



# NOR'WESTER

PACIFIC NORTHWEST DIVISION—NATIONAL SKI PATROL

December 2019

## DIVISION DIRECTOR REPORT

By *Shelley Urben, PNWD Director*

*shelley.urben@nsp-pnwd.org*

Patrollers – most of us have now completed our OEC and On the Hill Refreshers and are currently sitting on the edge of our seat anticipating the season's snow fall. I generally begin dreaming about skiing around August/September. This year I've already had dreams of sand skiing, dirt skiing, and a few of skiing through some rather interesting snow conditions on mountains that in reality don't exist. Like many of you, I'm clearly ready to hit the slopes and enjoy the therapeutic effects that skiing and patrolling bring. Let's all remember to pray for snow, do our snow dance, ...whatever it is we do to summon that fluffy white stuff. According to the Farmer's Almanac, the west side of the Cascades will be wetter and warmer than normal, and the east side will see below average temperatures with above normal snowfall. I'm shooting for any snow at all. Regardless, we are all ramped up and ready to go.

There are a few items to keep on your radar:

### ICS 100

As you should know by now, all patrollers are required to complete ICS 100 by December 31<sup>st</sup>, 2019. Hopefully, it is already a part of your standard list of training requirements for your new candidates and transfers. If it isn't yet, I recommend you begin that practice with your current people. The ICS-100 course can be found at <https://emilms.fema.gov/IS100c/>

Patrol Director's/Rep's etc. can now see who has taken ICS-100 on your rosters. These course dates are current, so you can use them as you work to determine who has and who hasn't completed the course. Repercussions for anyone who does not completed ICS 100 by the end of the year falls to individual patrols, similar to how you might handle a patroller who is not up to date with CPR or hasn't paid their dues and received a current card from National.

### Candidates and OEC Challengers

As mentioned above, candidates should be completing their ICS 100 as part of their training. This includes anyone who takes the Challenge or Modified Challenge course. If they are a transfer and have already completed ICS 100, it should be listed on their profile. If they are coming from a different organization such as EMT or Paramedic, you still need to get a copy of their completed course certificate and they need to have registered for an NSP course.

Those who may challenge OEC include the following: EMT, Paramedic, WEMT, RN, MD, DO. For a complete list, look at the NSP P&P. Anyone who takes the modified challenge must complete all of the same requirements of a normal Challenge, except they are not required to take the written exam.

### Women's

Many thanks to Sally Seelye from Northwest Region for stepping into the role of Division Women's Advisor. Sally has jumped right in and is ready to help make the program more well-rounded, supporting women as they delve into programs within the NSP (continued page 2)

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# DIVISION DIRECTOR REPORT—Continued

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such as MTR, Nordic Seniors, Avalanche, etc. I'm looking forward to working with her and seeing where she takes us. Sally can be reached at [sallyseelye@gmail.com](mailto:sallyseelye@gmail.com).

## **Certified**

Many thanks to Kacy Carlson who has stepped in as our first Division Certified Advisor. Kacy patrols at Mt. Ashland in Oregon Region as a pro patroller. He is very familiar with APP (Association of Professional Patrollers) and their certified program, and is excited to move our division forward with our own certified program through NSP and APP. He is currently getting his feet wet through NSP conference calls with the other Division Advisors and through making plans to visit some certified trainings and begin to develop our own. If you have questions, feel free to contact Kacy at: [kacywcarlson@gmail.com](mailto:kacywcarlson@gmail.com).

## **Snowvana**

PNWD had the opportunity to partner with PNSAA (Pacific Northwest Ski Areas Association) with a booth at Snowvana in Portland, Oregon. Snowvana features the Mt. Hood Film Festival and includes craft beers and spirits and live music from local artists. The event is held annually at the Oregon Convention Center in Portland and includes sales of the latest gear from area retailers and advice from manufacturer reps. Our booth was set up next to WyEast Region and was focused on Snow Immersion Safety. Our Division Safety Advisor, Jodie Jeffers, spearheaded this for PNWD and did a terrific job working with Jordan Elliot, president of PNSAA, to get the safety word out. Many thanks to James Schuler and WyEast Region for helping out as we spread the very important word to ski with a partner, especially when skiing the deep powder through treed terrain.

## **Election**

By the time this gets out, the National Board Election will be nearly over or will be over. Congratulations to all of the winners. I truly hope that the patrollers of the Pacific Northwest were diligent in attending to the voting process. I look forward to working with our new National Board as I continue to do my best to represent the PNWD.

## **Recruitment and Retention**

These are both, as always, important to keep in mind as we head into the new ski season. All of us wish to find and hold onto those patrollers who not only have a passion for the snow, but also enjoy caring for others in a way that goes beyond the standard unit of care. Let's continue to work together, support each other, engage the public, and use our skills to provide our guests the best care possible.

## **National Level**

I have more than gotten my feet wet and am now fully immersed in the various facets and committees that take place at the National Level. I have also had the opportunity to work with many of you in our Division. I will be attending the Division Directors and Board face to face meeting session in January in Denver, and am confident that I will come back with much to share. Every part of this position involves learning and working to support all of you, and in striving to move this organization forward in a positive and productive manner.

Regardless of snowfall, we are off to an excellent season and I hope to see as many of you as possible throughout the year. If you ever have any questions, concerns, suggestions, etc, please feel free to contact me at any time.

## **Legal Advisor Wanted!**

It is with much sadness that I must report that our current Legal Advisor, Rick Kaiser, has resigned his position with PNWD. Many many thanks to Rick, who served in that capacity for the past several years. I know that his work with Liz is much appreciated, and he has provided me with a great deal of support and guidance over the last few months as I moved into the DD role. Thank you Rick! As such, I am currently seeking someone to fill that role for our Division. If you or anyone you know might be interested, please contact me at [shelley.urben@nsp-pnwd.org](mailto:shelley.urben@nsp-pnwd.org). You must be an attorney to qualify.

All my best,  
Shelley Urben  
PNW Division Director, [shelley.urben@nsp-pwnd.org](mailto:shelley.urben@nsp-pwnd.org)  
503-805-8513

# Instructor & IT Updates

By Shelley Urben, PNWD Director

[shelley.urben@nsp-pnwd.org](mailto:shelley.urben@nsp-pnwd.org)

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## Instructors and Instructor Trainers

If you are an instructor or IT of any NSP program, there is some new, and some old, essential information to remember and use.

All instructors of all programs must complete an ICE course every three years for each discipline in which they are an instructor. ICE courses cannot be taught by just any instructor. Instructors of ICE courses must have gone through a course recently, and need to follow the NSP guidelines for the course. As in the past, there continues to be a global section (NSP Instructor Skills CE), and there are program specific sections (Instructor Continuing Education Clinic – xxx). These modules/sections may be conducted on the same date or on separate dates, and are registered separately. These classes do need to be taught face to face rather than in a virtual classroom (online). If you aren't clear on the material that needs to be taught and who can teach an ICE course, please contact one of our Division Program Supervisors.

