very long time member. Dave Brown passed away on June 9, 2018. Dave was a driving force behind the Willamette Pass Ski Patrol for the last 41 years. He served as Patrol Director 11 of those years, spanning from 1984 to 2004. Dave was integral to nearly every patrol function, but his proudest achievement was the establishment of WPSP's Ski Patrol Youth (SPY) Team. He leveraged that experience to help establish the national Young Adult Program and served as the Division's founding YAP supervisor. Dave was more than a driving force behind the Willamette Pass Ski Patrol, one of the founding members of the national YAP and the divisions founding YAP supervisor. Dave was a friend. He was a problem solver. To me, Dave was a mentor. He taught me more about patrolling and more importantly about patrol leadership than anyone else. He gave me guidance, even when I didn't ask for it (especially when I didn't ask for it). Dave's presence will be sorely missed at Willamette Pass and throughout the region, division and nation. Willamette Pass will be honoring Dave's memory and leadership on the mountain once we get enough snow. Details will be available through your region directors.

The Oregon Region will be hosting the 2019 convention - as of right now, we don't have a specific location, but we know that it will be in Western Oregon, likely the Eugene/Springfield area. We had a great location lined up and were about to put pen to contract when it was pulled out from under us through circumstances beyond our control. But I can tell you that we will all be \*Living the Dream\*!

The Oregon region board and staff will be meeting towards the end of September and we'll establish dates of clinics and finals then.

Andy Bechtoldt, Oregon Region Director

# SOUTHERN IDAHO REGION REPORT

By David Campbell, South Idaho Region Director

habit@eoni.com

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.

I just got back from the divisional meeting. It is always great to see patrollers from across the division. The Southern Idaho Region was well represented. Good job to all who took time out of your busy summer to attend. Hope everyone has had a fantastic summer, I have. News from the convention; we all need to take or document that we have had ICS-100. This is just an online class from FEMA. Upcoming fun stuff; Powderfall 2019 will be April 3-6<sup>th</sup> at Snowbird Utah. There will be a Ski Flight to Europe Feb 8-19, check the division web site for more info. Our very own Joe Mabbutt is planning a multiday Nordic/backcountry clinic at Hoodoo, date still to be set.

We need to nominate more patrollers for awards. I know patrols give awards every year, those folks need to be recognized on the region and division level. If you have questions, ask.

There are elections coming up. At the national level we will be voting in new board members. I encourage you to get informed, and vote. If you don't vote, you don't care the direction the national office is going. At the division level, Liz Dodge has to leave; she has served us well for 6 years. If you or someone you know would do a great job, apply for the position. At the region level, my position is up. There will be an election; I'm willing to run again, if anyone else would like to also run that would be fine.

Below are upcoming dates. It's never too early to start to doing your snow dance for a good snow year. See you on the snow.

Upcoming dates:

Refreshers:

Anthony Lakes September, 22 @ the Ski Area  
Bogus Basin 2 Refreshers, Oct 6<sup>th</sup> & Oct 29<sup>th</sup>  
Soldier Mt. Nov. 10

Tentative refresher Dates:

Ferguson Ridge Dec, 2  
Payette Lakes Nov, 3

Region meeting:

October 13<sup>th</sup> Hosted by 705 Backcountry

Senior clinics:

Jan 5-6 2019 Anthony Lakes  
Jan 26-27 2019 Bogus Basin

Senior Test:

February, 22-24 2019 Payette Lakes

David Campbell, Southern Idaho Region Director

## **Instructor Recertifications - All Instructors -**

If you are an instructor – make sure that you are keeping your teaching activity roster/log up to date. If you are due for instructor recertification this December, make sure that you have completed the following recertification requirements:

- Maintained the course certifications of the discipline
- Completed a discipline specific 'Instructor Continuing Education Course' (ICE)
- Completed an 'NSP Instructor Skills CE Course' (global instructor CE)
- Kept a teaching activity log for your period of instructorship 2016-2018.
- Had a discipline specific IT watch and review your teaching – instructor evaluation.

# SPINAL PROTOCOLS MEMORANDUM

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**TO:** All OEC Instructors, Instructor Trainers, Regional OEC Administrators, OEC Division Supervisors, OEC Refresher Committee  
**FROM:** David Johe, M.D., National Medical Adviser; and Deb Endly, National OEC Program Director  
**CC:** Bill DeVarney, Asst. National OEC Program Director  
**DATE:** 30 August 2018  
**RE:** Changes to New OEC Refresher Workbook, Instructors Guide and Support Materials

On August 9, 2018 the leading organizations in Emergency Medicine, The American College of Surgeons Committee on Trauma (ACS-COT), American College of Emergency Physicians (ACEP), and the National Association of EMS Physicians (NAEMSP) published a consensus document on “SPINAL MOTION RESTRICTION IN THE TRAUMA PATIENT – A JOINT POSITION STATEMENT”.

During the 2018 Cycle B OEC refresher cycle (the current refresher cycle), the same topic was published and emphasized by the National Medical Committee and the National OEC Educational Committee, for the NSP to use the term “spinal protection” v. “spinal immobilization”. The OEC Cycle B workbook published by the NSP, was under the pretense that the above four organizations were leaning in that same direction and following the evidence-based medicine on cervical collars and spinal immobilization that was available.

## **What it means to the Cycle B Refresher Spinal Protection Protocol:**

The concepts established by the National OEC Medical Committee are not wrong, as the overuse of spinal immobilization devices such as long spine boards must be reduced. This can be accomplished by conducting a thorough assessment on scene and selecting an appropriate spinal immobilization device.

The committee’s use of the term spinal protection should be replaced with the medically accepted consensus term of **Spinal Motion Restriction (SMR)**. *Also the **use of cervical collars is required with all patients who need Spinal Motion Restriction.*** The final change is that spinal motion restriction may be achieved with the use of a backboard, scoop stretcher, vacuum splint or ambulance cot. Patients in toboggans cannot be sufficiently secured and the toboggan cannot be used in lieu of a backboard, or other SMR device.

