



NOR'WESTER

PACIFIC NORTHWEST DIVISION—NATIONAL SKI PATROL

September 2020

DIVISION DIRECTOR REPORT

By *Shelley Urben, PNWD Director*

shelley.urben@nsp-pnwd.org

As we head into this uncertain fall and uncertain ski season, I'd like to share some thoughts with you. As you may know, I run a charter school. Charter schools function in many different ways, and ours is one that runs completely separate from our district. That means that I am in charge of everything from grounds and facilities to curriculum to hiring and training, to budgeting, etc, all of it. And like all other businesses, Covid 19 has turned our world upside down. The unknown is scary – my staff is scared, my families are scared, and our students are scared. And I have to create an environment for all of them that feels safe. They are scared, just like all of us as patrollers. We are ski patrollers. We're passionate about patrolling, we spend the time we aren't working patrolling, and we connect in a way that is more like family than many other volunteer organizations. I want you to know I get it, I'm here for you, and I'm working and talking with your Region Directors to support you in every way possible.

At this point in time, there are a great deal of unknowns. It feels like we are all just waiting. Our refreshers are scheduled and some of us have to renew CPR, but we don't know if our areas will run and what that will look like. Some of us have fragile health issues, or live with someone with fragile health issues. Do we want to patrol in these circumstances? If you are concerned, talk with your PD or PR. Be educated about your options. You may go temporarily not patrolling through NSP, which allows you to maintain your membership. But please, regardless of where you sit right now, take your online refresher and stay current with your OEC credentials and your NSP dues.

News to Know:

- **Bike Patrols** – Bike patrols seem to be sprouting up all over the place, and I want to be here to support you and your area if you have the interest and the drive. There has been a bike task force at the national level in place since 2018. These folks have been working on support Bike Patrol Unit and Bike Host Units. They have worked on and completed a rewrite of PD101 to add in a section for bike patrollers, and have been developing the skeleton of a program. There is currently a proposal to the education committee to make Bike an official program within the NSP. I'm currently on a subcommittee to address potential questions or concerns about adding Bike as a new program to the NSP. We are hoping to pass this proposal on to the NSP National Board for review in September. NSP has already added a tab on the public side of the website, under programs, called Bike. Take a look, and please email me if your area is interested in forming an NSP Bike Patrol Unit or Host Unit.

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- Awards matrix – Our very own Peter Schwartz, Awards Supervisor, worked diligently this past year to help remake the awards matrix to include paid patrollers, bike patrollers, and to update the scoring. Please make sure your awards people are using the current form and understand how to use it.
- Associate RFA – There is currently an RFA on the docket to make the associate members of Mt Hosts and Bike Hosts traditional members. This would allow these people voting rights, would give them full access to the store, would help them to feel like and be full members of the NSP rather than feel disenfranchised. It would also allow alumni to transition to host without losing any benefits, etc. Hosts pay the same dues as traditional members. There are currently 1808 host members – mountain and bike, there were 1617 in 2019.
- Youth Safety Program/Policies etc. - A change was passed this last July, requiring NSP leadership to complete and document training in a recognized youth safety program. This includes National leadership, PDs/PRs, RDs, DDs, (and their assistants), Region and Division and Patrol level administrators or advisors in any discipline where youth participate in NSP training events or other capacities. This excludes on-hill patrolling activities which fall under area operations where the area's policies would apply. This change also includes information and guidance in reporting misconduct.

There are several training programs that will fulfill the requirement. These include:

- Armatus online training through Praesidium; required modules are: Duty to report; Preventing sexual activity among adolescents; Meet Sam (free – contact memberrecords@nsp.org)
- [Safesport.org training](#) (available for a small fee)
- [BSA youth protection training \(free\)](#)

To access the Armatus training, contact memberrecords@nsp.org

For the other trainings, follow the web links above.

Other online trainings may complete the requirement; per NSP, I must approve any alternative online training. In-person trainings that are provided by other youth-serving organizations like school districts and child care centers will also fulfill the requirement if they are at least 2 hours in length and provide documentation of completion.

The training you'll take is good for three years. And, if your area has already required training, that training may qualify. If you have questions, please email me at shelley.urben@nsp-pnwd.com.

An email has gone out to all PNWD leadership about the above training already. Please send your certificate of completion to Kay Siedel at kaydeerpark@gmail.com. NSP will then be notified of your completion and it will get put on your profile.

- OEC Supervisor – As you all should know by now, we lost our very dear OEC Supervisor in August to lung cancer. Janie SanRomani was a friend and an inspiration to many of us in the PNWD. Our interim OEC Supervisors are Kathy Lee leek232@gmail.com and Leisa Garret leisag4@gmail.com.
- Board Elections - The Division Directors are working with a small group to put together phone calls with the 11 candidates. This was done last year primarily with leadership invited, but this year the calls will be open to all patrollers. It's a great way to get to know the candidates, hear their views and perspectives, so that you can

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DIVISION DIRECTOR REPORT—continued

be a more informed voter. Information on those calls will be out soon. Watch the NSP website and your emails for details.

- ICS100 – Remember, all NSP patrollers and candidates were required to have ICS 100 completed by December 31st of 2019. We still have a substantial number of patrollers in the PNWD who have not yet gotten ICS 100 done. Get those courses registered, enroll, complete the class, and get it on your profile. Let me know if you need help getting this done.

Please email me, call me, text me, if you need help with anything, have questions or concerns, or just need to talk through your current situation. My phone number and email are listed below. I am also meeting with your Region Directors monthly, on the first Tuesday of each month. You can contact them if you have an agenda item you would like us as a team to discuss.

Take care of yourselves, and remember I am here to support and serve you.

Shelley Urben
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OREGON REGION REPORT

By Andy Bechdolt, Oregon Region Director

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Greetings from the Oregon Region.

I'd like to start this short message by saying that by now you all know that our Division OEC Supervisor, Janie SanRomani passed away very recently. We are all reeling from her passing. Janie was more than just the PNWD OEC Supervisor. Janie was a ski patroller, a friend, a mentor, an instructor, a wife, a mother and for nearly all of us, a friend. All of us are heartbroken and it has been a difficult few days. I'd like to think that I knew Janie well enough to know that she would certainly expect us to be sad at her passing, but more importantly that she would want us to continue on with the incredible work that all of you do everyday in your own lives and with and for the Ski Patrol. Please take a moment to remember Janie and then, have fun. Have fun with whatever you do, everyday. Enjoy the life that we have. It is very short and Janie would want us to enjoy all of it that we can. I'll also ask all of you to do something kind for another person today, and everyday. You'll feel better, I promise.

The Oregon Region meeting is scheduled for September 20, 2020. The meeting will be held via Microsoft Teams, starting at 0900. Board members and staff, look for an invite with a link for the meeting.

Andy Bechdolt
Oregon Region Director

NORTHWEST REGION REPORT

By Michael James, Northwest Region Director

marinecare@msn.com

2020-21 Covid Season: We, like the other Regions, had an up and then down season. I appreciate all the understanding and flexibility as we marched through the last few months of the season dealing with the inability to gather, train etc.

My single goal this past season was to expand the Region's leadership base. First and foremost I wanted to grow the Senior program at the Patrol level. The future of our leadership is the Senior program. Obviously, the season was cut short due to the pandemic and we were not able to complete our training, but I would still like to thank all the Senior trainers and Advisors, for without you we would not be able to have a successful program.

Training Schedules: We had some overlap in some of the training schedules over our 10 Patrols. The Region will work to resolve this issue so individual training events are not overlapped.