National has updated our Instructor/IT rosters to include the most recent course dates for our patrollers. This allows you to review individual patrollers quickly, sort specific information in Excel, and have a clear understanding of courses taken. Courses in this document include ICE for each discipline, NSP Instructor Skills CE (aka Global), Instructor Development, and we hope to soon see OEC refresher dates or OEC status as well. Please go in, become familiar with the data, and let me know if you see anything that needs to be changed or corrected with the report. This is new, it is a work in progress, and feedback will be much appreciated going forward.

As courses are closing for the fall season, and more will be closing throughout the ski season, please make sure that each course has the correct IOR and IT assigned to it. Only the IOR who ran the course, is assigned to the course, and is aware first hand of attendance and material covered can close a course. And only IT's who were at the course and again, saw firsthand what was covered and who attended, can then finalize closure with National. If an IOR or an IT changes, please get that change made so that closure records are above board and accurate. Additionally, make sure to correct your course end date when you go in to close a course. This is done by the IOR's, who want to ensure that course end dates are changed from the vague, maybe date, to the true date the course ended. Make sure that you make any adjustments needed with respect to students who should be removed from the course roster (no credit to be given), as well as making sure that the assisting instructor list is accurate. The IOR and IT need to work together to review the course records for accuracy before submittal. Remember, course records are supposed to be completed within two weeks of the end of a course.

Again, if you have any questions about any of this, feel free to contact Shelley Urben or any of your Division Program Supervisors.

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## INSTRUCTOR DEVELOPMENT

By Kathy Alexander, ID Advisor

[katalexander911@mail.com](mailto:katalexander911@mail.com)

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As a new ski season begins, ID Instructors & ID-ITs continue to instruct ICE & Skills Review courses to keep instructors certified. If you are in need of one of these courses, please contact your patrol's ID Instructor and/or ID Region Advisor now. And I extend a huge Thank You to each of you who have taught this past year & continue to or plan to teach new ID courses soon. And ITs and IORs, please remember to "cc" me your course info when you "Approve" the closing on ID courses to NSP.

Happy Holidays 🎄 and have a fun & safe ski season,  
Kathy Alexander, PNWD ID Supervisor

# WY'EAST REGION REPORT

By Joel Stevens, Wy'East Region Director

Joel@SDELtd.com

The Wy'east region is ready and waiting for Snow. Cooper Spur has completed registration, and Mt Hood is close. The OEC updates are completed and almost everyone has completed IS100.

The Chair Evac Training at Timberline, Skibowl and Meadows are complete. The Train the Trainers at Timberline in September was the rainiest, coldest practice in my memory. A couple of weeks later we had a super teaser of about 16" of powder at T-Line for our first Patroller Evac. They even opened the Ski Area for limited operation the following weekend. Then the Indian Summer came back and we have had one of the warmest, driest Novembers on record.



Hopefully we will get some snow shortly.

The Wy'east Senior Training dates were listed in the September Norwester, and are on the NSP Website. Please contact the IOR if you want to attend one of the sessions.

Sláinte

Joel Stevens Wy'east RD

[Joel@SDELtd.com](mailto:Joel@SDELtd.com) 503-799-4686

Another PNWD  
patrol's lift evac practice



# INLAND EMPIRE REGION REPORT

By Kelli Piper, Inland Empire Region Director

[piper@zagmail.gonzaga.edu](mailto:piper@zagmail.gonzaga.edu)

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Snow is falling in the Inland Empire and Patrols are busy with Refreshers, Ski Swaps, Lift Evacuation, CPR, and OEC classes. Congratulations to all the new OEC candidates for their hard work and a big “Thank you” to all the OEC instructors for their time and talents. Four OEC classes were offered in the Region, with 70+ plus candidates finishing.

We are looking forward to a great year of training. The Region clinics are free and open to patrollers at all levels and abilities. These clinics offer instruction on OEC, OET and Ski Skills. We have partnered with PSIA to have a level 3 clinician at all the Region Clinics to teach and inspire patrollers to develop their ski skills. We hope patrollers will take advantage of this great opportunity.

The Senior Program is also a great opportunity to develop your skills as a patroller. If you are interested in the Senior Program please talk to your patrol director and contact Senior Region co-advisor, Henry Seipp through email [henryseipp@yahoo.com](mailto:henryseipp@yahoo.com). Henry is coordinating a senior training class in the Spokane Valley for patrollers going through Senior EMM. There will be a collaboration of senior instructors from 49 Degrees North, Lookout Pass, Mt Spokane and Silver Mountain helping train senior candidates.

**Here are some upcoming courses and clinics dates:**

## Courses in Inland Empire:

- Avalanche Level 1 12/4/2019  
Mark Stambaugh [nsp@stambaugh.name](mailto:nsp@stambaugh.name) or [snojet4385@aol.com](mailto:snojet4385@aol.com)
- Avalanche Level 2 for Rescue Personnel 2/29/2020  
Gabe White [snojet4385@aol.com](mailto:snojet4385@aol.com)
- Global ICE course 12/7/2019  
Marianne Becker [mdjbecker@centrurylink.net](mailto:mdjbecker@centrurylink.net)
- ICE OEC course 12/7/2019  
Marianne Becker [mdjbecker@centrurylink.net](mailto:mdjbecker@centrurylink.net)
- Instructor Development Ecourse 1/13/2019  
Alex Kerr [aakerr@msn.com](mailto:aakerr@msn.com)

## Region Clinics and locations:

- Instructor Calibration  
Jan 11, 2020 Lookout Pass 8am
- Open Region OEC, OET, PSIA Clinics and Senior Clinics:  
Jan 25, 2020 Mt Spokane 8am  
Feb 8, 2020 Mission Ridge 8am  
Feb 22, 2020 49 Degrees North 8am
- Senior EMM and OET Evaluation:  
March 7, 2020 Lookout Pass 8am
- Region Spring Meeting  
May 9, 2020 9am - noon Location YMCA 1126 N Monroe, Spokane WA

# SOUTHERN IDAHO REGION REPORT

By David Campbell, Southern Idaho Region Director

[dcampbell@eoni.com](mailto:dcampbell@eoni.com)

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

Let it snow, Let it Snow, Let it Snow. Everyone needs to start their favorite snow dance, most areas have got a small amount of snow early, but all need a lot more to get the season started.

By now most everyone should have their OEC and CPR refreshers completed. If you still need a refresher, Ferguson Ridge's is December 8<sup>th</sup> At Joseph High School course #P029190014. Also remember, that everyone needs to have ICS-100 by the end of the year.

Other region dates for the upcoming season:

Snowboard enhancement clinic tentatively January 11 @Bogus Basin

Women's ski and toboggan region training at Bogus Date TBD

Ski Enhancement Seminars TBD

Ski Trainer's Workshop TBD

Senior Clinics:

Jan 4-5 @ Brundage

Jan 25-26 @ Soldier MT

Eddie Orbea Senior Test

Feb 22-23 @ Bogus Basin

Memorial Sweeps for:

Ken Wiesmore TBD Magic Mountain

Mike Gooderham February 29, 2020 Anthony Lakes.

As you can see, there's lots of things planned for the season. Make plans now to get some additional training, and/or visit another area. I would like to thank Karen Jensen and Dave Kennedy for traveling all over the region to put on ICE courses to make sure all OEC instructors are up to date. If you are going to join the senior program this year let Pam Carson know ASAP. There will be a few minor changes to the senior tobogganing this year. I am looking for a Region Snowboard Advisor, Tom Muncy has done great for many years and would like a replacement. Please let me know.

