

Mt. Hood Ski Patrol Newsletter
PO Box 4384 Portland, OR 97208



Sno Job



www.mthoodskipatrol.org

July-August 2003

Check out nsp.org or nsp-pnwd.org

2003-04 MHSP Council

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Message from the President

Bill Boyd
whoch@earthlink.net

Hope this reaches everyone while they are continuing to enjoy Summer. It seems strange to start discussing the upcoming ski season in August. Your new Council has been very busy getting things in place for the betterment of the Patrol. This means planning & forecasting. As you all know, "poor planning produces poor performance". We have now had several Council meetings to look into the nuts & bolts of getting the best for each of you. We have received several letters from patrollers with ideas & concerns & are addressing each one. So far, we are looking into areas of improved training, funding & public relations. I encourage you to keep that communication flow going. We will all benefit!

Gina Malamphy is heading up a Resource Directory project. Kind of like the Yellow Pages. An idea based on the thought that we, as a group will need resource information that for the most part has been kind of scattered amongst places. No one central place to get information currently exists. Some of the categories we are looking at creating are: Places & names of businesses that we (MHSP) use for goods & services, like engravers, embroiderers, printers etc... 2nd, Places & names of folks or businesses that have donated cash or materials to us for our use or benefit. Names of people & businesses that are generous discount providers for our membership, like Ski Chalet, Sam Bennett, G.I.Joes, etc... Please take a moment to dig out those old notes, receipts & business cards & pass that stuff onto Gina.

We will be doing some upgrades to the Gov'y building this fall & still need some eager volunteers that are willing to help. You need not be a professional contractor. This is basic stuff, like throwing out old couches, carpet & some shelf building, organizing & painting. All you need are a good pair of hands & willingness to help. Please contact Myself & I will add you to the list.

Vice-President Report

Lisa Wilberding-Hargrave
LHargrave@VirtualPremise.com

Public Relations

The Public Relations Committee will be kicking into high gear this year. The major goals are to increase public awareness of MHSP and to strengthen our member recruitment efforts.

PR needs volunteers who can make large or small commitments. We need help from thinkers, writers, speakers, photographers, videographers, video editors, project coordinators, poster designers and people who can stand in a show booth for a few hours.

Contact chairperson Karry Donnelly for more information.

Sustainability Committee

The Sustainability Committee is sort of a strategic think-tank. This committee assists the Executive Council in forming short and long term plans to assure the continued viability of MHSP in three major areas: fundraising, member recruitment/retention and relationships. For 2003-2004 the major initiatives will be the development of a business plan for use in planning and grant writing and implementation of a public outreach and education program.

If you are interested in where the patrol will be in five, ten, or twenty years, or if you aspire to a leadership position in the patrol then this is the committee for you. Contact chairperson Cher Hinerman for more information.

NEW – MHSP Ambassadors

MHSP Ambassadors is an important new addition to our public outreach efforts. The program is being implemented by the Sustainability and Public Relations committee. Ambassadors are members who will be making presentations to ski clubs, schools and other community organizations. Ambassadors will be provided with training, pre-scripted presentations, videos, slide shows and hand outs.

The committee needs people who can help develop the speeches, PowerPoint presentations, videos and handouts. And the committee needs some volunteers who are interested in opportunities for public speaking. Do you love to talk about the patrol? Do you enjoy public speaking? Do you hate public speaking but want to get better at it? This is a wonderful opportunity to help the patrol in an important way and to develop some great personal skills and connections.

Contact program coordinator Cher Hinerman for more information.

OEC Class of 2003

On behalf of all the grads of this year's OEC class, here's a big THANK YOU to our instructors for all the time, patience, and great training they gave us. Like everything else on the ski patrol, OEC just wouldn't work without lots of volunteers, and we want them to know that we appreciate them.

Many thanks, and we'll try to do you proud on the hill!

First Aid Chief Report

Provided by Kathy Lee
leek@ohsu.edu

Jim Trett is away on vacation, having a grand old time enjoying the wonderful summer weather! So in his absence, I'm writing this article with some old and new notes about the upcoming OEC refreshers this fall.

See the calendar for dates and location. Registration begins at 7:30am with the refresher starting at 8:00am. As usual, it's recommended you select the date to attend according to the initial of your last name. If you are unable to attend your 'assigned' date, please contact Jim Trett.

You should have received the 2003 Refresher Study Guide in the summer edition of the NSP magazine. If you didn't receive it, it can be downloaded from the NSP website, http://www.nsp.org/nsp2002/edu_template.asp?mode=refresher. If you have trouble downloading it or don't have internet access, contact me and I'll send you a copy. Every patroller needs to turn in the completed Study Guide, including apprentices. Please review all the material in the Study Guide, including the Skill Performance Guidelines. Each skill station will be using these guidelines to assist in 'signing you off' for that station.