Senior Advisors: Earlier this past season I called on all Patrols in the Region to establish, if not already done so, a Senior Advisor for your Patrol. The role of this Advisor was to develop the Senior program and recruit Senior Candidates at the patrol level. Most Patrols complied with this request and their Senior programs are in the midst of growing. Next, I requested to see at least two Senior Candidates from each Patrol enter the program yearly. We did not see this request fulfilled as requested, but will double down our efforts next season.

Plan: The 2020-21 ski season will start out with the same request: a minimum of 2 Senior candidates per Patrol so as to build our leadership. The Region already has commitments from most of our 10 Patrols to send more than 2 Senior candidates! We will plan on increasing the Senior budget this upcoming year to support the candidates in their costs to train. We are requesting that Patrols increase their budgets as well.

Instructor base: The Region will also move ahead to grow their OEC and OET Instructor bases. This goes hand in hand with "more Seniors". While a Patroller does not need to be a Senior to instruct, it certainly is helpful and gives confidence. We could use more instructors at the OEC/OET class level as well as instructing the respective Senior classes. Our Senior OEC evaluator cadre is also very low. The Region will be working with the Division to certify more instructor/evaluators to improve the program.

We are going to have a fantastic 2020-21 season.

Michael James
NSP -NW Region Director
(206) 407-5770

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National Ski Patrol
when you shop at smile.amazon.com.
Go to Amazon Smile and select PNWD as your designated charity.*



INLAND EMPIRE REGION REPORT

By Kelli Piper, Inland Empire Region Director

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Greetings from Inland Empire Region,

Hope you are all doing well and staying healthy during these summer months. Outdoor recreation has increased in the Pacific Northwest since the pandemic. More and more people are hiking, biking and boating than ever before. Great to see all those people enjoying mother nature!

Besides it being a great time to enjoy mother nature, it is also a good time to volunteer. Volunteering gives people a way to give back, individuals can feel they are doing something at a time of crisis. Continuing to be involved in your community and patrol during this time is critical.

There are many virtual channels to instruct courses, meet with your patrol boards and patrol committees. There is so much planning and organizing which can happen during this time which would benefit your patrols. Some ideas might be to offer virtual courses in instructor development, MTR, Avalanche, and OEC. Update and change processes for efficiency in fundraising, record keeping or day to day patrol operations. Record and publish the history of your patrol or work on social media for recruiting purposes. Anything to stay involved and connected to your patrols.

The calendar of events is very limited at this time and tentative to change depending on the COVID guidelines. Currently, the Instructor Calibration for OEC and OET is at Lookout Pass on February 27, 2021, with approval from NSP to offer in person training. I will update the Inland Empire Region Facebook page and also send emails out to try and keep updated information on any Region training.

The PNWD did a great job of putting the convention on this year, virtually and free for everyone. The courses and information offered were significant and helpful for this upcoming year.

I would like to congratulate the following patrollers in the Inland Empire on their awards:

Distinguished Service Award – John Nelson, Mt Spokane
Distinguished Service Award – Bob Streich, Mt Spokane
National Appointment – George White, Mt Spokane
Leadership Commendation Appointment – Marianne Becker, Lookout Pass
Division Outstanding Young Adult Patroller – Devon Newman, 49 Degrees North
Division Outstanding Patrol Rep – Eric Ewing, Mt Spokane
Division Outstanding Bike Patrol – Hiawatha
Division Outstanding Bike Patrol Rep – Denny Burt, Hiawatha
National Yellow Merit Star for Outstanding OEC Instructor – Kirk Crum, Lookout Pass
National Silver Merit Star for Outstanding Alpine Patroller – Danial Baker, 49 Degrees North
Gold Merit Star for Outstanding Patroller – Carol Shultz, 49 Degrees North

Thank you to everyone who took the time to nominate these deserving patrollers!

Stay safe and healthy, Kelli Piper Region Director Inland Empire

SOUTHERN IDAHO REGION REPORT

By David Campbell, Southern Idaho Region Director

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

The region needs your help. We need the following advisors: Instructor Development, Nordic/Backcountry, Snow Board and a new position, Safety. If you or someone you know would be a good fit, please let me know. It would be great to find some younger or young at heart folks to fill these positions. It's a great way to teach, learn, and meet people from all over the region.

The first ever and I hope last virtual division convention was last weekend, August 8 & 9th. Lots of good information was passed along. Not the same as being all together, but it worked very well. Good job to all the folks that worked all hours to make it happen. I hope for next year's convention we are "*Back Together Again*" in Boise, Idaho. The Southern Idaho Region is already planning for next year.

One good thing I took away was the possibility of using virtual meetings for teaching part of some training, like Avalanche. Do the classroom part virtual, and then only meet for the on snow part. This might make it easy for folks to attend and cut way down on travel time.

One of the most attended events was the awards presentation. I would like to congratulate all the winners from around the division. Division winners from the Southern Idaho Region were:

Purple Merit Star: Tom Carvajal

Blue Merit Stars:

Joe Mabbutt
Deb Mabbutt
Dale Miracle
Ted Spencer

Green Merit Star: Brad Acker

Outstanding OEC Instructor: Patrick Arnold;
his wife, Felicity, and daughter, Jessica were awarded Angel Pins
Outstanding Paid Patroller: Toji Sakamoto
Outstanding Small Patrol: Magic Mountain

Unit Citation: Bogus Basin

National Appointment Number: 12203 Joe Mabbutt

Soldier Mountain has a new owner. They were ready to open with new bike trails for the summer, when the Phillips wild fire sweep through the area. None of the buildings or lifts was damaged, but the magic carpet and the bridge that gives access to the resort was destroyed. I wish you the best for a complete and fast recovery.

As the summer starts to wind down, it time to think about the upcoming ski season and refreshers. Get the new OEC 6th edition textbook. I have and I think the new addition is great, hope you do too. Do the online part and be ready if your patrol holds an in person refresher.

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Southern Idaho Region Report—continued

Tentative dates for the upcoming season, I hope we can hold them:

Regional Meeting

October 17th hosted by Anthony Lakes, (possibly Virtual)

Senior Clinics: Tentative location TBD

Jan 2-3, 2021

Jan 30-31, 2021

Eddie Orbea Senior Test

Feb 26-28, 2021 @ Anthony Lakes

Be safe out there. See you when the snow flies.

Dave Campbell

Southern Idaho Region Director

2021 PNWD Convention

The 2021 PNWD Convention Committee congratulates this year's Convention organizers on an excellent 2020 Virtual Convention! Southern Idaho Region is thrilled to be hosting next year and we are actively working to make this another wonderful and, hopefully, an in-person event! The convention will be held at the beautiful Grove Hotel in downtown Boise on Aug 13-15, 2021. If you have not been to Boise in a while, you are in for a big surprise! We have been discovered and are growing like crazy! Boise is very family friendly and we highly encourage you to extend your stay a couple of days to take advantage of all we have to offer! Stay tuned for details on registration and convention offerings. In the meantime, here are a few links for you to check out!

<https://www.boise.org/get-to-know-boise/boise-is-waiting-video/>

<https://visitidaho.org/>

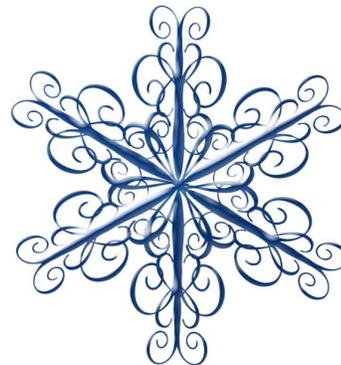
<https://payetterivercompany.com>

<https://bogusbasin.org>

<https://anthonylakes.com>

<https://www.mccall.id.us>

<https://www.boisewhitewaterpark.com/welcome>



2021 Southern Idaho Convention Chairs

Pam Carson, Bogus Basin

Sarah Mello, Anthony Lakes

WY'EAST REGION REPORT

By Joel Stevens, Wy'East Region Director

Joel@SDELtd.com

During the Summer, the Mt Hood Patrol has been working with Timberline and Skibowl to develop operating protocols to work with COVID 19. Both of these areas have Summer Mountain Bike Operations and Timberline also has Summer Ski Operations. The protocols will be a continuing project through the Summer, continuing into the Fall and Winter seasons with Mt Hood Meadows, Summit, Cooper Spur and Mt Hood Nordic.