Hope to see you on the snow,

Dave Campbell,  
Southern Idaho Region Director

*Purchase with purpose. Amazon donates to Pacific Northwest Division National Ski Patrol when you shop at [smile.amazon.com](https://smile.amazon.com). Go to Amazon Smile and select PNWD as your designated charity.*



# OREGON REGION REPORT

*By Andy Bechdolt, Oregon Region Director*

*fiver49@gmail.com*

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Greetings from the Oregon Region!

We have been busy here with OEC Refreshers, OEC Candidate Classes, On-Hill Refreshers and ICS Courses. Many of the patrols within the region have completed all of the registration processes and are waiting patiently for the weather to bring us some of the wonderful weather that we need to get the real work started!

The Oregon Region has two new advisors – Jim Trett has graciously accepted the position of the Safety Advisor AND the Patroller Advisor! Thank you Jim! Howard Jordan has also accepted the Instructor Development Advisor; Thank you Howard!

Mt Bachelor will be hosting the Oregon Region Nuts and Bolts Clinic on December 14 and 15 – weather and snow conditions permitting. Contact Darrin Wittwer [Df\\_wittwer@hotmail.com](mailto:Df_wittwer@hotmail.com) for details.

Joe Harwood, our OET Advisor, is planning on clinics throughout the Region – he will be in touch with the Region PD's to work on scheduling and logistics.

Willamette Pass recently passed 11 candidates through an OEC class. Congratulations! They'll begin their on-hill training within the next couple of weeks.

The Oregon Region will be offering Avalanche 1 and Avalanche 2 courses this season – Jim Hutchison will be working out details.

We will be hosting a Senior OEC Clinic on January 25, tentatively at Santiam Pass – Laurie Coventry will be organizing that fun event. Both OEC and OET final evaluations will be coordinated between the Oregon Region and Wy'East Region. If you have any potential Senior candidates, please have discussions with them beginning now!

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## Splint Guy

*By Glen Dodge*

*glend@cascadecolumbia.com*

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### SPLINTS ARE US

Please send any requests for your patrol needs to any of my contact forms as listed in the Division Roster and we can discuss how to get bundles of 50 each, to you.

In the Western Washington area, the supply is in Seattle, call Glen.

In the Western Oregon area, Cleo Howell from Mt. Hood has a supply of bundles to be drawn from.

At one point, the Bogus Basin Patrol was kind enough to maintain a supply for southern Idaho areas. I would appreciate if someone would confirm to me whether that supply is still there and how many bundles are in stock.

In the Spokane area, I am not sure if there is a supply. Please contact me if you are aware of a stock of bundles or would consider being a contact point to maintain a local supply.

Thanks

Glen Dodge  
The Splint Guy

# NORDIC AND BACKCOUNTRY REPORT

By Joe Mabbutt, Nordic /Backcountry Advisor

[joemabbutt@cableone.net](mailto:joemabbutt@cableone.net)

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The months leading up to the ski season is a great time practice the skills needed in the upcoming season and the perfect time for new learning. In November, I returned to the Ski & Mountain Trauma Conference in Sun Valley allowing me to do both, practice and learn. There were over 30 workshop sessions and several *phenomenal* speakers.

In addition, this year Rick Shandler (NSP National Nordic/Backcountry Program Director) was invited to teach XOEC (Nordic/Backcountry Improvised Wilderness First Aid). Within NSP, Rick Shandler holds a Nordic Masters certification and is founder and Patrol Director of Valley Forge Nordic/Backcountry and Bike Patrol. He is an instructor trainer evaluator for the Avalanche, Mountain Travel & Rescue, as well as teaches for Outdoor Emergency Care, Instructor Development, and Outdoor Emergency Transportation. Jerry Jensen (Intermountain Division Nordic/Backcountry Supervisor) and I assisted. The classes were in high demand and very well received. So well received Rick and his two sidekicks are invited back next year.

As always, this conference holds in high regard the First Responders role in the medical chain of events. Without well trained, competent boots on the ground First Responders, a patient's outcome is severely compromised. The most enjoyable part of the whole experience is being around so like-minded people. I hope next year you are able to fit this conference into your schedule.

Following the Ski & Mountain Trauma Conference, I took Rick to a local OEC Refresher. Rick was able to meet patrollers from 8 different patrols in the Southern Idaho Region and answer questions about the Nordic/Backcountry program. After the refresher Instructors and IT's stuck around while we demonstrated XOEC skills that were performed at the conference.



Photo by Joe Mabbutt

Joe Mabbutt  
PNWD Nordic/Backcountry Supervisor

**ADDRESS CORRECTION:** 2402 W. State St., Boise ID 83702 Please make this correction in your PNWD Administrative Directory

## Winter Safety

James J. Hamilton, MD  
PNWD Medical Advisor

As ski patrollers, our favorite time of year is fast approaching. We enjoy the winter environment and all its associated activities including OEC training and patrol refreshers. We also must remember, however, the common safety measures needed to ensure our personal safety and that of our family.

With winter comes dropping temperatures and this year it is beginning to look like we may have a much colder and snowy winter. Now is the time to assess the cold weather needs and precautions for ourselves and our family's safety. We need to remember to dress in layers with clothing that is warm, wind and waterproof and also "breathable". Is our clothing including head wear and gloves in good repair (no split seams, tears or holes) and fitting appropriately? Don't forget to also check your socks, boots, helmets and goggles.

We need to be aware of the danger of frost bite and be vigilant monitoring ourselves and family. If we have any suspicion that frost bite is developing, we need to get out of the weather and into a warm place to warm the affected area.

Another winter weather concern is hypothermia which can occur even with temperatures ABOVE freezing. We need to be especially vigilant with younger children who are excited to be out in the snow, get wet and start shivering but keep on playing and ignoring what is happening to them. For adults, smoking and alcohol also contribute to hypothermia.

Then we need to inspect our winter equipment and ensure it is in good repair including functioning ski brakes. For skiers, our bindings are critical – especially the toe piece. The toe piece is your most important part of your skis. It only takes 25 pounds of torque to cause a spiral fracture! A good test is to see if you can forcibly twist out of your skis while standing still with your skis flat on the ground. The thought of "I don't want to come out of my skis!" is a bad one. You also do not want to have surgery and spend 3 months recovering from a fracture.

The final consideration is our physical conditioning. Winter sports take a lot of energy and control. Now is the time to get into shape! Are you doing some conditioning and limbering exercises? Physical conditioning is one of the most important aspects of injury prevention.

I hope you and your families all have a wonderful and SAFE ski season!

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Well this is the time of year that everyone should be finishing up their OEC Refreshers and getting set for the start of the new season. There might still be one or two Refreshers happening in December, so if you are still in need of attending Cycle C OEC Refresher, check the NSP website for any possible Refreshers. As you all know, taking this Cycle C Refresher is a definite requirement in order to patrol in the new season. Some of the regions have been offering make-up refreshers for previous Cycles too so that people can get up to date on their OEC certification. A big thank you to all those OEC Instructors who have spent so many hours getting everyone current! Hope you all enjoyed your latest refresher!