There will be a new skill station to run through mini-MCI/multiple patient scenarios. To prepare yourself for this, please review the chapters on Triage and MCI in the 4th ed. OEC book. You will also need to bring your fanny pack for this station. If you wish to purchase a 4th ed. OEC book prior to the refresher, the patrol has approximately 30 copies for sale, \$50.00 each, on a first-come, first served basis. Any remaining copies will be available for sale at the refreshers. Contact me if interested. If you already have the 4th edition, there are a number of corrections to the book and these can be found on the NSP website by going to your member page and selecting 'Bookshelf'. If you have trouble finding/downloading this, contact me and I'll send you a copy.

Bring your lunch or money for the lunch wagon and OEC/CPR cards. Bring your checkbook for dues payment. **Payment of dues is required for completion of the refresher.**

If you have any changes to your personal data, please email the changes to Gina Malamphy before the refresher so the 'yellow' data sheets at the refresher are up to date. If any of the training information on your NSP card or on the NSP web site needs to be updated, also email those to Gina Malamphy – ginamalamphy@yahoo.com.

Just as a reminder, when you receive your Status Letter at the refresher, the cutoff date for the season is Labor Day and attendance at the August/September Chair Evacs will not be reflected in the letter.

OEC/CPR Instructors: If you are interested in helping at any of the refreshers and have not been contacted by anyone by the time you read this article, please contact me. The Instructor Refresher is 9/18/03, 6:30-10:00, Woodland Park Hospital, and this is your an opportunity to go through the refresher skill stations.

Check list of what to bring to the refresher:

- Checkbook for dues
- Completed Study Guide
- OEC/CPR cards
- Fanny Pack
- Lunch or money for lunch wagon

Any questions? Contact me or Jim Trett

Kathy Lee, leek@ohsu.edu, 503-494-2630
Jim Trett, trett1380@msn.com, 503-390-9111

Associate Director Report

Eric Einspruch
einsprch@teleport.com

Greetings all! I hope everyone is having a terrific summer and looking forward to the coming season. I am pleased to have the opportunity to serve as your Associate Director for the coming year and have a few topics I'd like to work on in addition to my normal duties in this role. Overall, I want to support our continued efforts to build teamwork among hill and associate patrollers, increase communication among our members and with the public, and enhance our organization's sustainability. For the Associate program I want to increase visibility of associates and recognition by the public, increase the number of associate patrollers, update the associate supervisor's manual, and continue improvements in apprentice training. Please feel free to contact me if you have any comments or suggestions regarding these topics or others. I look forward to the pleasure of serving the public with you during the coming year.

Training

Matt Rea
matt.t.rea@usace.army.mil

We have several training dates to put in your schedule for the Fall:

August 13, Mt Nelson Self-Evacuation practice
August 24, Chair evacuation practice, Timberline Ski Area.
September 13, Chair evacuation practice, Summit Ski Area

Participation in at least one of the two chair evacuation practices is mandatory for all patrollers. Both chair evacs begin with registration beginning at 7:30. Training begins promptly at 8:00. Don't forget the barbeque immediately following both training dates. Mt. Nelson is required for all patrollers wishing to self-evacuate at the chair evacuation training. See below for more details

Mt. Nelson Self-Evacuation Training

Chairlift self-evacuation training at Mt. Nelson is scheduled for August 13, 5:00 to 8:00 PM at Dave Nelson's, 726 NW Skyline Crest, Portland. Parking is limited so try to carpool.

Participation in the Mt. Nelson practice is mandatory for everyone who plans to self-evacuate at either of the two chairlift evacuation practices scheduled for August 24 (Timberline) and September 13 (Summit). Mt. Nelson is especially recommended for any of last year's apprentices since this will be your first opportunity to self evacuate. Note for this year's apprentices: you are welcome to attend the Mt. Nelson training but will not be allowed to self-evacuate until next year.