The MTR program originally scheduled for March was run this Sumer with Virtual class rooms, and real field sessions. It was a learning curve for both students and instructors. The MTR program has been actively recruiting new instructors, and should have 2 new instructors next Spring.

The Cooper Spur PD is looking for a replacement, but has not been successful so far.

The Mt. Hood Ski Patrol has put together a formal Bike Patrol to serve both Skibowl and Timberline. At this time it is an extension of their ski patrol duties at Timberline and Skibowl. There will be a Bike Patrol Asst. PD and cycling competence requirements for Bike Patrollers. Initially, all the bike patrollers are also ski patrollers, but in the future they may not have to be Ski Patrollers as they develop an independent Bike Patrol. Skibowl has had mountain biking for years. The Summer Patrollers there did not have to ride if they did not wish to ride. Timberline finished up their new bike trails last fall and added a Mt. Bike operation this Summer, in addition to their Summer Ski Camps.

The Avalanche instructors are working on plans for virtual Avalanche classes this Fall and Winter. There will be real field sessions, typically in the Spring, for both a Level 1 class, and updates. The Wy'east Region is looking for a new Avalanche Advisor. Wy'east normally sends an Avalanche instructor to the National Avalanche School every other year, and that person usually becomes the Avalanche Advisor for a couple of years.

Like all the other Patrols we are trying to work out the logistics of doing training and patrolling while staying safe and following the State guidelines. Many classes are expected to be hybrid, virtual and real time. With little or no face to face meetings inside, and social distancing outside. It is going to be an interesting season, if we can't hang out in the Patrol Shack or our Patrol Building.

Hopefully this too shall pass

Sláinte

Joel Stevens Wy'east RD

NORDIC PROGRAM REPORT

By Eric Geisler, Nordic Program Advisor

ericSgeisler@yahoo.com

The Skinny - Eric Geisler - Nordic Supervisor

Thanks to all who participated in the Division meeting. There were training requests from Magic Mountain (southern Idaho) and Mt. Rainier (NW) and a Senior Clinic request from Mt. Hood. Thanks also to Santiam Pass SP, at Hoodoo, for offering to assist with some of the training. We will be scheduling these in the next month. So if you missed the meeting or have a training request, please contact Eric. Safe training in the meantime.

Eric Geisler

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Surviving in a Pandemic

For the six months from the start of the COVID pandemic in January to July 9th, there were 3,225,714 cases in the U.S. On August 9th, one month later, we now have 5,199,444 cases, or an increase of 1,974,330 cases in just one month! The US accounts for 1/3 of the cases world-wide with 162,938 deaths and now averaging over 1,000 deaths per day.

Unfortunately, people are beginning to ignore public health precautions such as social distancing and the wearing of masks. The spread of this disease will be seismic following large group events such as the Sturgis Motorcycle Rally with 250,000 attendees in close contact without masks! This behavior and others such as large parties can trigger community outbreaks. With the push to open schools without proper preventative measures following CDC guidelines of providing social distancing in classrooms, hallways and cafeterias; mask requirements, repeated testing and aggressive sanitizing, the student can become infected and come home and infect their families. That happened to a high school student who infected both his parents who then died.

It is being widely stated that young children don't get sick. That is false. Over 179,000 children have now been documented with COVID. While the majority of them recover, a small group suffer massive organ failure and die from this disease. There is also mounting evidence that children are suffering long-term damage to their organs which will be problematic for the rest of their lives. But even if they don't become seriously ill, they can spread the disease by passing it to their classmates and families. A second grader tested positive on the second day of school and his teacher and entire class had to go into quarantine.

What can you do to protect you and your family? It is **critical** that everyone follows the CDC's guidelines of maintaining social distancing, wearing a mask when around other people, avoiding groups, religiously washing of hands and sanitizing common surfaces.

With the start of school, families will have to make several difficult decisions. Is the positivity rate of COVID testing in your area below 5%? Is the school offering virtual, in-person or a hybrid model of education? Is your school implementing CDC guidelines regarding wearing masks, providing social distancing, sanitizing bathrooms, following recommended air circulation precautions, eating and playground arrangements and providing precautions for teachers and staff? Then you will have to consider the age of the student, the student's ability to follow these protocols, as well as any pre-existing conditions. The safest option is the virtual environment. This however deprives the student of personal interactions which are so important for healthy development. Team sports with close contact, clubs and other activities require additional considerations to be safe.

When a vaccine is available, I urge everyone to get vaccinated. This may have to be done on a yearly basis as we do for the flu due to the strains changing with time and the maintenance of antibody levels.

While all the above can be overwhelming and certainly disappointing for our family members, the goal of a long life without chronic medical problems should be worth the price we are paying now.

STAY SAFE: WASH YOUR HANDS, SOCIALLY DISTANCE AND WEAR A MASK.



OEC REPORT

By Janie San Romani, OEC Supervisor

OEC REPORT LATE SUMMER 2020—submitted 8/15/2020, died 8/23/2020

This report might have a lot of the same info that Kathy and my session presented at the PNWD convention but it's all worth repeating.

It is very important for each member of NSP to have access to their own new 6th Edition of the OEC book. There won't be another edition for 6-7 years and your book will be a great resource for future Refreshers, etc.

Each OEC Instructor needs to complete the Roll-out of the 6th Edition, save the completion certificate and then enroll in a registered course which is called the "OEC 6 Rollout Instructor Training". Your completion of the Roll-out of the 6th Edition will then be documented into your personal NSP profile. Each Region in the PNWD has registered one of these courses, so check with your OEC Advisor. This is a "must" if an instructor wants to teach any type of OEC Course. One part of the Roll-out is being redone, the one regarding Navigate, and should be available very soon. This Roll-out will also fulfill the requirement for an OEC recertification course for this year. It also appears that the ID section of the Recertification courses will be provided online for everyone.

All patrollers must complete the Online OEC Refresher A, save the certificate of completion and then enroll in a registered OEC Refresher A. Please remember that IOR's and IT's cannot be both IOR's and IT's and also students in the same course. They must enroll as a student in a registered Refresher other than their own in order to get credit for completing a Refresher. NSP is only requiring everyone to take the online refresher this season and not the hands-on refresher. All the information in the workbook is also included in the online Refresher, but you can also download a workbook if you can't find your own!

All new OEC Courses must be based on the 6th Edition Textbook. The online portion of the OEC course and the Instructor Tool Kit are completed and ready to go. There are very good instructions for all of this course on the NSP website, so please start there rather than with the publisher for any questions. We are encouraging every course to follow the NSP Covid 19 recommendations to keep everyone safe in these difficult times.

Things are still very uncertain as to Senior OEC and other Senior Programs. Even though we all know how important Senior training is, it is not considered a required course, so time will tell how this works out for this season. I will inform everyone as soon as I get more info on all this.

As always, if you have questions on any OEC topic, start with your Region's OEC Advisor and if you need more, feel free to contact Kathy Lee leek232@gmail.com or Leisa Garrett leisag4@gmail.com.

Stay safe.

Janie San Romani



Janie's family is hosting a celebration of her life at Sweet Cheeks Winery on October 4 at 6:30 p.m., located at 27007 Briggs Hill Road, Eugene, Oregon 97405.