It is also the time of year for re-certification of instructors whose cycle expires in 2019. Your Region OEC Advisors have been contacting you for the necessary information for re-certification. Something to keep in mind, the required Instructor Continuing Education Course that each instructor must participate in once every three years, is now a two-part course. One part is the NSP Instructor Skills Review for Continuing Education and the other is the Instructor Continuing Education Clinic. Each instructor must enroll in and complete both courses. It's a great idea to take these courses earlier in the year if possible so that it is not such an issue at the last minute. Please remember too, that the newest edition of the OEC text, the 6<sup>th</sup> Edition, will be coming out this next spring and all instructors will need to attend a roll-out of this new text. The Division will be offering a big Roll-out of this book, but at this point in time, we do not know exactly when this will be happening. I promise to let everyone know as soon as we get some idea. One last item about being an instructor, if you are in the process of becoming an instructor, please fill out the instructor application legibly and completely. This must all be turned into NSP and they cannot always read the information that they must hand enter into their system. Also, please use the most recent application form and when completed, send it on to your Region OEC Advisor who will then send it to me. Your mentor can assist you in this process.

Many regions are also starting their plans for the OEC Module of the Senior Program so keep tuned in for any information on this. This is always a big production that requires all types of patrollers to help in it. Everybody learns a little something from helping. Kathy Lee and I always look forward to seeing you at the Senior evaluations and this year, Leisa Garrett will be helping us out too. Leisa has agreed to join us as an Assistant OEC Supervisor. She has a wealth of knowledge and experience to add to this position.

Again, please feel free to contact me via email or phone any time you have some questions—I always learn new things from your questions!

Janie San Romani  
PNWD Division OEC Supervisor  
[jsanromani@comcast.net](mailto:jsanromani@comcast.net)

**Don't forget those OEC Course Enrollment Fees**



**PACIFIC NORTHWEST DIVISION – OUTDOOR EMERGENCY CARE**  
**OEC Course Enrollment Fee**

Form available on the PNWD website under Finance

# SENIOR PROGRAM

By Nicole Seager, Senior Program Advisor

dodge.nic@gmail.com

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Senior Program -

The weather is getting colder and it's time to pull out those patrol jackets. If you're looking for a great way to sharpen your skills and make new friends around your Region...then the Senior Program is perfect for you. Contact your local Patrol or Region Senior Advisor to find out more and get your applications in before the deadline.

All patrollers participating in the Senior Program should download a copy of the PNWD Senior Candidate Guidebook from the PNWD website. This manual provides all the Senior Program and core module information in one place for the Senior candidates.

Region Senior Program Finals:

Inland Empire	Location: Lookout Pass	March 7-8
Northwest	Location: Crystal Mt.	March 28-29 (to be confirmed)
Oregon/Wy'East	Location: TBD	March 15 OET / April 18 OEC
Southern Idaho	Location: Bogus Basin	February 22-23

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.

Let me know if you have any questions.

~Nicole Seager  
PNWD Senior Program

## Helpful Road & Weather Condition Links

Idaho <https://511.idaho.gov/>

Oregon <https://www.tripcheck.com/>

Washington <https://www.wsdot.com/traffic/>

# SAFETY REPORT

By Jodie Jeffers, Safety Advisor

tailwaggin1@mac.com

Safety Advisor

Hooray!! The Safety Kits are literally flying off the shelves at National! The Safety Team is very excited to introduce 5 new stickers and a new buff to the kit! I hope by the time you are reading this you will have ordered already your kit(s) for your patrol! Remember, this is also to help you carryover into the next season as the kits come out late fall. Lots of patrols have events early fall that they can be used for as well. To purchase your Safety Kits, log into the NSP website, then go to the OnLine Store and Log In. Shop at NSP Recruitment or Education/Awards/ID to find the kits.

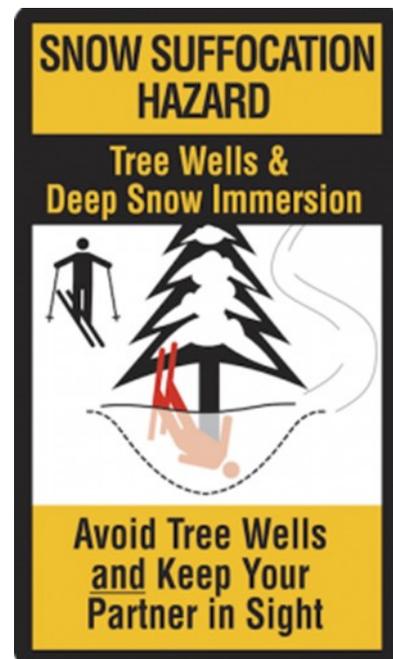
Those that are coordinating the kit disbursement to patrols and events, CONTACT ME please. We are wanting feedback on the contents, amount, designs, where and when you gave them out, how many people at events, etc.....WHY you ask? Good question: the data I bring back to NSP will help show and ensure that not only do we need more, but who the target audience is and how to improve it! Please take pics and forward them to me, post them to your website, etc. Speaking of websites, a Safety Page is being worked on for PNWD and I would like to link to your own patrol. Please send me that too. Bottom line, let's connect and spread the message to have LOTS of FUN by being Safe!

Excited for the collaboration with [PNSAA](#), [PNWD](#), Patrols from [Mt Ashland](#), [Wy east Region](#), [Santiam Pass](#) who joined forces at the [Snowvana](#) event in Portland, OR Nov 23 & 24. Its main focus was SIS hazard & awareness in memory of Johnny Walker, Mt Ashland Pro Patroller who died last season patrolling. There were interactive kits to show & tell about the SIS along with general safety tips and reminders, etc. Remember, [Snow Immersion Suffocation \(SIS hazards\)](#) is for tree wells and Deep Snow Immersion. Want to learn more? Go to [www.deepsnowsafety.org](http://www.deepsnowsafety.org)

“I want to be involved more and/or find out more!” Excellent news! if you plan to contact your PD or your region advisor about your interest in participating, please contact me too to keep you in the loop.) Building toward that awesome Safety Team for the PNWD!

Jodie Jeffers  
PNWD Patroller/Safety Advisor  
National Ski Patrol PNWD Safety Team

Below are 2 of the 5 stickers in the Safety Kit & a SIS (Snow Immersion Suffocation) poster



# SAFETY REPORT — CONTINUED

By Jodie Jeffers, Safety Advisor

Photos from the [Snowvana](#) event in Portland, OR Nov 23 & 24.



Photo by Jodie Jeffers



Photo by Jodie Jeffers



Photo by Jodie Jeffers

# PNWD REGISTRAR REPORT

By Blaine Price, Registrar

bcprice58@msn.com

The NSP registration process opened September 1<sup>st</sup>. As we have been doing the last few years, the PNWD continues as an Opt-Out division meaning we will pay our National \$60.00 dues on line at nsp.org, and Division and Region dues will be collected at the patrol level. Then checks with paper work will be sent to me as the PNWD Registrar for audit and distribution to treasurers at the Region and Division level.