For those of you needing self-evacuation equipment, the following is suggested:

120-150 ft. of 6mm kermantle rope
15 ft. of 1" tubular webbing (for a diaper harness)
10 ft of 4 mm (for a prussic)
1 locking carabineer,
1 figure 8
1 pr. leather gloves

Training (contd)

Matt Rea

matt.t.rea@usace.army.mil

Self -Evacuation Refresher Notes

Here are some refresher notes for any of you planning to attend Mt. Nelson:

1. Consider Marking the Center point on your rope. Know how long it is.
2. Use a water knot to tie the ends of the webbing together for your harness.
3. Use a locking carabineer between the harness and the Figure 8.
4. A flat, square shouldered 8 fits in the fanny pack well, and tends to have fewer problems with the rope sliding up.
5. You must wait for the signal from the area that the lift is locked down, and self evac can start, before putting your rope over the haul line.
6. Be sure both ends of your rope are on the ground before you start to evac.
7. Tie the ends together so you can't rappel off of the end.
8. Double check your diaper seat (harness) so you are sure it is together correctly, won't come untied, and you can't fall out of it. (I prefer the Double loop seat, but either will work ok.)
9. You can test the system by taking all of the slack out of the evac rope, and putting a load on before you commit to leaving the chair.
10. Be careful with the Figure 8. Don't let the rope loop slide up over the shoulders of the figure 8 (forming a chinch hitch and leaving you stuck). The best way to prevent this is to run the bitter end down under your leg and around to the outside to your brake hand. That way the pull on the bitter end is down, and there is less chance of having the loop slide up.
11. Be careful not to get your clothing caught in your evac rope. It will jamb the figure 8.
12. Carry your prussic in your pocket, so that you can reach it and install it if you get stuck. If you put the prussic loop through a 6" length of plastic tubing you will be able to get your foot in it easier, if the need arises.
13. Practice setting up the system until you are confident that you know how to do it even if you are borderline hypothermic. Be sure you now how to put it together, and what it looks like when it is correct.
14. If you have evac on a span that is higher than your doubled rope, the safest way is to tie two evac ropes together, With the knot on top of the Haul line, and use the standard double line technique. You can always pull a second rope up from the ground, if your seat partner doesn't have evac gear.
15. Be careful pulling your evac line down after you complete your self evac. It can become tangled over the haul line.

MT. HOOD SEARCH AND RESCUE GOLF TOURNAMENT

Pat Stevens
pat@sdeltd.com

One Month! Can you believe it?
Only one month until the MT. HOOD SEARCH AND RESCUE GOLF TOURNAMENT!

We have the web site up and running and looking great. (Thank you Ryan Palmer and Dave Wedeking!) Check us out from the link on the MHSP web site. Also check out our sponsors. We have some really good ones, but we need more. The committee is working on some big sponsors, but we need your help on the tee sponsors, the auction items and the raffle items. (Not that we would turn you down on suggestions for big sponsors!)

Here is how easy it is. On Friday, June 13, I walked into the Rendezvous in Wemme. I asked to speak to one of the owners. I introduced myself and said I was from the Mt. Hood Ski Patrol. I said we were having our annual benefit golf tournament in September. That the money goes to search and rescue equipment. I asked her if we could have 4 lunches to go with the 4 rounds of golf that the Inn at the Mountain gave us. She said "Of course." I walked out with a certificate in 5 minutes. Sweet! I hadn't even purchased lunch.

It doesn't take much. Not much time, not much effort and just a little of the thought process applied. We have had phone calls from members who had terrific ideas - some the members are pursuing and some the committee is pursuing. All we ask is that you just take a few minutes and think about it. Then call us with YOUR ideas.

Thanks, everyone! We appreciate your help!
Jerry Knowlton & Mark Larson, Co-Chairs
Pat Stevens, Legs of the Chairs

Hood to Coast/Portland to Coast Relay August 2003

The Mt Hood Ski Patrol Hoodlums are getting ready to hit the road once again and do some PR for the patrol. Training is underway and the team is ready to spend another 24+ sweaty, sleepless – AND FUN – hours, crammed into a couple of vehicles. Because of the St. Johns Bridge closure, we're starting at the Old Spaghetti Factory. We'll wind along the waterfront to Hwy 30 and St. Helens, then over the Coast Range. Our start time is 9:15am, August 22nd so if you happen to be along the route, keep an eye out for us and cheer us on! (No, we won't be wearing ski boots!)

Kathy Lee

Calendar

August	Event	Location	Time	Contact
August 2nd-3rd	Clackamas County Search	Mt Hood		Jeff Hepler
August 5th	DEADLINE - SnoJob articles			Royal Henkle
August 5th	2003-2004 Training Calendar Planning Meeting	Mac Sheldon's house - see roster for details	7:00 - 9:00 PM	Matt Rea
August 7th-10th	PNWD Conference	Wenatchee, WA		Don Gardner
August 13th	Mt Nelson-self evac training	Dave Nelson's house - see roster for details	4:30 PM	Dave Nelson
August 19th DATE CHANGED!	Council Meeting	John Malowney's house - see roster for details	6:30 PM	Bill Boyd
August 20th	Golf Tournament - volunteer meeting	Joel and Pat Steven's house - see roster for details	7:30 PM	Pat Stevens
August 22nd-23rd	Mt Hood Hoodlums	Portland to Coast		
August 24th DATE CHANGED!	Chair Evac	Timberline	7:30am - registration 8:00am - start	Matt Rea
August 26th	DEADLINE - SnoJob articles			Royal Henkle

