



MHSP SnoJob August 2006



President's Choice - Lisa Hargrave

The last year has been very inspiring to me; I am looking forward to more of the same this season.

sled before knowing how to apply a splint. This is a remarkable group of patrollers who will be receiving their badges at the October General Meeting and joining us on the hill as soon as snow falls.

Although we had some thin coverage last year it was not because our members were shirking. Over 90% of patrollers fulfilled their membership commitment or more. The handful that did not were mostly waylaid by injuries or family/career obligations.

The Spring OEC class was a great example of how patrollers are making it happen. For 14 Thursdays we had 6-12 instructors and future instructors give their time to provide quality hands-on experiences for our new apprentices. Their efforts paid off with one of the lowest attrition rates in years and excellent performance on the final exam, which included practical scenarios and 24 volunteers as patients and evaluators.

Our first-ever group of "invert" patrollers pursued their training with a vengeance. Invert training is not for the faint of heart. It is the same number of days but accomplished in a shorter time and has the challenge of learning how to run a

But even with new members coming on board, our total numbers will still be low enough that we won't be over-staffed on the mountain. We are all going to need to 'keep on keeping on' over the next year. We have 58 apprentices coming into training plus any inverts we pick up in the Fall. This addition should bring the patrol up to strength for the next season and another good year of recruiting will make for a nice cushion for seasons after that.

Let's welcome all our new members and apprentices. Be sure to spread the word about what a great opportunity patrolling is. And let us all do what ever it takes to make Mt. Hood Ski Patrol an organization we are proud of.

See you on the mountain,
Lisa Hargrave
President
phone 541-386-6835
lisa@philhargrave.net

Important Information:

Remembering RL	Pg. 2
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Golf Benefit	Pg. 5
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CPR -	Pg. 9

IMPORTANT!

Membership Commitment

Gold = 20 days total, including 2 summer days.

Silver = 17 days total, including 1 summer day

Total days includes training days and days as an instructor or coach.

Ski year ends on Labor Day



MHSP/Jelly Belly Family Fun Day, Saturday, September 16th

Mt. Hood Ski Bowl

This is a fun-day and fundraiser for MHSP.

Discount Action Park tickets, barbeque and fun!



VP's Ramblings - Joel Stevens

ECC

The ECC (Event Catering Committee needs a few good men and

women. The ECC was formed to provide food for patrollers and families at Chair Evac Practice and occasionally other events. The ECC is made up of patroller spouses or S/Os so that patrollers may participate fully in important training without being pulled away to setup the concluding BBQ.

The ECC is a great way for spouses or S/Os to get acquainted with patrollers and their families. It is a wonderful opportunity for families of apprentices and new members to see for themselves this ski patrol thing their loved one has gotten involved in.

Please consider volunteering for the ECC. There are two Chair Evac Practices coming up this fall, one in September and the second in October. Please call Pat Stevens 503-293-6896 (Pat@SDELtd.com) or Mary Boyd 503-281-5548 (MaryeBoyd@comcast.net) to volun-

teer, or for more information.

Think Snow and Get Fit

I hope everyone has had an interesting and productive summer. It won't be long before we are back in training mode and only a little longer before we are back on the hill patrolling. It's not too early to "Think Snow". Now is the time to start the fitness program so that you will be in top form, ready to ski when the snow flies.

Roster Information

Please keep your personal information current by updating your info in the Dispatch Web Site, WWW.MHSPDispatch.org (or send by mail to MHSP, PO Box 4384, Portland, OR 97208). This is the patrol's most current record of your address, phone number etc. If you don't like your picture, send me a new one and I will post it. It should be a head shot, and can be black-and-white or color. We plan on printing a paper roster BEFORE the OEC refreshers so updates need to be made NOW.

FYI-updating your e-mail address on the Website, does not update your e-mail on the listserver. Send an

e-mail from your current (new) address to members-request@list.mthoodskipatrol.org with the single word SUBSCRIBE in the body of the e-mail. You will get back an acknowledgement from the listserver. If that doesn't work, send me an e-mail at Joel@SDELtd.com and I'll help you get signed up.