INSTRUCTOR DEVELOPMENT REPORT

By Kathy Alexander, ID Advisor

katalexander911@mail.com

Thank you to all the ID Instructors and ITs who attended the ID workshop at the PNWD Virtual Convention in August. By now, I have emailed all PNWD ID Instructors and ITs the Power Point Presentation and information shared at the workshop.

Here is some news for Instructors and ITs of **all disciplines** about the progress of the National ID Committee:

1. Update on the **"ID Online e-Course"**: I recommend that Instructors and ITs of all disciplines go to the NSP website and take a look at the revised e-course. This will help to familiarize you with what Patrollers are learning in Part 1 of this course. No enrollment is necessary; Completion Certificate is given at the end of the course. For Part 2, the Patroller contacts an ID Instructor to complete a face-to-face session. Due to COVID-19, several successful virtual face-to-face sessions have been conducted throughout the PNWD. I can help you obtain information on how to do this).
2. The National Education Committee's approval is pending for the **"NSP Instructor Skills Review Online Course"**: this proposal requests that the course be registered as a separate course for all disciplines Instructor Recertification. This course is taken once in the 3-year certification cycle; a discipline-specific Instructor Continuing Education (ICE) is also required for recertification. I will have more information to share as soon as this course is approved.

And for **ID Instructor Recertification**: if your certification expires this Dec. 31, 2020, please check your NSP Member profile: note if you have taken an **ID-ICE course** and an **ID-Instructor Skills Review course** in the past 3 years and that you have been actively teaching. Try to get these requirements done early so you can be recertified for the next 3 years. If you have any questions or need help in finding courses for this process, please let me know ASAP. And, thank you to all of you ID Instructors for all you do for this NSP program.

Stay safe...Stay well...and depending on COVID-19, I hope to visit as many Regions as I can this coming season.

Respectfully submitted, Kathy Alexander, PNWD ID Advisor

SOCIAL MEDIA- Looking for and needing YOU!

PNWD wants to enhance its social media and needs your help and expertise! Looking for patrollers that wanting to give some time and either have experience or willing to expand their knowledge in various social media aspects. Interested? Please fill out the following form.

Social Media Survey: <https://keepcalmnspsafetyon.typeform.com/to/DiYvYaPy>

Problems or questions, please send email to Richard Murphy: richard.murphy@nsp-pnwd.org **and** Jodie Jeffers: jodie.jeffers@nsp-pnwd.org

PNWD REGISTRAR REPORT

By Blaine Price, Registrar

bcprice58@msn.com

1. Per the PNWD E-Bd and Board, PNWD continues as an Opt-Out Division for 2020-21

As an Opt-Out division, PNWD PD/PRs will:

- Do their Patrol Formation with known 'Adds and Removals' followed by a 'SAVE', and WILL NOT Notify Nat, Div, Reg' until Region and Division dues have been collected at the patrol level.
- *Transfers and new members Added after initial 'Notification' will require contacting memberrecords@nsp.org by email with a name & ID# to see that the person is invoiced by NSP. (A system issue after initial Notification.)*
- Only when Region and Division dues have been collected, hopefully by Nov.15th, will the PD/PR or Registration Rep do a 'Notify'.

Once 'Notified', the Office will generate an invoice to all members on the patrol's to pay their \$60.00 National dues. PNWD Late Fees of \$5.00 will be due effective Jan 1st, and a National Late Fee of \$10.00 will be applicable Feb 1st.

This is the same as last year.

I will be providing PD/PRs and patrol Registration Reps with an updated, detailed set of instructions for Patrol Formation & Registration for the coming season soon.

2. **New Members Joining a Patrol Can't be Associates:**

When patrols 'Add' new members as Candidates they are Member Type 'C', with an Initial Classification of 'CAN' for Candidate. When new members do a 'Create Account' and obtain an ID#, they should join as a Patrol Candidate. If they show on your roster as 'WEB' after doing an 'Add to My Patrol', it means they have not paid NSP dues and are not yet a member of the NSP or your patrol and can't sign up for classes, and should not be allowed to train in any manner.

Once 'Create Account' is used, it is never used again. Once an ID # is obtained, it NEVER changes. *Warn any new person up front doing a 'Create Account' to not use the 'Associate' or 'Host' options.* If you see "ASSOC" under Member Type on your roster when you 'Add' a new member to your patrol, you need to immediately notify memberrecords@nsp.org to go in and correct the persons record manually to (C) and (CAN) on your patrol, with a copy to me at bcprice58@msn.com

Per NSP By-Laws, an '**Associate**', (ASSOC), **can't be a member of a regular geographic division ski patrol.** I.e., Associates including Mtn Host Unit (HM) and Bike Host Unit (HB) members that are not on Ski Patrols or Bike Patrols. We currently have 6 Host Units in the PNWD. New Host Unit members have their own separate join process similar to what patrol candidates use, and click on the '**Host Candidate**' option. Candidates for geographic division Ski or Bike patrols are 'Traditional Members' and use '**Patrol Candidates**'.

(The only exception to this rule would be a person wanting to take OEC prior to identifying a patrol to join. In such rare cases, they would have to be an Associate (ASSOC) to enroll in OEC, but then be changed to Candidate (C) and (CAN) when they do make contact and are 'Added' to a geographic division ski or bike patrol. Most of these cases are potential Paid patrollers where a Pro Patrol won't let them join without first completing OEC.

3. **PD/PR Responsibility for Current, Up-to-Date Data in Rosters and Member Profiles.**

PD/PR have a responsibility to pay attention to roster details, and see that a new member's personal profile information is current and accurate to include; *join date, email address, mailing address, phone number, gender, birth month and year.*

(continued p.13)

REGISTRAR —continued

When personal information isn't correct or is incomplete, members, new or otherwise, should go into their profile on line and update or make corrections. PD's/PR's need to see that patroller roster information is current and correct including *Member Type, Initial Classification, Service Type, Credentialed Classification and Billing Category*.

As a PD/PR, remember that a Candidate under NSP rules can never be advanced to Patroller status without first completing both OEC and ICS 100, and for most patrols, not until they have met all other local qualifications as a patroller.

4. **Candidates Must Be NSP Dues Paying Members on the Patrol's Roster to participate in ANY on-hill activity or classes.** (Other than that initial compatibility on hill ski time with a prospective candidate that walks into the patrol room.)

I.e., in the NSP P&Ps under 9.5.5.2 *"Candidates in geographic divisions must complete the registration process before participating in any NSP on-the-hill or class activity."* Translated, that requires dues payment, and being on the patrol's roster as a Candidate (C.) and (CAN), since they are not a member of the NSP until dues are paid, regardless if they have obtained an NSP ID #. Training activity would include things like learning on-hill procedures, shadowing, OET, chair evac., etc., as well as OEC and completing ICS 100.

Plus, NSP insures certified instructors when in the process of teaching a class registered with NSP. Thus, having a person who is not yet a member participate in on-hill training without dues being paid exposes the instructor and the patrol if there is an incident.

5. **Suspended (SN) Members**

If a member is Suspended (SN) in the system, it means they didn't pay their dues to NSP as of Feb 1st, and can't use the system for anything other than paying dues, meaning they can't sign up for classes, and are unable to use Pro Deals or the NSP Store. To avoid starting over in years of service, a Suspended person can still pay by Dec 31st of that year, but the opportunity ends then, and they will then have to start over in years of service. Since we are in a new patrol year, the person will have to directly contact memberrecords@nsp.org and request instructions on how to pay last season's dues. This is not the same as 'Back Dues' which no longer exists.

If Suspended (SN) on Feb 1st, they should not be allowed on the hill to patrol until dues are paid. If not paid by March 1, do a removal from the roster, meaning they are not a member of any patrol. They can be added back once paid.