## **SUMMARY OF CHANGES:**

- Correct terminology is now “spinal motion restriction”
- A cervical collar is required for all patients who are placed on a spinal motion restrictive device (backboard, scoop stretcher or ambulance cot) when Spinal Motion Restriction is needed.
- A toboggan **cannot** be used as a spinal motion restrictive device

## **THINGS THAT HAVE NOT CHANGED:**

- Full spinal motion restriction is needed, including a cervical collar for pelvic fractures.
- Full spinal motion restriction is not needed, nor is a cervical collar, when using the backboard or other spinal motion restrictive device for a patient with a mid-shaft femur fracture where a traction splint is applied
- Full spinal motion restriction is not needed, nor is a cervical collar, when using the backboard or other spinal motion restrictive device for the purpose of lifting or transportation means

## **UPDATING OF ONLINE REFRESHER MATERIALS AND CANDIDATE MATERIALS**

Updates to the SPINAL MOTION RESTRICTION FLOWCHART, and both the Hybrid and Traditional Instructor Guides are complete. The only changes in the Instructor Guide were changing the term spinal protection to spinal motion restriction. The online module will be corrected to remove the section on when not to use a c-collar and updating the terminology to reflect the move to spinal motion restriction.

The above noted changes in terminology as well as when to apply/use a cervical collar will be updated in any OEC materials including candidate testing that are affected.

Please make changes immediately to all training presented going forward. In addition, please update anyone who received the previous spinal protection training through a Refresher, CE or OEC course. If you have any questions going forward, please contact your Division Medical Adviser or Division OEC Supervisor.

**David Johe, M.D.**  
David Johe, M.D.  
National Medical Adviser

**Deb Endly**  
Deb Endly  
National OEC Program Director (continued on next page)

# **NORTHWEST REGION REPORT**

*By Michael James, Northwest Region Director*

*marinecare@msn.com*

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Greetings Patrollers. I hope you have had a good summer. I have. I am a little late in getting started as I have been neck deep in summer plans, growing my new business and fixing up my house and placing it on the market for sale. Thank you for your patience.

Thank you for the trust as your new RD for this region. I hope to use that trust for some good and to expand the region's leadership base. First and foremost I would like to grow the Senior program at the patrol level. The future of our leadership is the Senior program.

I am calling on all patrols in the region to establish, if not already done so, a Senior Advisor for your patrol. The role of this Advisor is to develop the Senior program and recruit Senior Candidates. Next, I would like to see at least two Senior Candidates from each patrol enter the program this year. It's only two, we can do it. Two is a small number, right? If every patrol sends two Candidates we will have a class of 20! This is huge for us and we will be well on our way to expanding our leadership base. Let's get the Senior OEC Candidates working with the upcoming OEC class so by the time Senior training begins in January our Candidates will be well on their way with polished OEC skills from the exposure in the OEC. Let's get the Senior OET Candidates involved in OET recerts and the OET class right away for the same reason; early exposure and policing of skills before the Senior OET training in January. You don't need to be an instructor to get involved in the classes, just jump on in and work with the IOR's. I am sure they will accept the help with open arms.

I firmly believe we as a team can grow the Senior program to levels never seen before. Once we have a thick Senior stable, the next step is National Appointments!!! Watch out...here we GROW.

Michael James, Northwest Region Director

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## **PATROLLER**

*By Jodie Jeffers, Patroller Advisor*

*tailwaggin1@mac.com*

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Calling for interested Patroller's, (aka auxiliary), to be a representative from their patrol's and region and have a gathering of information, needs, and resources to share. Please contact me and include your PD in the email. Not sure who that is, let me help by contacting me.

Thank you!

Jodie Jeffers, Patroller Advisor

[Tailwaggin1@mac.com](mailto:tailwaggin1@mac.com)

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## **SPINAL PROTOCOLS CONTINUED**

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The consensus document on Spinal Motion Restriction was also endorsed by the following organizations: The American Association for the Surgery of Trauma; The Eastern Association for the Surgery of Trauma; The Western Trauma Association; The National Association for State EMS Officials; The National Association of Emergency Medical Technicians; Emergency Medical Services for Children Innovation and Improvement Center; The Pediatric Trauma Society; The National Association of EMS Educators; The American Pediatric Surgical Association; The Society of Trauma Nurses; The American Academy of Pediatrics; The Emergency Nurses Association.

# AVALANCHE ADVISOR REPORT

By Patrick Stanton, Avalanche Advisor

[pcstanton@gmail.com](mailto:pcstanton@gmail.com)

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## Summer Avalanche Program Update

### Summary

Well its summer, so not a whole lot going on in the field, especially in the northern hemisphere, they did have a big avalanche just recently in New Zealand though <https://snowbrains.com/chairlift-new-zealand-out-action/>. Just for curiosity sake, there was a write up on how modelling of snow movement is making continued advances and some of that is to drive more realistic movies, etc. <https://snowbrains.com/disney-frozen-model-aids-avalanche-research/>.

Additionally, while all is quiet on the slopes, the National Avalanche Committee is hard at work making a new set of revisions to the Avalanche Instructor Manual, nothing drastic but cleaning a few things up.

### Upcoming Continuing Education

Northwest Snow Science Workshop is a great place to hear the latest advances in technology, science and art around avalanche safety details. Information can be found at [www.nwac.us](http://www.nwac.us). It is scheduled for October 27<sup>th</sup> 2018 in Seattle.

### 2018-2019 Avalanche Courses

Instructors, this is a great time to start planning out your courses for the winter, getting them registered and promoting your course(s) to assure great attendance.

### Instructors

Don't forget to work on those continuing education opportunities to keep your instructor credential current.