As of today, Nov 16, about 20 patrols have 'Approved' their rosters to NSP, and as such should have already collected Reg/Div dues. I hope to see our other patrols have done the same in the next few days. As I've mention earlier, our PD/PRs and Registration Reps have made excellent progress in adapting to the process and doing quality work in doing so. As always there are bumps along the road, but they are working well with me to get the work done on a timely basis.

As a reminder to PD/PRs and patrollers, new members who show on the patrol's roster with a Record Type of 'WEB' haven't paid their NSP dues, and as such are not yet members of NSP or your patrol. This is so even though they have obtained a member number when 'Creating' their account. Get them to pay as soon as they are added to your roster. Unless NSP dues have been paid, by NSP Policies and Procedures, they are not allowed to be on the hill for training in any capacity.

Also remember that under the P&Ps, a Candidate can't be advanced to Patroller until after they have successfully completed OEC, and for most patrols until they have met all area specific requirements.

The NSP has established a Business Process Group with several sub groups focused on separate areas of concern. Those subcommittees are assessing what a new and improved NSP automation system and related NSP processes, as well as practices and procedures should consist of. I'm a member of the 'Patrol Formation and Registration' group with six members from various Divisions meeting on Zoom weekly in that effort to define what current processes are, determine what works well, what needs to change and what those changes should be so as to make recommendations to the Board. A lot of challenging work with months to go, but we are making progress and about to finish phase 1. The end result should be better for all of us. PNWD has a member on each of the subcommittees, representing us in the PNWD, thanks to Shelley Urben and Liz Dodge.

## ICS100—NOW REQUIRED OF ALL PATROLLERS

Trainings must be complete by December 31st of 2019.

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



## Alumni - what it's all about

### NSP Membership Categories

- **CANDIDATE**
- **PATROLLER**
  - **ALPINE**
  - **NORDIC**
  - **PATROLLER**
  - **SENIOR**
- **ALUMNI** – is a category of membership within the National Ski Patrol System

**What:** As an NSP Alumni Member the requirements are one year as a patroller past your candidacy year, complete the application at [nsp.org](http://nsp.org) and pay annual Alumni dues on the NSP website. You may choose to continue to refresh your OEC, CPR and any other refreshers required for your discipline to continue with your instructor credentials. Many Alumni also help out in a variety of ways with their patrol, region and division.

**When to become an Alumni:** Making a change to join the Alumni ranks usually happens when life circumstances change. It could be a new baby on the way, a physical limitation i.e. knee replacement, school, or just time to take a break. There are many circumstances that may happen and the NSP Alumni Membership is just the right fit for the right time.

**Why:** Great opportunity to stay connected. Registering as an Alumni, without a break in service, continues your longevity with the National Ski Patrol. Also, you have the option to return to patrolling. If you think you will return to patrolling you must keep up with NSP and your patrols requirements. Alumni also receive pro deals, NSP store discounts, Alumni eNewsletters, training and educational programs, and voting rights in board elections.

**How:** As a courtesy, you may want to let your patrol director/patrol rep know you are going to register as an Alumni Member when they form the patrol and request to be registered, if possible, as a secondary on your patrol. Also, this is the time to have a discussion on what you would need to do to return to the patrol if that is your intent.

Please let me know if you have questions and you may also access the [Alumni Manual](#) at [nsp.org](http://nsp.org).

## ALUMNI NEWS:

Thank you for your continued membership and your commitment to our shared mission.

**Alumni Celebration:** Join us at 2020's Alumni Celebration Week: February 2-9, Whitefish Mountain, Montana to meet other Alumni and their families. Good food, great skiing, and fun. Alumni receive discounts at the Grouse Mountain Lodge. Non-Alumni may attend as well. For more information and to sign up contact the **National Alumni Advisor Tim Viall, [tvi-all@msn.com](mailto:tvi-all@msn.com), (209) 969-3875 of your planned arrival date, your phone number and email;** Tim will send you additional detail about optional tours and other planned week-long activities.

## NSP Elections: VOTE

### Deadline to vote for NSP Board Elections Oct 15, 8 am MDT to Dec 2, 4:00 MST

Log on and click "VOTE HERE" click to read candidate platform statements" and click to "Ask the candidates 2019 Forum" for more candidate information. Be sure to mark your calendar and VOTE!

**Dues:** Alumni 2020 dues of \$35 are up for renewal and can be paid online. Log on and click on your name in the upper right corner. This will take you to your profile. Please update any information if needed. On the left side of the screen click on "Renew Now" button. If you wish to mail in your dues, send a \$35 check to the National Ski Patrol, 133 South Van Gordon Street, Suite 100, Lakewood, CO with your NSP Member ID on the memo line.

Please let me know if you have any questions or need any information on the NSP Alumni Program or Membership.

# AWARDS

By Peter Schwartz, Awards Advisor

peteskiis@aol.com

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With a new ski season upon us, we can look back on the accomplishments of this past year to energize us for the ski patrol year to come. I am very pleased to congratulate the list below of award recipients that were presented this past August at the 2019 PNWD Convention:

## 2019 PNWD Division Director's Outstanding Administrator Award

Nicole Seager – PNWD Senior Advisor

## 2019 PNWD Division Director's Distinguished Service Award

Janie San Romani – PNWD OEC Supervisor

## 2019 PNWD Outstanding Awards

Young Adult Patroller – Adam Kipust – Summit West Ski Patrol  
Administrator – Kathy Lee – Mt. Hood Ski Patrol  
Instructor – Kirk Crum – Lookout Pass Ski Patrol  
OEC Instructor – Tom Wolfe – Crystal Mountain Ski Patrol  
Patroller – Carol Shultz – 49 Degrees North Ski Patrol  
Nordic Patroller – Heidi Bartos – Summit East Ski Patrol  
Alpine Patroller – Danial Baker – 49 Degrees North Ski Patrol  
Patrol Director – Peter Schwartz – Crystal Mountain Ski Patrol  
Large Alpine Ski Patrol – Bogus Basin Ski Patrol

## NSP Meritorious Service Awards

Jeffrey Weitz – PNWD OET Supervisor  
James Hamilton – PNWD Medical Advisor

## NSP Distinguished Service Awards

Judd DeBoer – Brundage Mountain  
Liz Dodge – Summit Central Ski Patrol

## 2019 NSP Outstanding Awards

Young Adult Patroller – Sage Le May – Bogus Basin Ski Patrol – Yellow Merit Star  
OEC Instructor – David Freeman – Lookout Pass Ski Patrol - Yellow Merit Star  
Instructor – Richard Schoonmaker – Lookout Pass Ski Patrol – Yellow Merit Star  
Alpine Patroller – Aaron Stavens – Summit West Ski Patrol - Yellow Merit Star  
Large Alpine Ski Patrol – Santiam Pass Ski Patrol – Runner-up - Silver Merit Star  
Patroller – Kay Seidel – 49 Degrees North Ski Patrol – Winner Overall - Gold Merit Star  
Nordic Patroller – Jack Brooks – Summit Central Ski Patrol – Winner Overall - Gold Merit Star

Congratulations again to all listed above for your being exemplary patrollers, and to all patrollers who selflessly volunteer time and effort for the public who visit our ski areas!