The other listservers work the same way except the addresses are:

- Biker-request,
- Nordic-request,
- Alumni-request,
- Mountain Hosts-Request etc.

If you want to change your address on the Hill Captains/Supervisors list, send me an Email. This list has controlled access.

Joel Stevens,

Your Veep in the Deep.

Work 503-293-6896

Cell 503-799-4686

Fax 503-293-1254

Lift Evac Dates....

Lift evac dates...Are not yet confirmed. But, we know roughly when they will be: Look for a week-night self-evac night in late August or early September. One weekend lift evac will be in mid September (we are working to confirm the 17th), and another on October 7th. We have almost 80 apprentices who have never done a lift evac, so this round of evacuation drills will be very important for MHSP.

The moment I have any of these dates confirmed I will send a note to the general email list.

Questions? You know where to find me.

John Gastineau, Training Director,
john@gastineau.org

Chief Notes - Steve Eversmeyer

I just looked at the temperature, 86 degrees. I'm sure Bowl's a popular destination with temperatures cooler than in town. As we wrap up our on-hill season it's time to think about training starting up in late August or September. We're working on dates and will be getting those to you soon.

For those of you who have made all of your days, THANK YOU. For those who still need to get up there, you have 4 or 5 weekends to do that. If you opted for the silver or gold level, please make sure you put in two days. These levels are minimums and I'd

encourage everyone to get more days in if possible.

The dispatch is looking empty. Most Sundays are wide open, most Saturdays have one or two people. Timberline pros upped their numbers to ensure coverage, BUT I know they'd welcome you. Bowl is ALWAYS glad to see us. With the different start times of our areas, you can choose either an early day or a later day.

See you all soon!



Moments from Meadows

Hope everyone is having a wonderful summer! The only news coming from Meadows is about weddings and birthdays. Pro patroller Shepard Delong got hitched July 7 and MHSPers Jaye Miller and Eric Carlson will make it legal July 22. Cher Hinerman and her Dad celebrated milestone birthdays together the first weekend of July. He turned 95! Our mountain clinic director, Nancy Brown's 50th birthday is in August. If you'd like to attend her surprise party contact me for more info.

Meadow's combined pro/volunteer training was the second weekend of November last season. Pro Director Melissa "Mel" Toney may move it to the first weekend since last year they were open when we were training. MHSP team rotation will start November 18 with C team.

Please let me or Jeff Ezzell know if you are interested in joining a Meadow's team.

- Debbie Norvell



Radio Rant—worth repeating (get it?) - by Rad I. O'Rant (MHSP #0000)

The radios at Ski Bowl are simplex, meaning that communication is radio to radio, with no repeater involved. As a result you sometimes hear only one side of a conversation, or you sometimes can't successfully call someone at all. For example, if you are in the east side first aid room, and RC is talking to someone in the Lower Bowl, you are unlikely to hear the Lower Bowl response, but you'll hear RC clearly. If you can't reach someone, ask RC to relay for you.

Inverts Rule, OK?



Our training experiment is still in progress: can we start hill apprentices without OEC? It's looking like we can.

Last January a dozen apprentices started on-hill training without any OEC background. They couldn't touch patients, but they could touch plenty of sleds, bamboo, and trails. By the end of spring they were signed off on sleds and maps. Best of all, they became a strong and cohesive group, supporting one

another in their training. Adopting the "invert" moniker to represent their upside-down training, they were well primed for the spring OEC and avalanche courses. In fact, the inverts formed a vocal core of the OEC class, making the traditional apprentice wonder "who the #\$\$% are these guys?"

With OEC behind them, they have First Responder Training to complete. This work is in progress right now at Timberline. Doing

heavy scenarios, with real cases as they come up, the inverts are nearing the end of their training.

These invert apprentices will be dispatchable in the fall, ready to take a good 150 patrol days this coming season—or more.