Well hope everyone is having a great summer, yours truly is heading to Chile/Argentina for a few weeks chasing the snow.

Regards  
-Patrick Stanton

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**PNWD 2019 Convention**  
**August 9-11, 2019**  
**Somewhere in Western Oregon**  
**\*\*\*Bonus this year!!!**  
**Registration for**  
**First Time Attendees is \$25.00.**

Look for the registration form and a lot more information in the next  
Nor'Wester.

Convention website: <https://www.pnwdcon.org/>

# OET/TRANSPORTATION

By Jeffrey Weitz, Transportation Advisor

[jw@northrimpx.com](mailto:jw@northrimpx.com)

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## Multi-Day Training Clinics:

All regions are scheduled to hold either single day and multi-day training events this season for OET Instructors and Alpine Patroller's. These clinics are open to all NSP certified OET Patrollers in the PNWD. I will be posting the flyers on the division website as soon as they are available so you can have the information and plan ahead. They will include the following clinics: The Oregon Region will hold a 2-day clinic at Mt Bachelor in March. NW Region will not be holding the 2-day Steep & Deep Clinics this coming season due to it overlapping with NSP's Powderfall event being held at Snowbird in April 2019. Wy'East region will be holding its 18<sup>th</sup> Annual Nuts and Bolts at Timberline starting on May 31<sup>st</sup> – June 2<sup>nd</sup> 2019. As of press time we are still waiting on info for the clinics in Inland Empire and Southern Idaho Regions.

Next season NSP will be holding Powderfall, a multi-day event, at Snowbird, UT- April 5<sup>th</sup>-7<sup>th</sup>. Last Powderfall was attended by over 700 patrollers from around the US and was a great opportunity to collaborate, learn and instruct. So, if you are planning on coming please register and sign up soon since they are filling up fast. There will be OET instructors from across the country to collaborate with and learn from.

## OET Region Supervisors Update:

This coming season I will be holding regional OET supervisor conference calls to discuss ongoing issues particular to the regions and work on solutions. I would like to welcome Dan Baker from Inland Empire to our OET Region supervisors list as he is stepping up as an assistant to George White this season. If you have any issues, needs for resources, clinics, instructors etc. please contact your region supervisor and we can discuss those at our monthly calls.

## Senior OET:

Senior OET Programs will be conducted in all 5 regions this season. We are asking that all areas appoint a lead person to serve as Senior OET liaison to the resort and our Senior Program for the PNWD. We are scheduling the senior final dates now and are trying our best to not have the region finals overlap dates from region to region. This will allow those instructors and IT's who would like to travel and attend cross regional evaluations to do so.

The dates will be published soon on the Division Website. Last season I was able to attend the Senior OET Finals for Oregon/Wy'East and the NW Region. This season I am looking forward to attending the Southern Idaho's and Inland Empires Senior Finals.

## Division Conference Meeting – Spokane 2018:

We had some great break-out sessions at the Division Conference for both the OET Program and the Senior OET Program. The senior program is looking to recruit new instructors and IT's across the division this season as well as recruit and grow the strength of the program overall. If you or anyone you know would like to further their knowledge and skill base as an OET hill patroller then please get in touch with your region OET Advisor for more information about the program. The senior manual is available on the division website for you to download with the complete information on the program, its requirements and all the forms and paperwork required to participate.

On the OET break-out sessions we discussed how to mentor and recruit new OET instructors, how to refresh and update existing instructors and a review of the difference between the new "Instructors Skills Review Course" and the global part of the OET refresher. All documents we handed out will be sent to our webmaster to be posted on our website under the OET Tool Box.

I am looking forward to seeing you all soon as the snow flies and please feel free to contact me if you would need assistance in creating new clinics, holding existing clinics, looking to approve instructors, IT's or anything else you find you need in order to have a fun and successful 2019 patrol season!

*Cheers! Let it Snow!*

Jeffrey Weitz,

2018- 2019 PNWD Outdoor Emergency Transportation Supervisor

# YOUR NSP MEMBER PROFILE

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I know that I keep repeating myself on the following but since few have taken action I feel I must state this again. **CHECK YOUR RECORD! NSP Member Profiles - PLEASE – check your profile** and make sure that your personal / demographic and educational 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 like if you are an 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. 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, and 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.

Liz Dodge, Division Director

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## INLAND EMPIRE REGION

*By Kevin Voss, Inland Region Director*

*voss.kevin@gmail.com*

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### General

The resorts in our region are coming off of strong seasons from last year and are looking forward to the season starting again. A number of resorts are expanding and/or making improvements over the summer. Many patrols in our region are also supporting bike operations (including the first official NSP bike patrol – Hiawatha). As mountain biking continues to grow in popularity, more patrols will be looking at possibilities of additionally supporting summer activities.

### Convention 2018

Inland Empire Region hosted the 2018 PNWD Convention this year. The convention consumed much of the region activity over the spring and summer. We would like to thank Randy Foiles (Convention Coordinator) and his team for organizing and managing the convention... it was a lot of work and we appreciate their time. A lot of work also went into preparing for the breakout sessions – thank you to those that led breakout sessions. The keynote speaker, Dan Miller, did an outstanding job and we received a lot of positive feedback from his work. We are also thankful for Dan's work in helping us be better leaders.

Please make plans to attend the 2019 convention. Planning on the next convention has already started and there are some great ideas. The convention is an excellent opportunity to meet or catch up with patrollers and leadership from across the division, learn (or review) skills in a breakout session, or join well over 100 patrollers for the awards banquet. Now is a great time to start planning – find some fellow patrollers and plan the trip next August.

### Region Calendar

The dates below are tentative and may change based on mountain availability and PNWD overlap. Updates will be sent if changes are necessary.