Every patrol in the Pacific Northwest Division has truly outstanding patrollers who lead, motivate, teach, mentor, and patrol with passion, proficiency and excellence. Recognizing and appreciating such patrollers who are extraordinary is important and motivating to your entire patrol! Please take note of those patrollers heroic actions on your patrol and take the time to write their awards for their service. Your fellow extraordinary patrollers will be deeply honored by you!

Please let your Region Awards Advisor or me know if we can provide guidance in your efforts to write these awards. Enjoy your ski season!

Best regards,  
Peter Schwartz  
PNWD Awards Advisor

# OET/TRANSPORTATION

By Jack Ramsey, Transportation Advisor

ramjax@icloud.com

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I know I am supposed to talk about what's happening now and what is going to happen this season and I will, to a limited extent. What I really think is pertinent right now is getting people motivated to take on the challenge that is Seniors. I realize I have talked about it in the past, only because I feel the program is important to the betterment of the National Ski Patrol. During my breakout session at the Division Convention we spent most of fifty-five minutes talking about ways to recruit and motivate patrollers to take a shot. So here are a few of the things patrols around the country are doing.

We had a couple Certified Patrollers that pursued that credential because they didn't know what the Senior program was about. The question in the back of their mind was, how old must you be to be to become a Senior. Perhaps we should consider a name change? In a nutshell the Senior program is advanced training consisting of three modules. The OEC portion deals not only with improving first aid skills, but adds the challenge of multiple victims and outside distractions. It is as much about scene management as quality first aid. The OET Modules are Skiing and Toboggan skills. The foundation for quality tobogganing comes strong skiing skills. Strong skiing skills come from mastering and blending the fundamental movements of skiing to control the skis.

So why should someone subject themselves to the scrutiny of a group of their peers? As a largely volunteer organization, it is not for the money. In fact traveling to different areas to train and the time spent studying, exerts a fairly steep toll. On the paid patrol side I know of at least one area that pays an extra dollar per hour when Senior status has been achieved. But, that's not the majority of us. Another patrol director has stated that they will only consider Senior Level Patrollers for leadership positions. I believe most people in the NSP feel the Senior program is a stepping-stone to leadership. It is in fact, a requirement for some of the advanced honors bestowed by the National Ski Patrol. There are those who wanted that badge or patch to wear on their uniform. Not necessarily for bragging rights, but because they admired a mentor who wore the same patch. Ok, maybe for the bragging rights just a bit. I hope that Seniors will be a start to becoming an instructor. We cannot succeed as an organization if we don't give back something that was given to us.

But what of those who strive not for glory, fame, or fortune? I know of several who just enjoy a great challenge. There are some who look at Seniors as part of a journey to becoming the best Ski Patroller possible strictly for them. These are the people who realize they learn more from their failures than from their successes. At Crystal Mountain, we start talking about Seniors when we are training our new candidates. It is a great honor just to be asked to attempt Seniors. We are allowed some relief from our patrol duties to train for and attend Senior clinics. When our Senior candidates miss a patrol day for training we all pick up the slack knowing we will be gaining a better-prepared patroller soon. It also may be our slack someone else is picking up or has picked up in the past.

I have been a member of a couple other volunteer organizations in the past. It is amazing how hard people will work without monetary compensation. So there must be other compensation to keep our members coming back. We as a group must recognize efforts well made and challenges accepted just for the chance to do something for others. Pictures should be posted and attention drawn to good work no matter how small or large it may be. This does not have to originate from leadership. Anyone can send a group email to whomever you think should hear your words. That is how we inspire and retain our Senior candidates and all our patrol family.

Now for what's going on OET wise in the Division. With all the OEC Refreshers out of the way our Region Advisors are working on getting out instructors re-certified. Please remember, if you wish to maintain your instructor status you must have an Instructor Continuing Education Clinic (ICE) and Discipline Specific Continuing Education Clinic (OETCE) every three years. Take a few minutes to check your records on the NSP website. After you login, at the top right hand corner click on where it says "Hi, *Your Name*". This will open up your profile. Take a look at what you have done. Make sure you have received credit for what you have done. If you are an instructor see when your last clinics happened. If you are due by the end of 2020, get one in this season. Who knows if we will have snow early enough to get one in at the beginning of next season. If there is enough interest, we will be offering both clinics at the Advanced Terrain Clinic at Crystal Mountain.

The Advanced Terrain Clinic at Crystal Mountain is on for this year. I was hoping to have the flier out for this edition of the Nor'Wester, but we are still hammering out the dates. It may happen in mid-March of 2020. We will have a full slate of events including, obviously, a range of slopes to challenge every level of toboggan operator.

I am still planning on visiting a couple Senior Calibration Clinics and as many Senior finals as I can manage. I will be letting the Region Advisors know next week. I am really looking forward to seeing as many folks as possible in the next few months.

Do your snow dance,

Jack Ramsey  
PNW Division Supervisor

**Early Toboggans**  
**The East Coast Influence**  
by  
Shirley Cummings, Historian

The very early rescue toboggans originated on the East Coast; West Coast sled innovations came later.

Do you know what the sled pictured below was called? (We know it was not one of the first “toboggans” because there is a record in 1936 of Minnie Dole being taken off the hill with a sprained ankle by his friends who used a piece of corrugated tin. That was two years before Dole’s friend Frank Edson died in a ski accident which prompted Minnie to start the National Ski Patrol System.)

The toboggan pictured below is the “**Cannon Mountain Toboggan**” named after a state-owned ski area in the White Mountains of New Hampshire. It must have been tricky to maneuver. Crouching down, the patroller in front had to grab onto a bar in the front upward curve of the toboggan. The patroller in back hung on some bars while balancing his left foot on an extension from the rear of the toboggan. With his right foot, the patroller in the rear operated a spring-loaded brake. This was actually an upgrade from other braking attempts like tying a bunch of rocks in a triangular bandage and tying that under the sled. I’ll bet you can think of a few runs you would not like to run this sled!



As near as I can tell (there is very little info in the research), the **Welin-Rescue Toboggan** came next. A braking system similar to that used on the Cannon Mountain toboggan was employed. The rear patroller balanced one foot on the back of the sled and used the other foot to push down on a braking system to slow down the sled. The big improvement with this sled was the addition of two long front handles which enabled the front patroller to remain upright and to better control the sled. (Later toboggans next Nor’Wester.)



# AVALANCHE REPORT

By Brad Acker, Avalanche Advisor

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Its getting real up in the mountains. Snow packs are starting to develop and I hope you are getting real as well. As I sit writing this my legs are telling me all those lunges I did down at the YMCA are real, and I'm glad I'm taking steps to prepare for the season not only physically, but also mentally. This month I want to give you some tools to prepare for the season and to strengthen your avalanche game.