6. **Inactive (I), (i.e., Former Members not paying dues) or Hosts Unit and Other Associate/Affiliate Members Wanting to Become a Patroller:**

Returning former members (I), Transfers or Host/Associate/Affiliate members joining a patrol never do a 'Create Account'. Once an NSP member ID # is issued, including for Associates/Hosts or Affiliates, IT NEVER CHANGES. If they do 'Create Account' again, they very likely will be locked out of the system with a duplicate new ID #, and the new ID # will have to be deleted manually by the Office to proceed. Contact me at bcprice58@msn.com or memberrecords@nsp.org if a duplicate ID # is created. Former members may not be found in the system, and if so, contact customercare@nsp.org to reinstate in the system. (Always provide a Name and ID # when contacting me or the Office.)

Don't hesitate to contact me if you have questions.

Blaine Price, PNWD Registrar
206-954-4909 Cell

AVALANCHE REPORT

By Brad Acker, Avalanche Advisor

ackerbrad@hotmail.com

Wow, it seems that's about all one can say about all the changes we have been going through in our personal, professional and volunteering lives. I'll also give a big WOW for how well the virtual PNW Division conference went. We used Microsoft Teams which was a new tool to many of us. Thanks to all the folks involved in pulling that off and training all the trainers.

With that being said, I'd like to start by sharing some pillars of education that everyone could keep in mind for both virtual classes and in person classes. Thanks to Jim Hutchison, the Regional Avalanche Advisor for the Oregon Region and patroller at Willamette Pass, for bringing up these pillars during our avalanche session at the conference.

- The students must have a solid connection with the instructors, the group and the material. Starting with a connection to the instructor(s), make sure to share your experience with the material, how you arrived at becoming an instructor and what goals you have for your future in the discipline you are teaching. Many students may feel that an instructor knows it all and they are at the top of the game. As we all know this is mostly not the case. We learn as we teach and learn from our students. Specifically in avalanche education, the state of the science is changing every season. Make sure the students know that you are a person and we are all learning together. As we move many parts of classes on-line, this could give us a chance to get to know students even better and for them to know us. Examples could be to provide a more formal biographical sketch (bio) about the instructors in your class, so students can read about their experiences and involvement. We often do informal introductions in class, but a formal bio could provide students with more information to ask questions about how the instructors arrived at this position or experience level. This is just one example, but keep in mind, the students need a strong connection with the instructors, personally and professionally.
- Moving on, the students must have a strong connection to the whole group, and a similar process could be used. We could ask our students to provide a bio of their own. What goals do they have for the class, the season, the industry or discipline? These are all things I do on the fly in a class, but perhaps if we asked instructors and students to do this a head of time, it will force them to think independently about themselves and their goals for this class.
- Another side benefit could be getting the students ready for homework and independent learning which will be required more in a virtual teaching environment. One good suggestion might be to have your first session of class be introductions and learning the platform the class is using, such as Zoom or Google Groups. Social hour before or after class could also be used for instructors and students to get to know each other better. In this time of isolation, we all just want more connection with others. Perhaps going 'virtual' could actually help us get to know each other better and improve our connection between student and instructor(s).
- Lastly, what we all tend to think of first, the material. Students need to have a solid connection with the material and this connection will be very individual and based on the students past experience and what goals they have. Instructors can leverage their connection to the student (through the bio provided) to help bond that connection to the material. Some students may have very little experience in the material, others may be very experienced. Connections to the material can be macro and micro. Avalanche control in general vs. how near surface faceting impacts a specific area. Instructors need to always be thinking of how they can relate the content to the students so those strong connections can be made. With this in mind prerecorded lectures or videos may not be an ideal tool for growing connections. There may well be times when students are asked to watch a video or YouTube clip, do not make it the majority of your teaching. When used, make sure you have a discussion on what was presented. What did students see, learn, or think about the recorded material. What connections did they see between the video and the content being taught?
- As we move to more on-line education another major issue is testing. How do we make sure students do the self-directed parts of classes? How do we make sure students have that connection to the material? Another great suggestion from our Division Convention was oral exams. Have a (continued p.15)

AVALANCHE REPORT—continued

content conversation one-on-one with the students. Canned written tests are limited in several ways. Any answers can be looked up, but what do the students know now. Working together is also just about impossible to exclude when working remotely. An oral exam both relates the command of material and can reinforce all the connections between instructors, material and students. Much more can be learned about the knowledge level of a student via a conversation and questioning about the topic at hand.

- The last item I want to talk about is continuing education. I encourage everyone to revisit that Instructor Update email which hit my inbox on 7-22-20. In this they gave a very good explanation of our two aspects of continuing education (CE), those being your discipline specific CE and instructor skills from the Instructor Development textbook. I would like to specifically address questions around discipline specific CE. Continuing education is about education NOT organization. Getting continuing education from outside the NSP is just fine. The key is in proof of learning. Region Advisors have some tools at their disposal for approving continuing education. For example, if many patrollers attend a Snow and Avalanche Workshops (SAWs), an Instructor Continuing Education Clinic can be opened up. Once proof of attendance is received by the IOR, the patroller can be added to that class. Another example could be the use of self-study. Examples may include research on a specific topic for personal knowledge or perhaps they are developing better classroom material. The patroller could share the research or educational material with the Regional Advisor as proof of CE. A good old fashion book report style review for the material learned and sources used could also be used. So it's time to get the Snow and Avalanche Workshops (SAWs) on your calendar. I have not seen any specific dates posted yet, but keep an eye out on your local Avalanche Centers page or at the American Avalanche Association.

Thanks, and Be Safe

Brad Acker

PATROLLER REPORT

By Jodie Jeffers, Patroller and Safety Advisor

jodie.jeffers@nsp-pnwd.org

Hi Patrollers,

What does the word Patroller mean to you? The official term by NSP, that was formally known as Auxiliary, with various patrols using different names for their ski area. However, no matter the name by an area, all patrollers - (Patroller, Alpine, Nordic) have entered the NSP as a candidate and then successfully taken OEC, CPR requirements as well as individual area requirements.

As Patrollers, we can further our training by taking steps toward obtaining requirements for Senior Patroller. Please, I encourage you to reach out to other Senior Patrollers for insight as well as being a mentor if you have obtained the Senior status. If I can do anything to help, let me know. Nicole Seager is PNWD's Senior Coordinator and she can help guide you in the necessary information and steps to learn more.

We are trying to ensure communication and representation from all patrols, regions, to the division and back. There are Patroller Representatives from 4:5 Regions, however we still are in need of a one from the Northwest Region. Are you interested, please contact Michael James and myself.

This year brings a need for extensive thought to our own individual role in a confusing time of being a Patroller, COVID & all. What does that mean? We are not able to predict the future, however we can attempt to control what we can control, do what we can do, and work to be prepared and ready for the season. Please read the article of Safety to possibly help with this and your own plan for this challenging season ahead.

If I can do anything at all, let me know. If you are thinking this is the year of retiring, I ask that you first contact your PD/RD and Josie Elting the Alumni Coordinator for potential options at imaginejosie@yahoo.com. We are all in this together!



Congratulations to the Northwest Division's Outstanding Alumni - Joseph Calbreath from the Oregon Region, Willamette Backcountry Ski Patrol.



PNWD 2020 Virtual Convention

Many thanks to our division webmaster Richard Murphy for his contribution to the success of this first ever virtual convention and to the Northwest Division for taking on this challenge.

The convention followed in the steps of all previous PNWD Conventions in that it was packed full of meetings, presentations, and an informational Awards Ceremony. If you are interested in viewing the Alumni Presentation, let me know and I'll give you the directions.