Instructor Calibration Clinic.....	49 North	Jan 5-6 2019
Open & Senior Clinic (OEC/OET) .....	Lookout	Jan 26-27 2019
Open & Senior Clinic (OEC/OET) .....	Loup Loup	Feb 9-10 2019
Senior Final.....	Silver Mountain	Mar 9-10 2019

Thank you,  
Kevin Voss, Inland Empire Region

## Baby It 's Cold Outside Hypothermia and Cold Injuries

The Government of Canada, through the Search and Rescue New Initiatives Fund (SAR NIF), has funded an awareness and educational program about hypothermia and cold injuries developed specifically for the professional Search and Rescue Responder!

It's been created to provide the information necessary to properly handle subjects with cold injuries, including hypothermia. On this site you will find a range of educational video modules on a variety of treatment topics, self-assessment exercises at the end of each to verify your knowledge of the material taught and interactive video scenarios that put you into a search and allow you to test your newly acquired knowledge in simulated real life situations.

The teacher is **Dr. Gordon Giesbrecht** (aka Professor Popsicle), Professor of Thermophysiology at the University of Manitoba, and a world-renowned expert on 'freezing to death'.

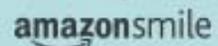
At the conclusion of your *Baby It 's Cold Outside* course, you can download a certificate of completion demonstrating that you have acquired the knowledge necessary to help improve subject survival time through proper treatment and care and to enhance the health and safety of your SAR team. To begin using the *Baby It's Cold Outside* program go to [bicorescue.com](http://bicorescue.com) and click on "register here".

Frank Rossi, MTR Advisor

*Purchase with purpose. Amazon donates to Pacific Northwest Division National Ski Patrol when you shop for back to school supplies at [smile.amazon.com](http://smile.amazon.com).*

### You can make a difference

When you shop for back to school supplies at [smile.amazon.com](http://smile.amazon.com) Amazon donates.

You shop. Amazon donates.  




# SENIOR PROGRAM

By Nicole Seager, Senior Advisor

dodge.nic@gmail.com

The Pacific Northwest Division Senior Candidate Guidebook was completed last year and is posted on the Division website. This manual provides all the Senior Program and core module information in one place for the Senior candidates. I haven't heard any comments or questions regarding the manual to date.

Congratulations to the 14 Patrollers who completed the program, earning the Senior classification in the 2017-2018 season.

## 2018 Senior Program Completions

	Senior Alpine	Senior Nordic	Senior Patroller
<b>Inland Empire</b>	<b>1</b>	-	-
<b>Northwest</b>	<b>1</b>	-	<b>1</b>
<b>Oregon</b>	<b>3</b>	-	-
<b>Southern Idaho</b>	<b>8</b>	-	-
<b>Wy'east</b>	-	-	-
	<b>13</b>	<b>0</b>	<b>1</b>

Reminder: Senior classification change is not automatic. A completed copy of the Senior Candidates activity record and copy of the NSP profile must be sent to the Division Senior Representative to process the change. If you have patrollers who you believe have completed the Senior Program, however do not show the change on their NSP profiles, please contact me.

~Nicole Seager  
PNWD Senior Program

# OEC REPORT

By Janie SanRomani, OEC Advisor

jsanromani@comcast.net

The PNWD Convention in August in Spokane was a great success, especially for OEC participants. A Cycle B OEC Refresher for OEC Instructors was held on the Friday of the convention weekend and was a wonderful learning experience for all attending and teaching. Each region was in charge of one station for the refresher and all sorts of kinks were worked out setting up the various stations. With this refresher as an example of a good working plan, everyone will be able to go back to their various patrols and regions and organize their own instructor refreshers and general refreshers. Emphasis this year is also being placed on the updated backboarding protocol for all OEC technicians. Saturday of the convention, the OEC session was based on presenting this new protocol. We developed a very good example of how to present this in each refresher. Please feel free to contact your region OEC Advisor for some of these ideas or contact me and I can send you a fun outline/lesson plan for learning these new procedures.

The National Board has recently passed a motion that each new candidate must attend their patrol's refresher to receive the new training for the backboarding protocol. This includes all classes starting from May 31, 2018. A memo has been sent out to all Region Advisors regarding this motion and hopefully all OEC instructors have been notified of this. If you have any questions about this, please contact me. As always, please do not directly try to contact the National Office on any OEC problem or question without trying to contact me first.

Remember, when attending your refreshers this fall, all workbooks must be completed and if using the online/hybrid format for refreshers, the online portion must be totally completed with a certificate of completion to present to the IOR of your refresher. If you are an IOR or IT for your refresher, make sure that you are enrolled as a student in a refresher. You cannot be registered as an IOR, IT or instructor and also a student in the same refresher and expect to get credit for attending your refresher. Again, if you have confusion on this subject, contact me. I think by now, everyone realizes that they must all enroll in their refresher through the NSP website. No one needs to enroll in any course in order to take the online portion but they do need to be enrolled for the hands-on portion.

It is also the time of year that instructors need to be recertified depending on their 3 year cycle. So, be watching for messages from your Region OEC Advisor regarding this.

I hope everyone has fun at their refresher this year---be prepared and make it fun and worthwhile for everyone!