We'll continue to train most apprentices with the traditional OEC-first schedule (some 60 could be in training this coming season!). The invert program allows an important second entry into the training program for those who are ready to train hard and fast. The inverts are not taking a short-cut in any way, for they are spending as much time training as traditional apprentices, training most weekends for seven months straight. That's a huge commitment, both for apprentices and trainers.

Please welcome these new patrollers (for patrollers they will be this fall, complete with crosses) as you meet them at lift evac and in the patrol rooms. We'll publish a complete list as they complete training.

- John Gastineau,
Training Director



JOHN KEYES MEMORIAL



The John Keyes Memorial Golf Benefit is almost upon us. It is time to send your donations and contributions to Pat Stevens. She is putting together the details on the

silent auction and there are some really exciting items to bid on.

We also have a couple special opportunities for ALL the Patrollers and their S.O.s at the Golf Benefit this year. While the golfers are whacking their way around the course, the rest of us will be eating Jelly Bellies and tasting wine with Stoller Vineyards. Stoller is known for their premium wines and we are very excited to have them help us this year. We are asking for a \$10 donation to participate.

For those of you who aren't volunteering for the day, we are also opening the luncheon up to any Patrollers who want to join us. Our cost for the luncheon is \$25 per person and it is always excellent. In addition, you can have a chance to bid on a vacation in Hawaii, a trip for four to Jelly Belly Candy Company, Mountain Hardware jackets, dinners, wine and lots of

other wonderful items. We need to let the Reserve know how many will be joining us by September 1.

So, here is your to-do list:

1. Immediately get in touch with Pat Stevens and tell her what donations you have obtained (pat@sdeltd.com or 503-293-6896).
2. By September 1, send \$25 to Pat to reserve your spot at the luncheon (She's at the same address as Joel Stevens - imagine that).

Come to the Benefit and have a great time! See you on September 10th at the Reserve Vineyards and Golf Club. Registration is at 6:45 AM and the Shot Gun Start is at 7:30 AM.

Thank you from your ever-loving Golf Committee and the Keyes Family.



Important—Pre-dispatch Information

The ski areas we serve rely on accurate staffing projections from MHSP so they know how to schedule their paid staff.

That is why it is of utmost importance for every patroller to participate in pre-dispatch and to stick to their commitment to show up or find a substitute.

In choosing your membership level you will also be committing to pre-dispatch for each full module approximately 3 weeks prior to the beginning of that module. Exceptions may only be granted by the Patrol Chief and must be requested in advance, in writing.

For those members who are not on-line or who preferred the old paper dispatch, a dispatch worksheet is included in this SnoJob. If you like you may dispatch for the entire year or just for Module 1.

Mail paper dispatches to MHSP, PO Box 4384, Portland, OR 97208-4384. Or you may turn in your dispatch at Chair Evac or the first OEC Refresher. Or you may use the on-line dispatch system when it is updated for the new season in September.

Thank you for your cooperation.



Name _____ Badge # _____

Circle Patroller Class: AP HP NP AA HC Appr Assoc Appr Hill

Mark Days with Preferred Area and Duty:

O = No preference; B = Ski Bowl; M = Meadows; T = Timberline; U = Summit; N = Nordic

A = Associate; P = Patroller; AS = Supervisor; HC = Hill Captain; TR = Coach; N = Nordic

Example: Dispatch as Timberline Hill Captain

16-Dec
T- HC

Sat	Sun	Mon	Tue	Wed	Thurs	Fri	
11-Nov	12-Nov						
18-Nov	19-Nov						
25-Nov	26-Nov						
2-Dec	3-Dec						
9-Dec	10-Dec						
16-Dec	17-Dec	18-Dec	19-Dec	20-Dec	21-Dec	22-Dec	Winter Break
23-Dec	24-Dec	25-Dec	26-Dec	27-Dec	28-Dec	29-Dec	Winter Break
30-Dec	31-Dec	1-Jan					