Challenges

2020-2021 will be a season with many challenges. Areas may or may not open, patrollers will definitely be doing refreshers differently than ever before. Protocols are being developed at every level as to how patient care will be provided. I am sure many of you are wondering what this next year will be like for you. Please remember that the Alumni Program is a good choice to take a break with the option to return to patrolling at a later date. If that sounds like something you would like to consider, discuss the process with your Patrol Director/Patrol Representative. If you have questions, about the Alumni Program you can log into <https://www.nsp.org> and check out the Frequently Asked Questions (FAQ's) or contact me.

Alumni Membership

An alumni member is a special registration category for people who, for various reasons decide to no longer be an active patroller, but they wish to maintain their relationship with the National Ski Patrol (NSP). If a member is interested in staying connected with their patrol, upon patrol approval, the PD/PR can electronically register them on the patrol's secondary registration roster.

Alumni membership dues are \$35 per year and membership is available to anyone who has been registered with the NSP as an active patroller for a minimum of one season past their candidate season. There is no time limit to make the decision to go from active patroller to an alumni member this decision can be made at any time during the season. If you log on to the NSP website as a member, you can find additional information. Currently there are over 5,000 NSP Alumni members with over 450 in the Pacific Northwest Division.

Under current membership rules, if a patroller drops their membership even for one year, your membership starts all over and you will lose your previous years of membership.

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Alumni Advisor Report—continued

If you know of a patroller who is considering either retiring from active patrolling or in need of a temporary break, please suggest they speak with either their Patrol Representative/Patrol Director or local, regional or division, alumni advisors about the opportunities and benefits of the Alumni Program. For a link to the “Become a Member Today” form, go to the Alumni page at nsp.org. Also, feel free to forward a copy of Alumni News, found on the NSP website to others who may benefit from it.

August Nor’Wester Alumni Profile:

Jim Swirczynski,

As an NSP Alumni, I appreciate still having access to most of the Pro Deals and the NSP Catalog. I’m pretty sure that the money that I’ve saved has more than paid for my Lifetime Membership. The Ski Patrol Magazine, PNWD Nor’Wester and Alumni newsletters help keep me up to date with what’s going on with many of the people and patrols that I am friends with and have continued to stay in contact with over the years. I’m happy that I chose to stay in touch with my many Ski Patrol friends by becoming an Alumni with my patrol and with the NSP.



Jim Swirczynski, Scott Robbins, and Dan Miller on top of Llao Rock, Crater Lake

Member Profile: NSP member since 1989, Training Director, Patrol Director, Pro Deal Coordinator, Search and Rescue Coordinator, Patrol Advisor; MTR, Nordic, and Avalanche Level I Instructor, IT; Oregon Region Nordic Advisor; PNWD MTR Advisor; Nordic Senior, National Appointment #8612, Outstanding Nordic Patroller Award (Oregon Region, PNWD, and National) Silver Merit Star, Yellow Merit Star, Gold Merit Star. Lifetime NSP Member since 2011. Jim, as well as having received many awards, now, as an Alumni, adds his expertise to keep his patrol’s cabin generator and electrical systems maintained.

“Celebrate our NSP Alumni” Attention NSP members - if you know a noteworthy alumni, please send me information and picture so I can profile the outstanding alumni in our division.

OET/TRANSPORTATION

By Jack Ramsey, Transportation Advisor

ramco@localaccess.com

What a time we are living in! Nine months ago if you had told me I would be doing a virtual presentation for a virtual PNWD Convention, I would have looked at you as if you had spontaneously sprouted a second head from your neck. We now know that's exactly what happened. Now, if I could figure out how to teach virtual toboggan lessons in virtual toboggans on a virtual mountain, my work here would be done. Thankfully, that's not going to happen. We will find a vaccine and we will be back on the snow before we know it. So the question is how do we keep ourselves sharp and continue improving our skills as OET Technicians and instructors?

My break out session at the convention was an exercise in developing a safety plan for our NSP training. I of course was focused on OET training, but the process should be applied to all our training and perhaps our daily lives as well. My plan was to avoid the canned PowerPoint lecture and make it more of a collaboration of the folks attending. Not having much experience with this type of presentation, I failed to anticipate that when you can't make eye contact with people and they can't read your body language and all the other things that go into communicating, it's difficult to get them to engage. It is also hard to get the immediate feedback to make presentation adjustments on the fly. So I do apologize to those who were in attendance. Never the less, I believe this is a valuable tool that we should start to use now.

Then there is YouTube. There are a plethora of videos on anything you might want to learn, including skiing, tobogganing and the teaching thereof. Alpentel has some very good videos of running toboggans Northwest style. The number of videos on YouTube, meant to improve skiing is amazing. Some are better than others, but if you find yourself bored in the stifling heat why not think about cooler times? It may not help with the heat, but it doesn't hurt either. There are also videos on the NSP website that are worth a look.

The best thing we can be doing right now is protect our health and the health of those around us. We should conduct ourselves as NSP ambassadors, utilizing the best practices to prevent the spread of this virus. Much of the information we received at the beginning of the pandemic was incomplete or inaccurate. We are learning more every day and best practices are evolving as a result.

Along the line of health, our fitness levels can always use improvement. My best seasons happen when my fitness level is up. For the last year I have been trying to walk 3 to 6 miles every day. I have not walked everyday, but that is the goal. I haven't done anything to monitor the success of this routine, I just know how much better I feel when I get out regularly. I do listen to my body and don't push it to the breaking point as I have in my past. If I'm tired, I take whatever time I need to recover. If circumstances prevent me from getting out, I don't try to make up for it the next day. I do try to make it a priority.

What I'm trying to say is get off your dead...backside onto your dying feet and take care of yourself. If all else fails to relieve your boredom, there's always OEC;-)

See you all when the snow flies,

Jack Ramsey
PNW Division OET Supervisor

SAFETY REPORT

By Jodie Jeffers, Patroller and Safety Advisor

jodie.jeffers@nsp-pnwd.org

Awesome Virtual PNWD Convention!

Don't let COVID control you, let us control how to be the most prepared we and others can be.

There were many take-aways from the convention, including *more* than the need to be prepared and collaborate for the future. How do we do that? We do this by using education from science experts, collaboration with our patrol and areas (this is so, so very important) and social media to help others. This is only naming a few ways of being prepared.

Avoid being complacent:

We have all been involved with COVID in so many ways. And, it is equally important to learn from this process and not become complacent. Maybe you have started to see this at places, but we as patrollers need to be aware and find ways to ensure we do not become complacent.

Resources:

We could have done the whole day with breakout sessions covering COVID and resources! However, than we could not have covered the other very, very important topics of patrolling! Remember, we are not letting COVID control us! So what are some of the resources we can refer to? There are many, from the science experts- WHO, CDC, AHA; from the ski industry- PNWD's Guidelines & Recommendations; NSAA Pandemic Playbook and NSP's COVID updates. We will have these and so much more on our PNWD Website, which is getting a make-over!! In the meantime, please feel free to contact me if you are having issues finding these great resources.

Safety Team & Kits Plus!

We are always looking for those interested in becoming more involved. Is that you, but not sure how to proceed? Please email me and your PD/RD of your interest ASAP! We are interested in YOU becoming a representative for the PNWD Safety Team from your area and region!

Still in need of Safety Representatives from the Northwest and Southern Idaho Regions!!

Want to help, learn more? Then please email me ASAP!

Social Media: Let us accelerate this avenue and help educate all! Again, one person can not do this, but by pulling together as a team, we can! Let us hear from you!

Safety Kits: There will be a new set of Safety Kits later this fall to purchase. If you are in need of supplies sooner for various events and education awareness, please contact me for more information on how to obtain them. As of now, we do have some extra supplies from last season!!