Janie San Romani—Division OEC Supervisor  
541-953-5373, 541-688-5425  
Jsanromani@comcast.net

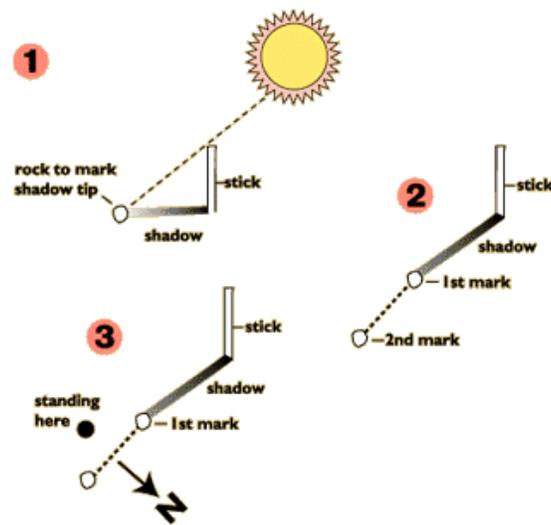
I just returned from the PNWD Division Conference in Spokane. It is always good to connect with all of the Nordic/Backcountry Patrollers and to have the opportunity to cross pollinate with all of the Ski Patrol disciplines. I enjoyed the key note speakers on Safety and Leadership, Jodie Jeffers and Dan Miller did a great job! I also attended as many breakout sessions as possible. I would like to thank Deb Mabbutt and Bob Freund for their assistance with the Nordic/Backcountry breakout session. The convention location afforded us to be able to have our breakout session across the bridge in the park and break out of the confines of the hotel. I think we were able to touch on a few skills that patrollers had never tried.

## Be on the lookout for Hoodoo 2019

We will be bringing a high level 2 day All Division Nordic/Backcountry Senior Level Clinic at Hoodoo (Santiam Pass) this winter (dates to be announced) **All Patrollers are welcome**. So if you are wanting to become a Senior Nordic/Backcountry Patroller or just want to hone your winter travel and rescue skills this is the clinic for you. At this clinic you will be on the move learning and using the skills that make our patrollers some of the best in the world.

Joe Mabbutt

## Finding Your Direction When Lost



### The Shadow Tip

Find a straight stick about a meter long and locate a level spot with no brush in which a shadow will be cast. Place the stick in the ground and mark the shadow's tip. Wait 10-15 minutes until the shadow tip moves a few centimeters and mark the shadow tip's new position. Then draw a line through the two marks to obtain an approximate east-west line. The first mark will always be west. Stand with the first mark (west) to your left and the second mark to your right. You are now facing north.

# PNWD REGISTRAR REPORT

By Blaine Price, Registrar

bcprice58@msn.com

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## Registration for 2018-19:

The registration process remains essentially the same as last year. Individual dues for the region and division will continue to be collected by our patrols prior to authorizing the national office to bill individuals for their \$55.00 national dues. All region and division dues should be collected and submitted to me as the Division Registrar by December 15<sup>th</sup>, with division late fees of \$5.00 applicable if submitted after December 31<sup>st</sup>. A national dues late fee \$10.00 will apply effective February 1. PD/PRs need to monitor their patrolers 'Paid Through Date' in their on-line patrol roster weekly after doing 'Notify' to ensure timely payment.

Patrollers who haven't paid national dues prior to February 1<sup>st</sup> will be suspended by the office with access to the NSP Members web site restricted only for the purpose of paying national dues. That means no access to the web site for any other activities like enrolling in classes, or access to pro deals. And PD/PRs may request that people who have not paid by that date not be able to be on the hill to actively patrol until paid.

The exception is new member candidates who will pay ndues by using 'Create Account' prior to be added to their patrol by their PD/PR. After being added to their patrol roster, they will be able to enroll in OEC and pay their OEC enrollment of \$60.00 with instructions from their PD/PR.

PD/PRs will remember a New Member 'Link' from last year. The 'Link' no longer exists, and the New Member simply gives you their newly obtained ID number, after which you 'Add' them to your patrol and instruct them to then sign in to pay NSP national dues preparatory to enrolling in OEC.

## Dues for 2018-19:

Individual dues for PNWD will continue at \$8.00 per person as approved at the PNWD Convention in Spokane. Region dues per person will remain the same as last year in all regions except for the Inland Empire Region, where dues for 2018-19 will be \$5.00.

## Member Numbers NEVER Change:

All members, new and returning, need to note that once you obtain an NSP member ID number, it never changes. That is so even if you are coming back after a 5 year lay off from membership, or if you are a Mountain Host or Associate Member wanting to become a regular ski patroller.

And, if you are becoming a New Member, 'Create Account' at the top of the home page should never be used again. That creates a duplicate member ID number, and can lock you out of the system. The same applies for former members coming back after a long layoff.

## Years of Service and Not Being Registered for a Year:

If you don't register with NSP for a year or more, you will end up starting all over again for years of service at year 1. That could mean not receiving your coveted 5, 25, or 50 year pin. If you wish to lay off from active patrolling for school or a too busy personal or business life, stay registered as 'Not Actively Patrolling' on your patrol with regular dues, or register with NSP as an 'Alumni' for \$30.00 annual dues. That enables you to come back later with continuous 'Years of Service'. And if you can, keep up your OEC refreshers so you can hopefully come back without being a candidate again. Why? Back dues no longer exist as of 2016.

## Division Convention Registration Breakout in Spokane:

Several Patrol Directors and Patrol Registration Reps attended PD 101 and a Registration Breakout session at the PNWD Convention in Spokane in August. Excellent questions were asked, and all patrols in the division should be more prepared for patrol 'Formation' and the dues process than they were a year ago.

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

Blaine Price  
PNWD Registrar  
206-954-4909 Cell  
bcprice58@msn.com

# SAFETY

By Jodie Jeffers—Safety Advisor

tailwaggin1@mac.com

Momentum - **SAFETY** - Let's GOOOO!

I hope that after this years convention, you want to keep the momentum going for Safety. As stated in the General Session's Panel, we need to bring "Safety" back to the forefront and not just have it be a word. Service and Safety has been NSP's Creed since 1938, but for many years it has unfortunately been more of just a word and not an action as a whole.

Dan Miller in the other keynote presentation spoke on leadership, one of many take away's that I learned, was to use various tools to speak to the younger generation by opening a dialogue and be able to use that to get the message out on Safety. We spoke about the need to bring the message out more than just one day or weekend. By using other media such as in the schools, radio, tv, newspaper, billboards including social media to join with other organizations to represent the concept of safety.