Sat	Sun	Mon	Tue	Wed	Thurs	Fri	
6-Jan	7-Jan						
13-Jan	14-Jan	15-Jan					
20-Jan	21-Jan						
27-Jan	28-Jan						
3-Feb	4-Feb						
10-Feb	11-Feb						
17-Feb	18-Feb	19-Feb					
24-Feb	25-Feb	26-Feb	27-Feb	28-Feb	1-Mar	2-Mar	Portland February Break



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Example: Dispatch as Timberline Hill Captain

16-Dec
T- HC

Sat	Sun	Mon	Tue	Wed	Thur	Fri	
3-Mar	4-Mar						
10-Mar	11-Mar						
17-Mar	18-Mar						
24-Mar	25-Mar	26-Mar	27-Mar	28-Mar	29-Mar	30-Mar	Oregon Spring Break
31-Mar	1-Apr						
7-Apr	8-Apr						
14-Apr	15-Apr						
21-Apr	22-Apr	23-Apr	24-Apr	25-Apr	26-Apr	27-Apr	Portland April Break
28-Apr	29-Apr						
5-May	6-May						
12-May	13-May						
19-May	20-May						
26-May	27-May	28-May					



Are you? A chronic editor? A wordsmith marvel? Ready to record history (MHSP history, that is) as it happens? Eager to be the create the SnoJob? Help wanted...contact MHSPSecretary@gmail.com.



Name _____ Badge # _____

Circle Patroller Class: AP HP NP AA HC Appr Assoc Appr Hill

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O = No preference; B = Ski Bowl; M = Meadows; T = Timberline; U = Summit; N = Nordic

A = Associate; P = Patroller; AS = Supervisor; HC = Hill Captain; TR = Coach; N = Nordic

Example: Dispatch as Timberline Hill Captain

16-Dec
T- HC

Sat	Sun	Mon	Tue	Wed	Thu	Fri	
2-Jun	3-Jun						
9-Jun	10-Jun						
16-Jun	17-Jun						
23-Jun	24-Jun						
30-Jun	1-Jul			4-Jul			
7-Jul	8-Jul						
14-Jul	15-Jul						
21-Jul	22-Jul						
28-Jul	29-Jul						
4-Aug	5-Aug						
11-Aug	12-Aug						
18-Aug	19-Aug						
25-Aug	26-Aug						
1-Sep	2-Sep	3-Sep					



TO ALL MT HOOD SKI PATROL MEMBERS

ALERT- CPR WILL NOT BE TAUGHT AT OEC REFRESHER

- **PRIOR TO THIS YEAR'S OEC REFRESHER CLASS - YOU MUST TAKE A NEW BLS FOR HEALTHCARE PROVIDERS CLASS**

BLS FOR HEALTHCARE PROVIDER CLASS THIS year.

- **PER NSP: PATROLLER MUST PROVIDE PROOF OF CURRENT CPR CARD AT OEC REFRESHER.**

ALERT- CPR WILL NOT BE TAUGHT OR REFRESHED AT OUR OEC REFRESHER

We have been announcing throughout the year at meetings and in the SnoJob that you need to make sure you have a current CPR card this year to meet your requirements as a NSP & MHSP patroller.

WHY: December 2005, worldwide the changes for CPR were announced . This occurs every 5 years, sometimes minor...This time there were MAJOR changes!!!

In past years, MHSP is one of the few patrols offering CPR practice and recertification at OEC Refreshers. Unfortunately, not this year; hopefully we will return next year with it.

Time is running out with the Refreshers this October if you have not done so. What to do??