Let's start with Snow and Avalanche Workshops. I talked about these last month in the context of 'get out and sign up'. Well, the last one for the season was in Whitefish, MT November 16<sup>th</sup>, so you missed that boat! The good news is that if you did not have time to wander to Whitefish, sail to Seattle or jaunt to Jackson, talks are starting to be posted on YouTube and local avalanche center web pages. If you enter "Snow and Avalanche Workshops 2019" into the search box of YouTube, nine talks spanning five hours of content will pop up. Thanks to the folks at the Northwest Avalanche Center for posting that. I hope others will follow soon. Take a look at these talks and get real! You'll learn new terms like "Powder Arousal". Sounds interesting to me. Moving on, I want to talk about a great online tool for recording snow pit data called SnowPilot. No one can explain it better than the developers, so this quote is straight from their web page, [www.snowpilot.org](http://www.snowpilot.org).

"*SnowPilot* is open-source, free software that allows users to graph, record and database snow pit information. After creating a pit, a user can print a jpg or png or download the data in xml or CAAML format. This data is automatically saved onto a secure database where researchers can analyze it. All snow pits get saved in the database and individual users can choose who can view their pits." The folks in Southwest Montana at the Gallatin National Forest Avalanche Center, house and archive the SnowPilot data. I really like using SnowPilot for several reasons. **First**, if you choose, the data is available to researchers, to do, well...research. More data, means more research, sounds good to me. **Second**, using this tool over the last three seasons has really made my snow observations better. For me, the process goes like this, after a day in the field I record my pits. While doing so, I see details I did not record or did not record correctly. This helps me remember next time so I do better. Or, it prompts me to do some research on a detail of the pit. For example, maybe I did not record grain size because I need better knowledge about how grain size impacts slab formation, or maybe because my field microscope is in my other pack. Either way, good stuff for my next trip! After I record my pit I think more comprehensively about this pit and how it fits in with the others this year, or what patterns might be developing. How long does it take? It only takes about one beer or two if you're a fast drinker, but seriously, it takes about fifteen to twenty minutes and can be done with or without internet service. You can record as much or as little as you like with regard to full pit data, testing results and comments on layers of concern. Pits can be made public, shared only among a group you specify, or kept private (bah-humbug). Sharing pits, testing and observations with local avalanche centers or coworkers is much easier when you have a nice format to share it in. The **third** reason I like SnowPilot is powder. It might be triggering my "Powder Arousal" that is talked about on that snow and avalanche workshop talk on YouTube. You can search other pits in the areas you want to back-country ski to find what elevations and aspects have the best snow. So I encourage you all to take the next step and give your pit profiles a life outside your field notebook.

I'm almost done, but I would like to talk about offering an Avalanche Refresher class for your patrol or community. Ask around a little bit and I bet you will find out that lots of people would attend an avalanche refresher. Not all patrollers do pit profiles, throw bombs or get outside the ski area boundaries. However, I feel all patrollers should be up to date on the latest avalanche research, testing and rescue skills. While it is technically true that an avalanche certification does not expire, the teaching you got in 2005 is out of date, and your beacon is too! Look at the latest addition of the Avalanche Instructors Manual for the official requirements for course content. That being said, your patrol may choose to modify the content to cover specific needs and skills for your area. Just because you can't officially list a class due to content issues, does not mean you should not offer a class at all. Also don't forget to reach out to your local search and rescue group. Refreshers are a great way to gain comfort and practice working across organizations. You might even find time to talk about the Incident Command System!

Lastly, I would like to thank all Regional Avalanche Advisors, Avalanche Instructors, and field helpers who have been registering classes and committing time to the education of our fellow patrollers and community. Keep up the good work.

Regards,

Brad Acker  
PNWD Avalanche Supervisor  
ackerbrad@hotmail.com

## Mountain Travel & Rescue Update Nov. 2019

The latest edition of “Ski Patrol Magazine” (p. 98) contains the timeline for adoption of the new MTR textbooks, as follows:

**July 2019-June 2022 In MTR F, MTR 1, and MTR 2, instructors may use any of the following options:**

- MTR2e for the whole course
- **Mountaineering: Freedom of the Hills (The Mountaineers)**, with MTR2e for SAR coverage
- Mountaineering: Freedom of the Hills, with **Introduction to Search and Rescue (National Association for Search & Rescue, 2008)** for SAR coverage.

**Starting July 2022 In MTR F, MTR 1, and MTR 2, instructors must use:**

- Mountaineering: **Freedom of the Hills**, with **Introduction to Search and Rescue** as a supplement for SAR coverage.

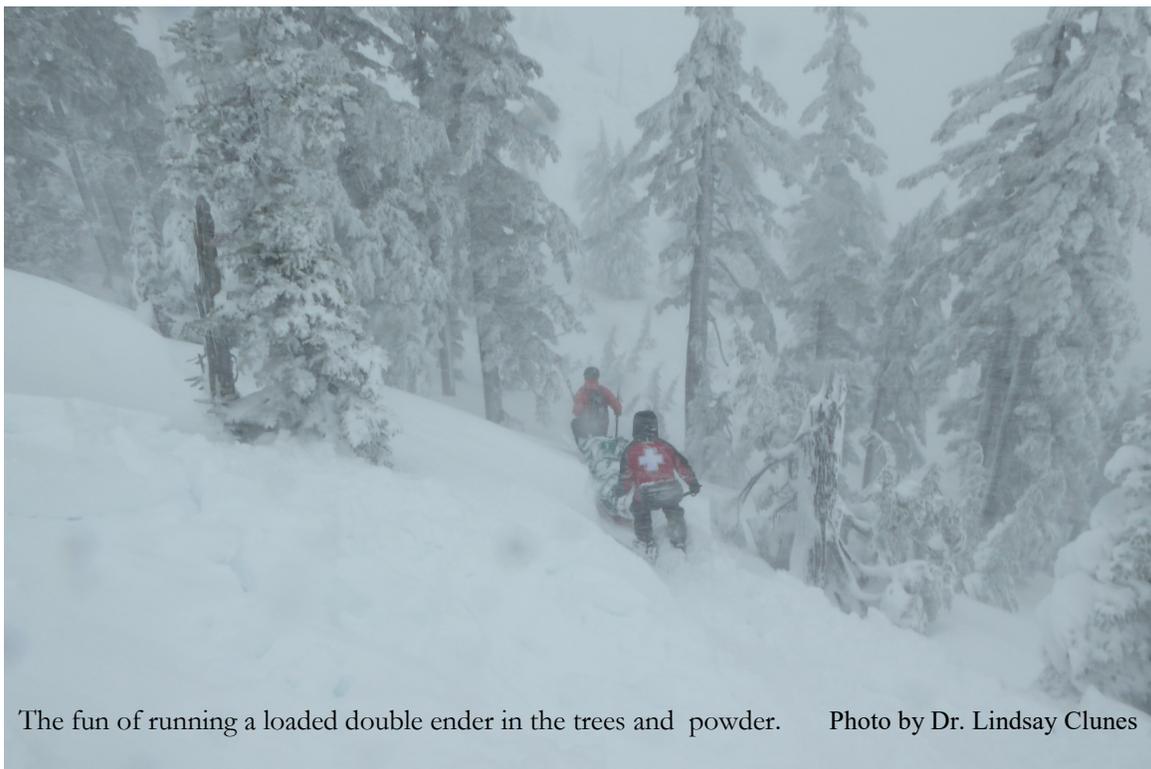
Bottom line, we will no longer produce an “in-house” MTR Manual. The rationale is straightforward. Both “Freedom of the Hills” and “Introduction to Search & Rescue” are published & maintained by national organizations and are written by recognized experts in their fields. We cannot match their quality, cost, nor timeliness of updates.