As we mentioned, the topic of Safety could easily cover several days on ways to bring that message forward. We were fortunate to have PNSAA and Sun Safety Representatives to the panel besides our PNWD Legal representative to discuss and answer questions regarding the broad topic of "Safety". Utilize the webpages of NSAA, PNSAA, and NSP to get ideas on Safety topics. Our own PNWD has under the documents section, a safety coloring book that any patrol can utilize as well.

We need you! To have a Safety Representative from each region and patrol so that we can share and support each other in getting that safety message out. Please let me know of your interest and include your PD in that email by the end of this month. I will contact those interested and look forward to working with all on this very important need and message- SAFETY!!

Below are the other contacts for the Safety Keynote Panel from the convention as promised.

John A Gifford, President, PNSAA  
[john@pnsaa.org](mailto:john@pnsaa.org)  
PO Box 758  
La Conner, WA 98257

Garrett Harding, Manager, Community Outreach  
[garrett.harding@hci.utah.edu](mailto:garrett.harding@hci.utah.edu)  
Huntsman Cancer Institute  
2000 Circle of Hope  
Salt Lake City, UT 84112

Richard Kaiser, Legal  
[rhk@rickkaiser.com](mailto:rhk@rickkaiser.com)

Jodie Jeffers, Safety Advisor

## NSP Election 2018

The National Board Election will be open for accepting ballots from October 15<sup>th</sup> thru Dec 1<sup>st</sup>. This year only 5 members submitted their names in nomination, thus per the by-laws all 5 names will be on the ballot for the 4 open positions. Information about each candidate will be available on the national website by mid September. Regardless of the numbers it is very important that each of our members become informed about the candidates and vote.

The candidates are:

- Brian Rull\* (Central)
- Bob Scarlett (Eastern)
- Bill Sinykin^ (Intermountain)
- Julie Stone (Central)
- Richard Yercheck (Southern)

\*indicates current board member

^indicates prior board member

# ALUMNI OPPORTUNITIES

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Attention Alumni - some fun opportunities are being offered by Tim Viall, the National Alumni Advisor. Please see below for details.

**NSP Alumni gathering at Whitefish Mountain, Whitefish, MT, Feb. 3-10, 2019 (See flyer on page 19):** I have been a part of a Mt. Spokane NSP Alumni gathering at Whitefish Mountain, Whitefish, MT, each of the last five years. We gather 10-12 alumni and spouses, spend four days at Grouse Mountain Lodge –Whitefish Mtn. offers free skiing to “super seniors” (age 70+) and about a 15% discount to seniors age 64 and up (hence, many alumni and spouses ski FREE). Grouse Mountain Lodge, just minutes from the mountain, offers a free shuttle to the mountain, and offers a “book four nights, the fourth is free” package. The Lodge is adjacent to a nice cross-country ski course; and Glacier Park and dog sled tours are just 30 minutes away.

For 2019, I have arranged the week (or four days during the week if folks choose a shorter stay) to start on Super Bowl Sunday, February 3, 2019, and run through Feb. 10. Grouse Mountain offers to accommodate a larger group anytime that week, offering a “book four nites, get fourth free” (or, \$115/night, X 3 billing days, or \$345 for four nights).

I would like to see the FWD, PNW and Intermountain Divisions act as “official greeters” and invite alumni from across the US to join us that week. Bruce of Intermountain has also offered to host an “Old Knees class” for attendees. Nearby dog sled rides (for additional cost) and a tour into Glacier Park are easy to arrange, as we did last year.

**Sea Otter Bike Classic, April 11-14, 2019 at Ft. Ord National Monument and Laguna Seca Raceway, next door to Monterey, CA (See flyer on page 20):** Second, an invitation to PNW and Intermountain active patrollers and alumni to help the Far West Division act as course marshals and first-aiders at the huge Sea Otter Bike Classic, April 11-14, 2019. This is the US’s largest outdoor bike event, draws 10,000 entrants and 60,000 spectators and offers a huge trade fair with almost 500 vendors over the four days.

We annually draw about 45-50 NSP members and alumni, and earned about \$5,500 as a donation to varied NSP patrols for the volunteer service of their members in 2018. Volunteers receive free camping on site, free admission, free lunch and t-shirt, and perform needed first-aid and course marshal duties.

For PNW and Intermountain NSPers and Alumni, it could be “vacation in sunny Monterey/Salinas, CA, participate in a big NSP activity, have fun and make new friends (and make some \$ for your ski patrol)”. Please see the attached info flyer (page 20), which attempts to boil it down to a pictorial page.

**Tim Viall, National Alumni Advisor;**  
Phone: 209.969.3875; Email: [tviall@msn.com](mailto:tviall@msn.com)

Josie Elting, Alumni Advisor

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## ALUMNI

### Leaving / Hanging it Up / Quitting the patrol?

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. They are working on their rosters now, and the sooner they know your plans the better.

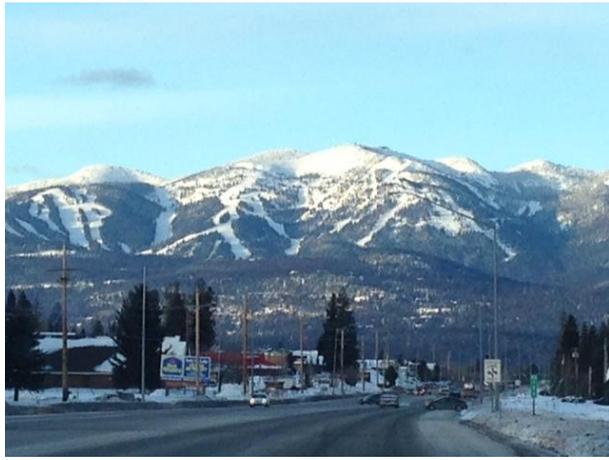
If you are hanging it up, don’t forget that there is an opportunity for you to stay connected with both the NSP and your local patrol, through the NSP’s Alumni Program. You can even maintain your OEC certification while an Alumni. This is both good for you and your family generally but also keeps you 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](mailto:imaginejosie@yahoo.com)

H.N. "Bud" Matteson was a patrol leader and avalanche instructor based out of Lewiston, Idaho, in the 1970s. He recently passed away at age 95.