MANY OPTIONS Available.....Refer to pages 10, 11 and 12 for one that best meets your needs:

1. **CPR recertification options—this is for MHSP Patrollers currently in the patrol and have done CPR training at the last two OEC refreshers. (page 10)**
2. **Organizations listed offering American Heart Association -initial BLS for Healthcare Provider Class or American Red Cross- Professional Rescuer CPR Class in OR & Southwest WA. Prices vary. (page 11)**
3. **Dates Listed by Legacy Health System for both initial CPR class and recertification. You must show a valid AHA Healthcare Provider Card or similar ARC to attend. Pre registration mandatory for the initial class and some re-certification classes. One of the best prices - \$30, for initial class. (page 12)**

ALERT- CPR WILL NOT BE TAUGHT OR REFRESHED AT OUR OEC REFRESHER

Please make sure you have completed your own recertification prior to coming the OEC refresher.

Don't Wait!! Questions? Call or email me. Thanks.

Jodie Jeffers, FAC

503 390 3405

CPR RE-CERTIFICATION OPTIONS FOR MHSP CURRENT MEMBERS

For current patrol members who have taken:

- American Heart Association CPR for BLS for Health Care Providers
- Similar American Red Cross course CPR for BLS for Health Care Providers or Professional CPR/AED for all ages.
- MHSP CPR Course.

Go to American Heart Association Website-

<http://www.americanheart.org/presenter.jhtml?identifier=3019553> (or if unable to open) paste in address bar:

1. Take the online exam for \$17.50 at your leisure.
2. After successful completion, download your certificate.
3. Bring document & \$22.50 to one of MHSP classes below to take your practical skills test.
4. Upon successful completion, you're DONE and will be issued a current CPR card at that time.

NO DROP-INS! YOU MUST REGISTER PRIOR TO ATTENDING CLASS due to number of manikins and instructors that will be available!!!

If not enough interest, class may be cancelled. So PLEASE register ASAP.

August:

21st Monday 6:30-9:30 pm (not to be confused with Legacy's recertification class)

26th Saturday 09:00-12:00 noon or 12:30-3:30 pm

31st Thursday 6:30-9:30 pm (not to be confused with Legacy's recertification class)

September:

9th Saturday 09:00-12:00 noon or 12:30-3:30 pm

20th Wednesday 6:30-9:30 pm (not to be confused with Legacy's recertification class)

25th Monday 6:30-9:30 pm

Location: To be announced and emailed to those that register at a later date.

American Heart Association - "Initial" BLS Healthcare Provider Courses

OREGON LOCATIONS

Kaiser Permanente, Portland

3325 N Interstate Ave
Portland, OR 97227
(503) 249-5646

Cintas First Aid and Safety

7885 SW Cirrus Dr.
Beaverton, OR 97008
(503) 520-5007

Just In Time Training

2808 Mark Ln
West Linn, OR 97068
(503) 890-8161

Legacy Health System

1015 NW 22nd Ave
Portland, OR 97210
(503) 413-2386

Portland Community College

1626 SE Water Ave
Portland, OR 97214
(503) 731-6633

Education for Life

5475 NE Dawson Creek Dr
Hillsboro, OR 97124
(503) 693-3352

CPR Lifeline

4321 SW Corbett Ave Ste C
Portland, OR 97239
(888) 750-4288

CPR Associates, Inc.

1775 32nd Pl NE Ste B
Salem, OR 97303
(503) 589-1462

SW WASHINGTON LOCATIONS

NW Regional Training Center

11606 NE 66th Cir Ste 103
Vancouver, WA 98662
(360) 759-4404

PLEASE NOTE:

Contact any of these places to obtain class availability, times, costs to take your-

Initial BLS Healthcare Provider Course

Click on the above name for course description.

You may also check with your **local Fire Departments/Hospitals** to see if they have the above named class available.

American Red Cross:

has a similar but longer class known as the **Professional Rescuer**. Please inquire at:

<http://www.redcross.org/services/hss/courses/professional.html>

ONLINE PHOTOS OF OEC

MHSP Trainer John Gastineau has posted photos of OEC classes. Says MHSP First Aid Chief Jodie Jeffers, "John did an awesome job creating this link!"

<http://www.sockmdog.net/mhsp06/Site/Home.html>

Check it out!