LEAP

Lead & Learn

Educate yourself & others

Awareness & Adapt

Prepare & Practice & Practice



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SAFETY REPORT— continued

I implore all of us to be the teachers, be the leaders, bring awareness and prepare. Let's try this mantra and take the **LEAP** with the new season! What does that mean to you; can any of this work; have ideas? Let us take the LEAP and work TOGETHER!!

Jodie Jeffers
PNWD Patroller/Safety Advisor
National Ski Patrol PNWD Safety Team
jodie.jeffers@nsp-pnwd.org



WOMEN'S PROGRAM

By Sally Seelye, Womens Program Advisor

sallyseelye@gmail.com



#NSPWomen

While we are all waiting to see what rolls out for the upcoming ski season, please be thinking about what type of event you'd like to see your area host. It can be a full-blown clinic, or even something more informal such as:

- wax & tune event
- rope work
- map & compass
- gear exchange
- informational breakfast or coffee & "sample" day for women interested in learning about patrol

The goal is to get a number of events going every season so there is always something to look forward to, and to continue building out women's network.

Sally Seelye

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

CERTIFIED PROGRAM ADVISOR REPORT

By Kacy Carlson

kacywcarlson@gmail.com

Greetings fellow PNWD patrollers,

I hope you all had the opportunity to attend our division’s annual convention that recently occurred. If you happened to miss this excellent learning opportunity, I would strongly encourage you to plan on attending next year.

As many of you have likely heard and or read about, there is a growing need for our first-aid and medical skills to not only treat what we commonly think of as traumatic emergencies, but also the sometimes less obvious psychological injuries caused by stress that can occur during the course of our duty as patrollers. Psychological First Aid (PFA) and Stress Injury (SI) are part of a rapidly growing and widely accepted injury type that is often overlooked by first responders. By no fault of our own, the information readily available to first responders has been limited by the fact that this area of study is relatively new in the outdoor recreation and first responder communities. However, as this injury type and the associated treatment strategies continue to be disseminated throughout the first responder communities, it is our duty as patrollers to educate ourselves and our patrols about PFA and SI. In this article I will provide an overview of these injury types and some simple strategies every patroller and patrol can begin to implement this coming winter.

Psychological First Aid (PFA) is a skills-based method of mitigating stress injury formation in both first responders and patients - patients being not only those injured, but also those who witnessed the incident—such as friends and family of the injured, bystanders, and anyone else who may be outside the triage triangle - during and immediately after a high-stress event. The goal of PFA is to mitigate and reduce the likelihood and severity of a psychological stress injury - stress injury (SI), for short. SI is loosely defined as the effects of an unexpected and overwhelming event experienced by an individual. SI can occur from a singular event or through cumulative exposure over time. As in the case of many patrollers, a patrollers’ career is filled with mostly joyous memories: working in the mountains with friends and colleagues, skiing/snowboarding, training, and helping others. However, many of us have sadly experienced the sinister side of patrolling too: responding to a difficult call where a child is critically injured, a fatality, or perhaps the worst call of all, a critically injured or deceased fellow patroller. Below is a table with the five components of PFA and some examples of how to implement each component.

Five Components of Psychological First Aid:

Safety	Calm	Connection	Self-Efficacy	Hope
Create an environment that is physically and emotionally safe.	Use calming language and body positioning in conjunction with grounding techniques to help calm the patient and reduce hyperarousal	Connect with patient on a personal level by asking about family, friends, or pets. Utilize these resources if present and prudent to aid in connecting with the patient	When appropriate, strategically engage the patient in their own care or the care of others.	Remind patient of facts that support the growth of hope.

Stress injury exists on a continuum, commonly referred to as the Stress Continuum Model (SCM) and was originally developed by the United States military to promote psychological health in soldiers and later adapted by Dr. Patricia Watson and Laura McGladrey for responder communities. There are many ways to adapt and

(continued p.22)

CERTIFIED—continued

modify the SCM to fit the needs of a particular group. For instance, at Mt. Ashland Ski Patrol, we currently use a numerical 1-10 scale to check in with one another. This is an adaptation of the SCM, where 1 represents Red (ill or critically injured) and 10 represents Green (optimal mental health). Another adaptation used by a local first responder agency, is simply identifying the color that an individual identifies as. The SCM is not only applicable to individuals but also to entire organizations. For example, after a critical incident your entire patrol might identify as *“Reacting or Yellow”*, while the lead patroller who responded to the critical incident may self identify as *“Critical or Red”*. Below is a table with some ski patrol specific examples of the four phases of the SCM.

Example of a Ski Patrol Specific Stress Continuum Model:

Ready (Green)	Reacting (Yellow)	Injured (Orange)	Critical (Red)
<ul style="list-style-type: none"> • “Let’s go shred the pow!” • “I love patrolling!” • Light hearted atmosphere and positive language. • Pick up extra shifts just for fun. 	<ul style="list-style-type: none"> • “Sitting dispatch sucks.” • “I am the only one working hard here.” • Not picking up extra shifts. • Dreading the cold. 	<ul style="list-style-type: none"> • “If I’m not working, I’m not skiing.” • Drinking after every shift to forget. • Showing up late. • Always stressed out. 	<ul style="list-style-type: none"> • “I don’t want to ride.” • “I’m scared to ski or respond to calls.” • Insomnia or bad dreams about calls. • Thoughts of suicide. • Self blame. • Careless mistakes.

By continuing to learn about and implementing PFA, we as a community of patrollers can provide better psychological care to both our patients and our colleagues during times of high-stress events. This in turn will help to prolong the career expectancy of patrollers by aiding in the mitigation of stress injury formation as well as improve the overall health of our patrols. Additionally, PFA can help create a cultural environment where patrollers check-in with themselves and others regarding mental and physical health, as well as promote self-care practices within the patrol culture. I encourage each patrol to make its own SCM chart, with specific language and examples that fit your culture. Use it as a tool to assess the health of your patrollers and patrol as a whole. Additionally, develop individual and group strategies and practices that facilitate moving from the *Critical or Red* to toward *Ready or Green*. These might include patrol pot-lucks (maybe not currently with COVID-19), Zoom meetings, after shift debriefs, reducing the consumption of alcohol, and anything else that fosters the health and wellbeing of the individual and the group.

Some additional resources can be found at:

- Survivors of Outdoor Adventure Recovery (S.O.A.R)
- Responder Alliance [responderalliance.com] (I am an ambassador with this organization)
- Ski Patrol/Snow Science Community
- Trauma Stewardship Institute
- Climbing Grief Fund – American Alpine Club
- Contacting me directly at kacywcarlson@gmail.com

Until the snow flies: stay safe, stay happy, wash your hands, wear your mask, and pray for snow.

Kacy Carlson

AWARDS

By Peter Schwartz, Awards Advisor

peteskiis@aol.com

We had a fantastic amount of awards presented at this year's PNWD Convention! The following is a summary of the awards given for honored and exemplary effort and results from those who were nominated by their peers and leadership:

2 – Angel Pins

1 – PNWD Crystal Snowflake Award (Super Angel)



2 – Patroller Cross Awards

11 -- 50 Year NSP Membership with Lifetime NSP Membership

9 -- 50 year NSP Service Awards

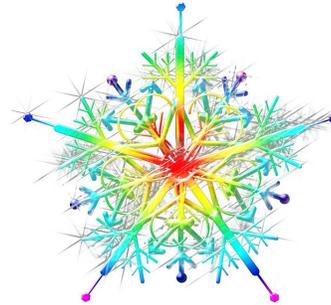
5 – 55 Year NSP Membership Recognition

4 – 60 Year NSP Membership Recognition

2 – 65 Year NSP Membership Recognition

1 – 70 Year NSP Membership Recognition

1—75 Year NSP Membership Recognition



5 -- Green Merit Stars

4 -- Blue Merit Stars

4 -- Purple Merit Stars



15 -- PNWD Outstanding Awards

1 -- PNWD Division Director Distinguished Service Award

2 -- NSP Distinguished Service Awards

3 -- NSP Outstanding Yellow Merit Star Awards

1 – NSP Outstanding Unit Citation

3 -- NSP Outstanding Silver Merit Star Awards

1 -- NSP Outstanding Gold Merit Star Award



1 -- NSP Leadership Commendation Appointment

3 -- NSP National Appointments

Thank you to everyone who took the time to write these awards and the Region Awards Committee in each PNWD region that reviewed and approved each nomination and congratulations to the award recipients! All the award recipients will be published on the PNWD website very soon!