The family would welcome friends to join them for his Celebration of Life:

Tammany View Baptist Church  
3732 20th Street  
Lewiston, ID 83501  
Saturday, Sept, 29, 2018 11 a.m.





## **NSP Alumni gathering at Whitefish Mountain, Whitefish, MT, Feb. 3-10, 2019**

The Far West, Pacific Northwest and Northern Divisions invite you to join fellow NSP Alumni, families and friends for an “NSP Alumni Celebration” at Whitefish Mountain, Whitefish, Montana, during the week of February 3-10, 2019 (active NSP members also welcome to join in the fun).

**Whitefish Mountain** (formerly Big Mountain) is consistently rated in the top 30 US ski resorts, offering 3,000 skiable acres, almost 2,400 vertical, 11 chairlifts, presents an incredible skiing/snowboarding experience ([skiwhitefish.com](http://skiwhitefish.com)). The mountain offers free skiing to “super seniors” (age 70+) and about a 15% discount to seniors age 64 and up (hence, many alumni and spouses ski FREE).

We have booked a block of rooms at nearby highly-rated **Grouse Mountain Lodge**, just minutes from the mountain, with free shuttle to the mountain, offering a “book four nights, get the fourth night free” package (hence, \$115 per night, X3 = \$445 for four nights, double occupancy). You can book for four nights, or, stay for the full week. The Lodge is adjacent to a nice cross-country ski course, just a mile from downtown Whitefish and Glacier National Park and dog sled tours are just 30 minutes away.

The Northern Division Alumni Advisor will offer several no-cost “Old Knees Clinics” during the week, special nights out at local restaurants will be arranged, and optional tours into Glacier National Park, or Dog Sled Adventures in nearby Montana State Forests will be offered. A great adventure; meet NSP friends from around the country.

Getting there: A variety of all-weather roads take you to Whitefish, and the nearby Kalispell Airport, MT, serves the area.

**For full detail**, how to book and optional tours, email National Alumni Advisor Tim Viall, [tviall@msn.com](mailto:tviall@msn.com); or call Tim at (209) 969-3875.

# Join Far West ski patrollers, family, April, 2019, for first-aid, marshal services at US's largest cycling event!

## Huge Sea Otter Bike Classic located at Laguna Seca Raceway, CA, April 11-14, 2019

For the 13th year, 50 Far West Division ski patrollers, family and friends provided first-aid service, non-emergency transport and course marshaling at the Sea Otter Classic at Laguna Seca Raceway near Monterey, CA, the USA's largest outdoor biking event.

This four-day bicycling extravaganza attracts 10,000 participants ranging from world-class pro riders to serious amateurs and recreational cyclists. Over the four days, riders take part in circuit racing, cross-country events, wild downhill and dual slalom racing and citizens road and cross-country rides. Each year, NSP members provide first-aid care to over 200 riders, from incidents of road rash and exhaustion to more serious trauma-induced injuries.

Over 70,000 spectators crowd the huge venue, which spreads out from Laguna Seca Raceway into the scenic back country of the Ft. Ord National Monument and, for the road races, along roads through Monterey County. 450 trade show vendors make for the largest market in the country for cycling equipment and accessories.

In 2018, the Dodge Ridge Patrol led in volunteer numbers, with 27 members and friends/family (providing

marshaling services), joined by patrollers from Bear Valley, Mt. Shasta, Sugar Bowl and Heavenly Valley ski patrols. Each year our NSP contingent pairs with members of the Friends of Fort Ord and members of a back-country first-aid unit, as well as Monterey County Fire Services.

NSP members and friends camp at "Ski Patrol Central" within the event, enjoy Friday and Saturday barbecues, find time to ride their bikes, attend the huge trade show and make new NSP friends! For their volunteer service, the Sea Otter Foundation donates almost \$5,000 to patrols of the NSP volunteers.

Patrollers, family and friends are **offered free camping** right in the Laguna Seca paddock at Ski Patrol Central as well

as **and free admission**. Motorhomes, camping trailers and tents make for cozy accommodations and **Friday and Saturday NSP barbecues** add camaraderie and fun to the experience!

The Far West Division invites members of Far West patrols to join us for the next huge event! For more insight into the event itself, go to [seaotterclassic.com](http://seaotterclassic.com).

**Mark your calendars, April 11-14, 2019; to volunteer or for more info, call or email Tim Viall, Coordinator for NSP Volunteers for the Sea Otter Classic, at [tviall@msn.com](mailto:tviall@msn.com), or 209.969.3875.**



Clockwise from top left, the FWD first aid crew for the backcountry courses prepare to depart for assignments, hundreds of vendors display bikes and everything for the cycling sport at huge trade fair; NSP and BETA team members (Bicycle Equestrian Trail Assistance volunteers, in orange vests/shirts) and tents, motorhomes made for cozy evenings at "Ski Patrol Central". Join the NSP team in April for NSP service and fun!





# Ski Switzerland & Austria!

Davos, Switzerland & Innsbruck, Austria Feb. 8th—19th

\$3,150 INCLUDES airfare\*

Come join in the fun! Invite your best cohorts and/or loved ones!

Known as the region where the snow never fails to arrive, **Davos** is the highest elevation town in all of Europe and offers the alpine skier an endless amount of terrain. With 55 lifts and 186 miles of pistes, Davos Klosters includes: Parsenn, Rinerhorn, Pischa, Madrisa, Jakobshorn.

Taking a day off from the slopes? Plan a visit to the **Institute for Snow & Avalanche Research**, or one of several local museums.