Stay tuned for an **update to the MTR Instructor Manual**, which will unveil the new MTR Program circle patch.

**Dick Willy**

MTR Supervisor

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The fun of running a loaded double ender in the trees and powder. Photo by Dr. Lindsay Clunes

# WOMEN'S PROGRAM

*By Sally Seelye, Womens Program Advisor*

*sallyseelye@gmail.com*

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After a short break, the Women's Program is back in the PNWD. My first goal is finding a liaison at each area in the division. If you are interested—and/or know someone who is—please let me know. I would love to talk with you (or them) and brainstorm ideas about growing this program, and us as a community of like-minded women.

Liz Dodge gave us a great outline in the last issue in regard to what the Women's Program is about:

- Recruiting, and Retaining women into the organization
- Encouraging and Empowering our female members to:
  - \* be the best they can be in all aspects of patrolling
  - \* go into leadership positions; both instructorships and patrol officer positions
- Identifying and breaking down walls that stop or deny women the ability to excel as a patroller
- Having a network for women to share their knowledge on finding 'size and shape' appropriate clothing and equipment. Luckily for everyone the outdoor sports manufacturers have come a long way in this area
- Recognizing accomplishments.

A thought on recruiting ... don't forget the NSP partnership with SheJumps. There are a number of SheJumps events on the calendar so far this ski season. These events are a great opportunity to talk with the moms (or ski with them) after they drop their daughters off for registration. Some of those young ladies are already planning to be our future patrollers. Let's make sure their parents see the long-term growth and benefits, and know we have ongoing programs for them in whatever discipline they're interested in. And who knows, maybe their moms will realize this is an excellent adventure they can share with their daughters and decide to join as well.

Dates for the 2020 Women's Summit, held in Snowbird UT, are March 1st-4th. This event is open to NSP, PSIA-AASI members and USSA members. The 2020 summit will be focusing on leadership in the snowsports industry. (The website hasn't been updated as of yet to show the NSP track.) Cost of the summit is \$360 if you register prior to January 1st, \$400 if you register afterwards—and includes your ski pass. (Travel, food, lodging separate) To register: <https://www.thesnowpros.org/events/womens-summit>. Have questions? Contact: [memberservices@thesnowpros.org](mailto:memberservices@thesnowpros.org).

Sally Seelye  
PNWD Women's Program Advisor

The official mission statement for the Program: The NSP Women's Program mission is to empower patrollers by advancing skills and developing leadership in a women-focused program.

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# PATROLLER ADVISOR

*By Jodie Jeffers, Patroller Advisor*

*tailwaggin1@mac.com*

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Patrollers Hello!!

Thank-you to those reaching out and working with their PD's to become their Patroller (aka Auxillary) and/or Region Representative. This truly helps getting that communication back and forth and is so much more effective. You also will be helping in promoting and assisting others by being a contact in reference to the Senior Aid Module.

Region Patroller Advisors known so far are: Oregon-Jim Trett; Southern Idaho-Robin Ulrich. Still needed are from **Wy east, Inland Empire & Northwest** Regions. If interested, reach out to your PD & RD and please include me in that email.

If you have questions about the position, let me know.

Thank you  
Jodie Jeffers

# Ski Chamonix! Mont Blanc! Courmayeur! Verbier!

## *Did you miss out on the sign-up for Ski Flight 2020?*

While Ski Flight 2020 is “technically” sold out, we are partnered with an amazing travel company who has been able to work miracles in the past. Let me know if you’d like to join us! We’ll never know if we don’t try ~

Nestled within a 12-mile long valley, Chamonix is surrounded by majestic mountains, including towering Mont Blanc—the highest mountain in the Alps. A multitude of groomers and nearly endless off-piste possibilities provide excellent terrain for skiers of all levels. Best skied with a guide, an absolute must for those who are intermediate and above is the legendary 13-mile Vallée Blanche—famed for being a paradise for powder seekers as well as its views.

All the ski areas in the Chamonix Valley—plus nearby Courmayeur, Italy and Verbier, Switzerland—are included on the Mont Blanc Unlimited Ski Pass. A 6-day adult ski pass is approximately \$365, more affordable than skiing in the US.

Wondering what to do after skiing? The après-ski and nightlife in Chamonix is world-renowned with everything from crazy Aussie watering holes to elegant piano bars, 14 bars and 4 discos. Numerous shops, boutiques, restaurants, cafes and pastry shops complete the town.

Our home for the week is the recently renovated 4-star Hotel le Refuge Des Aiglons. This cozy, modern, lively hotel in the center of Chamonix welcomes guests with its unique ground floor “Life Space” which encompasses the spacious lounge, bar, and restaurant. The Deep Nature Spa, with free entrance to hotel guests, includes an outdoor heated pool, sauna, steam room, jacuzzi, and relaxation area. Massages and beauty treatments are available by appointment at an additional charge. Hotel website: <https://aiglons.com/en/>

Not to be outdone, our classic 3-star hotel in Paris, the Hotel Le Regent, is well-located amidst the quaint, small streets in the Saint-Germain des Prés district with bars, restaurants, and shops just around the corner. The Louvre, Eiffel Tower, Luxembourg Gardens, Montmartre, the famous Les Deux Magots café and more are all within walking distance or easily accessible with public transportation. A walking tour of the city is in the process of being scheduled. In addition, hop-on/hop-off bus tours are also available. Hotel website: <https://hotelleregent.com/>

### So, what's included?

- 7 nights in Chamonix at 4-star Hotel Le Refuge des Aiglons, IN01FEB OUT08FEB
- 3 nights in Paris at 3-star Hotel Le Regent, IN08FEB OUT11FEB
- Buffet breakfast and 3-course dinner daily in Chamonix, including drinks (water and one glass wine or beer pp)
- Continental breakfast daily in Paris
- Walking tour in Paris
- All private group transfers
- Geneva Airport to Chamonix hotel, 01FEB
- Chamonix hotel to Geneva Airport, 08FEB
- Paris Airport to Paris hotel, 08FEB
- Paris hotel to Paris Airport, 11FEB
- All local taxes



**\$3050 + \$165 air taxes—Includes Airfare from Seattle!**

Airfare may fluctuate slightly. Departure from other airports can be arranged, and may affect pricing.



### For more information please contact:

**Sally Seelye, Ski Flight Advisor**

E-mail: [sallyseelye@gmail.com](mailto:sallyseelye@gmail.com)

Cell/Text: 253-468-0725

**Monica Volz, Snow Tours**

Email: [monica@snowtours.com](mailto:monica@snowtours.com)

Phone: 509-936-0157, or 800-222-1170 ext. 221

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Ski Flight is for Patrollers and Auxiliary, and is open to family and friends. Tell them we like to ski—a lot.  
Ski Flight is a fundraiser for the Pacific Northwest Division and is not sponsored by the division nor the National Ski Patrol.





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

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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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**Article deadline for the next Nor'Wester is February 15,**