Peter Schwartz
PNWD Awards Advisor

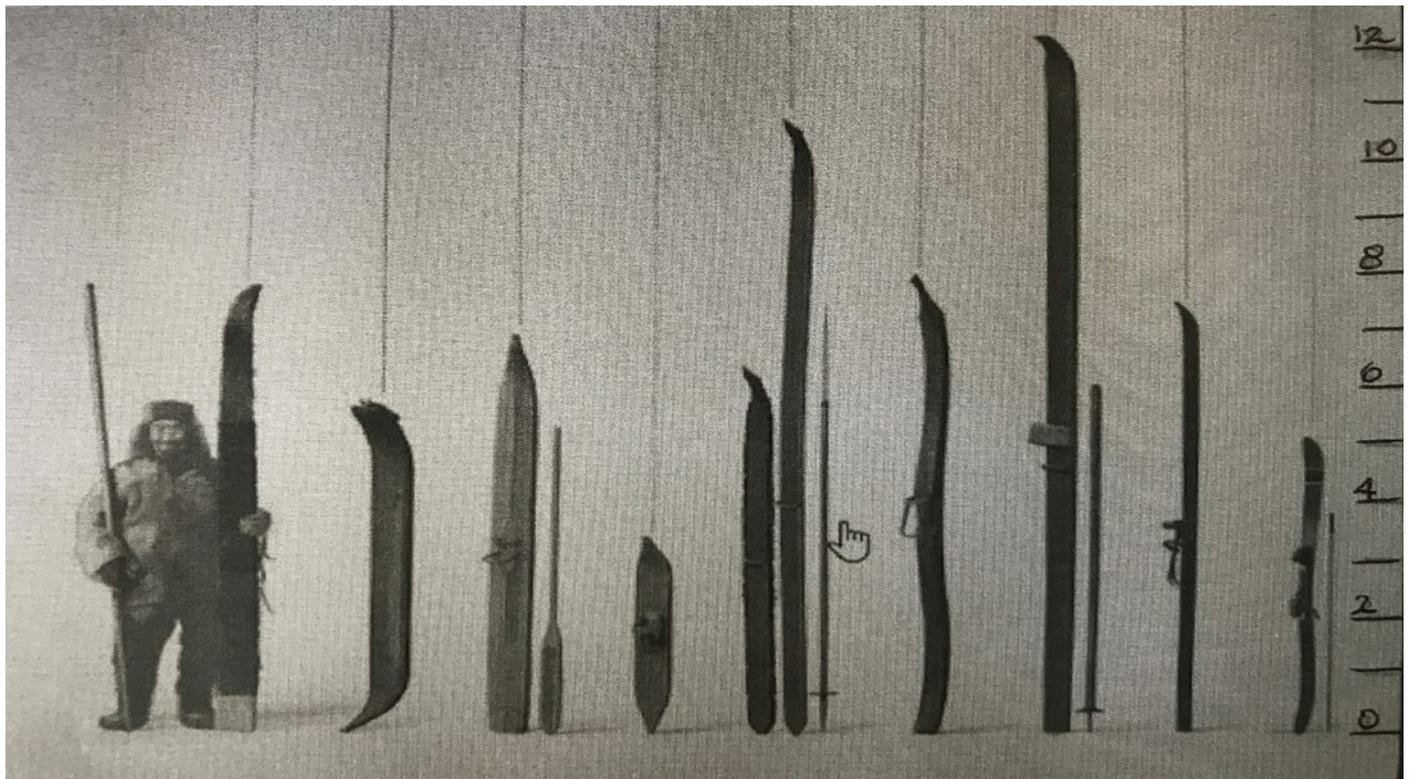
Skiing---When Did It Start?

When do you think skis were first introduced? Go ahead and guess. You can even have 3 guesses. Would you guess the 1920's? The 1700's? Earlier?

Well, the literature quotes many dates over a couple of centuries! Some say 8000 BC in Russia. Others state 6000 BC when the earliest archeological remnants of skis were found there. A few Chinese academics also say skis date all the way back to 8000 BC in northern China.

Definite evidence of early skis exist in rock wall paintings in Scandinavia and they are thought to be from 5000 BC. Many skis from long ago were preserved in peat bogs; other remnants have been found in ancient gravesites. Civilizations that lived in the colder climates and dealt with snow for many months of the year all appear to have developed some form of skiing. Hundreds of ancient ski fragments have been found in Sweden, Norway, and Finland as well as even earlier remnants in Russia and China. Sources tell us that the Lapps used skis for hunting during Roman times and the Vikings introduced skis to other regions during their travels from the 9th to the 11th century. Skis were first used for warfare during the 13th century; it is thought that the speed and distance that ski-equipped troops could achieve would be comparable to light cavalry.

Some of the early arctic skis were short and broad, more like snowshoes. Remains of these short skis were used in northern Japan. The southern Scandinavian and Baltic regions appear to have used one short and one long ski; the long straight non-arching ski was used for gliding and the short one was used for pushing. Animal fat was applied to the bottom of the long ski to aid in sliding; the bottom of the short ski was either plain or covered with animal fur to aid in the act of pushing the ski. It also appears that only one pole was used, maybe they kept a weapon in the other arm. As depicted in the National Geographic photo below, many of the early skis were the much, much longer 8 to 10 feet size, and in the mid 1800's even 12 footers were found! In more recent history but still "olden days", many of us learned on much longer skis (which is probably why we learned so slowly!) Our skis were sized for length by reaching one arm straight in the air and bending the wrist over the top of the ski. For those who wanted to go faster or who more advanced, skis reached even higher than above the wrist. Wonder what changes in skis we will see in the future?



SKI FLIGHT

By Sally Seeley

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What does Ski Flight 2021 look like?

The February 2021 trip to ski Sierra Nevada Spain & sight-see Portugal has been officially called off due to the on-going Covid 19 situation. While disappointing, Ski flight has an exciting plan in place for later in the year.. That plan is ... drum roll please ... Portillo Chile in August of 2021! We will have our own ski guide for the duration of the trip, too, to ensure we don't miss out on any of the hidden gems in the area.

Please call, text, or email me to be added to the mailing list for updates. As of right now I don't anticipate sign-ups will begin until January 2021.



MTR Program Report – 7/29/2020

Covid-19 National field guidelines have been established and can be found on the NSP website under Instructor Resources, MTR Program.

One of our 2019-2020 courses was postponed due to the pandemic, and online classroom sessions are now being conducted. The course is by Mt. Hood Nordic, course number P055200001. The field session will occur this Fall, using the published Covid-19 protocols.

Hats off to instructors Joel Stevens, Steve Potter and their team!

Our 2020-21 goal for the Division MTR program will be to facilitate safe, effective processes for conducting MTR courses in our Covid-19 environment.

Dick Willy

PNWD MTR Program Supervisor



**THE NOR'WESTER
PACIFIC NORTHWEST DIVISION,
NATIONAL SKI PATROL
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**SERVICE
and
SAFETY**

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

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

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



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Article deadline for the next Nor'Wester is November 15, 2020