There is no shortage of other things to enjoy as well, with miles upon miles of cross-country trails, tobogganing hills, sleigh rides, airboarding, fat-biking, and Europe's largest outdoor ice-skating rink.



Choose to relax and enjoy some of the plentiful local history, or take a train ride and tour/shop St. Moritz! Of course, you might consider skiing while you're there. After all, the rumor is their off-piste skiing is exceptional and stays untracked for days.

After 7 nights in Davos we transfer by private bus to **Innsbruck**, Austria. Here the Austrian Tyrol hosts some of the biggest and best ski resorts in the world, and the medieval town of Innsbruck is hard to beat. Eight ski areas provide varied terrain for all levels of skiers, all on one ticket and all connected by a free ski bus. The **Stubai Glacier** is one in particular to be excited about!

If those aren't enough options, nearby **Mayrhofen** with its famed 78% Harakiri Piste! 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.



Snow Tours has put together a fantastic package for us with pricing starting at \$3150 per person (PLUS \$215 for airport taxes) based on double occupancy. A limited number of single rooms are available at an additional cost.

\*Airfare from Seattle is included. Deduction for land package only price. Also included is a daily breakfast buffet in both Davos and Innsbruck, 3-course dinner nightly in Davos, private group motor coach transfers from the Zurich airport to the hotels and then to the Munich airport, plus all local taxes. (Prices subject to change due to unforeseen circumstances, exchange rate changes, not enough group participants.)

**For more information please contact:**

Sally Seelye, Ski Flight  
E-mail: [sallyseelye@gmail.com](mailto:sallyseelye@gmail.com)  
Cell/text: 253-468-0725

Monica Voltz, Snow Tours  
E-mail: [monicavoltz@yahoo.com](mailto:monicavoltz@yahoo.com)  
Phone: 509-936-0157

# CONVENTION 2018 AWARDS

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One of the highlights of the year for any Division Director is to have the honor of recognizing patrollers for outstanding achievements and acts of selflessness. This year was no different.

Awards presented at the Convention.

## National Level Awards

Gold Merit Star – Outstanding Alpine Patroller – Andy Porter, Mt Spokane  
Silver Merit Star – Runner Up Outstanding Patroller – Barbara Lierson, Summit at Snoqualmie – Central  
Unit Citation – Outstanding Large Alpine Patrol – Santiam Pass

Yellow Merit Stars for being nominated for various Outstanding Awards  
Denny Burt, Lookout Pass – Patrol Director  
Walter Seidel, 49 Degrees N, OEC Instructor

## Appointments

Reba Sharp – LCA # 8525, Mt Hood Meadows  
Ron Reed – National # 12006, Soldier Mt, presented in the spring  
Aaron Stavens – National # 12067, Snoqualmie Pass  
Denny Burt – National # 12080, Lookout Pass  
TBA - National # 12081, to be presented later this fall  
Doug Stanton – National # 12082, Mt Hood Meadows

Peter Schwartz - MSA – Meritorious Service Award

## Patroller Cross

Gary Deaver – 49 Degrees North  
Bud Price, Summit at Snoqualmie – Central  
Richard Scoby, Summit at Snoqualmie - Hyak  
Dr. Gary Tubbs. Bogus Basin

## Merit Stars

Purple (Life saving) – John Lacey, Mt Hood – Cardiac Arrest at Theater  
Purple (Life saving) – Edmund Taylor, Mt Hood – Motorcycle Accident

## Years of NSP Membership as Active patroller

50 years – John Barber, Santiam Pass  
50 years - Roger Grosvenor, Silver Mt  
55 years - Bob Freund, Santiam Pass  
55 years – Lyle Sheen, Snoqualmie  
60 years – Omar Fricke, Bogus Basin

## Division Awards

Outstanding Large Alpine Patrol – Santiam Pass  
Outstanding Alpine Patroller – Aaron Stavens, Snoqualmie  
Outstanding Patroller – Kay Seidel, 49 Degrees North  
Outstanding Nordic Patroller – TBA, recipient not present at the convention  
Outstanding YAP – TBA, recipient not present at the convention  
Outstanding OEC Instructor – Dave Freeman, Lookout Pass  
Outstanding Instructor (non OEC) – TBA, recipient not present at the convention  
Outstanding Patrol Representative/Director – Shelley Urben, Santiam Pass  
Outstanding Administrator – TBA, recipient not present at the convention  
Outstanding Paid Patroller – TBA, recipient not present at the convention

(Continued on next page)

## CONVENTION 2018 AWARDS CONTINUED

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Division Directors – Distinguished Service Award – Rick Kaiser, PNWD Legal  
Division Directors – Outstanding Administrator – Mark Timm, PNWD Treasurer

Division Recognition for Alumni members for extended years of membership.

Marlen Guell – 60 years  
Heinz Gehlhaar – 50 years

Not present – will be mailed or presented by local patrollers

65 years - Steve Bilde, Gary Burke, Don Polinsky

60 years - David Leonard, Jack Staton, Gary Velie

55 years- Duane Ecker, Mike Gooderham, Lynn Iverson, Marjorie Simonsen

50 years – Robert Burgeni, John Haworth, Marleen Mandt, Vincent Naughton, Daniel Smith

Congratulations to one and all, you are an amazing group of patrollers

There are a number of photos on the Division Facebook page.

# CONVENTION 2018

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Marlen Guell and Terry LaLiberte 8-2018



Andy Porter—Gold Merit Star, Alpine Patroller



Doug Stanton—New National Appointment



Meritorious Service Award—Peter Schwartz



Aaron Staven—New National Appointment



Barbara Lierson—Silver Merit Star, Outstanding Patroller

# CONVENTION 2018





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

NON-PROFIT ORG.  
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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](http://www.nsp.org)

[www.nsp-pnwd.org](http://www.nsp-pnwd.org)

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