September	Event	Location	Time	Contact
Sept 7th	Golf Tournament	The Reserve Vineyards and Golf Club	Registration starts at 6:00 am	Jerry Knowlton
Sept 13th DATE CHANGED!	Chair Evac	Summit	7:30am - registration 8:00am - start	Matt Rea
Sept 16th	Council Meeting	TBD	6:30 AM	Bill Boyd
Sept 18th	OEC Instructor Refresher	Woodland Park Hospital	6:30 - 10:00	Kathy Lee
Sept 23rd	DEADLINE - SnoJob articles			Royal Henkle
Sept 27th (See note below)	OEC Update (Initials A - I)	Western States Chiropractic College 2900 NE 132nd Ave,	7:30 - 4:00	Contact Jim Trett if you can't make your scheduled

Please remember to bring your fannypack, checkbook, OEC/CPR cards, completed study guide, and a brown bag lunch to your OEC update. The lunch wagon will be available for those who don't bring a lunch.

Calendar

October	Event	Location	Time	Contact
Oct 4th (See note below)	OEC Update (Initials J - R)	Western States Chiropractic College 2900 NE 132nd Ave, Portland	7:30 - 4:00	Contact Jim Trett if you can't make your scheduled date
Oct 13th	First General Meeting	Athey Creek Middle School	7:00 - 9:00 PM	Bill Boyd
Oct 19th (See note below)	OEC Update (Initials S - Z)	Western States Chiropractic College 2900 NE 132nd Ave, Portland	7:30 - 4:00	Contact Jim Trett if you can't make your scheduled date
Oct 21st	Council Meeting	TBD	6:30 PM	Bill Boyd
Oct 28th	DEADLINE - SnoJob articles			Royal Henkle
Oct 30th	Hill Captains and Associate Supervisors Meeting	Shenanigans - 4575 North Channel Av, Portland 97217	6:30 PM	Don Gardner

November	Event	Location	Time	Contact
Nov 10th	General Meeting	Athey Creek Middle School	7:00 - 9:00 PM	Bill Boyd
Nov 18th	Council Meeting	TBD	6:30 PM	Bill Boyd
Nov 25th	DEADLINE - SnoJob articles			Royal Henkle

December	Event	Location	Time	Contact
Dec 8th	General Meeting	Athey Creek Middle School	7:00 - 9:00 PM	Bill Boyd
Dec 16th	Council Meeting	TBD	6:30 PM	Bill Boyd
Dec 23rd	DEADLINE - SnoJob articles			Royal Henkle

Please remember to bring your fannypack, checkbook, OEC/CPR cards, completed study guide, and a brown bag lunch to your OEC update. The lunch wagon will be available for those who don't bring a lunch.

WANTED
MHSP MEMBERS FOR SUMMER PATROL
AT Mt. Hood SkiBowl

SkiBowl operates a large Adventure Park with over 26 attractions (Check out www.SkiBowl.com for the details) seven days a week during the Summer. The area staffs with one paid patroller , which generally works out alright, but more help is always greatly appreciated.

Summer Patrolling duties might consist of staffing the First Aid Room, Safety Enforcement on the Alpine Slide, Patrolling the Mtn. Bike Trail System or of course rendering first aid to injured guest anywhere at the area. Patrollers are asked to be present from 11:00 am until 6:00 pm.

The benefits for volunteer patrollers include:

- 2 **Adventure Passes** good that day, or any other day during the Summer.
- 50% discount on Mtn. Bike Rentals (when not patrolling, free when patrolling subject to availability).
- 25% discount on Bike Maintenance Mtn. Bikes and Mtn. Bike Equipment. Cost + Shipping on Mtn. Bikes for Patrollers who commit to 3 or more days throughout the Summer and meet specific requirements.
- Possible use of the Bungee Tower or Zip line, if the Area is not too busy.
- All that and the gratification of helping others.

If this sounds like a fun day to spend a Summer day on the Mountain, Please contact Erich Maurer
@ 503-936-5775 (cell) to sign up or get additional information.

Thanks, Erich

SNOJOB Articles

Do you have a newsletter article for the Snojob. Here's a few things to remember when submitting your Great American News Story.

- * Please submit in Arial-10 pt font.
- * Please limit your article to one page or less.
- * Double check spelling and grammar. Articles are not edited.
- * Don't inflame the editor. It may not get printed.
- * Submit articles on-time. Check the Calendar.
- * Articles are printed on a space availability basis.

Send your Pulitzer to:
rchenkle@hotmail.com
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