CPR Classes Available at Legacy Health Systems Hospitals

MUST Call 503-335-3500 to register limited space

Click on underlined blue sentence to go to that information.

CPR INITIAL Course Training \$30.00

Title Date

CPR--Initial Course for Healthcare Providers - Emanuel

08/19/2006 8:00AM SAT (they post 6hrs, not been averaging that-depends on class size)

CPR--Initial Course for Healthcare Providers - Meridian Park

09/13/2006 6:00PM WED (they post 6hrs, not been averaging that-depends on class size)

CPR--Initial Course for Healthcare Providers - Emanuel

09/16/2006 6:00AM SAT (they post 6hrs, not been averaging that-depends on class size)

CPR--Initial Course for Healthcare Providers - Meridian Park

10/11/2006 6:00PM WED (they post 6hrs, not been averaging that-depends on class size)

CPR Training RE-CERT \$35.00 *CPR Renewal Courses will take **UP TO** 3 hours.

MUST SHOW CURRENT CARD TO LEGACY TO TAKE CLASS--

American Heart Assoc BLS HEALTH CARE PROVIDER CPR CARD

CPR-Health Care Provider Re-Certification-Meridian Park Hospital

08/09/2006 Wed **Start times are: 9:00 am, 12:00 am.**

CPR-Health Care Provider Re-Certification-Emanuel Hospital

08/21/2006 Mon **Start times are: 7:00am, 10:00am, 1:00pm, 4:00pm.**

CPR-Health Care Provider Re-Certification-Mount Hood Medical Center

08/31/2006 Thurs **Registration is required - space is limited, 12 people per class**

Class times are: 08:00-11:00, 12:00-3:00 pm, 3:00-6:00 pm

CPR-Health Care Provider Re-Certification-Meridian Park Hospital

09/13/2006 Wed **Start times are: 9:00 am, 12:00 pm.**

CPR-Health Care Provider Re-Certification-Good Samaritan

09/20/2006 Wed **Start times are: 7:00am, 10:00am, 1:00pm, 4:00pm.**

CPR-Health Care Provider Re-Certification-Salmon Creek Hospital

09/26/2006 Tues **Start times are: 9:00 am, 12:00 pm.**

CPR-Health Care Provider Re-Certification-Meridian Park Hospital

10/11/2006 Wed **Start times are: 9:00 am, 12:00 pm.**

CPR-Health Care Provider Re-Certification-Emanuel Hospital

10/16/2006 Mon **Start times are: 7:00am, 10:00am, 1:00pm, 4:00pm.**

<http://www.legacyhealth.org/body.cfm?xyzpdqabc=0&id=6> Legacy's Home Page for information.

Important Dates

- **August 16; Mount Hood Ski Patrol Executive Council 6:45–10 PM, Portland Fire Station #12, 8645 NE Sandy Blvd. Portland, OR**
- **CPR* August 21, 26, 31—MHSP CPR Class— see this SnoJob page 10 for details**
- **CPR** August 9, 19, 21, 31—Legacy CPR Class— see this SnoJob page 12 for details**
- **September 16; Saturday—MHSP/Jelly Belly Family Fun Day at Mt. Hood Ski Bowl**

▶ August 2006



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9 CPR**	10	11	12
13	14	15	16 MHSP Council Mtg	17	18	19 CPR**
20	21 CPR* CPR**	22	23	24	25	26 CPR*
27	28	29	30	31 CPR* CPR**		

<http://www.mthoodskipatrol.org/members/snojobs.cfm>

NOTE: PATROL CALENDAR UNDER DEVELOPMENT.

- See Important Dates listed above
- See page 2 on pending CHAIR EVAC info.
- See pages 8–11 on OEC information for dates that may apply to YOU!
- FOR CPR CLASSES—VERY IMPORTANT TO CHECK INFORMATION ON PAGES 8 -11 TO SEE WHICH CLASS IS APPROPRIATE FOR YOU.

SEND! Stories, pictures & those wonderful words-of-wisdom for the SnoJob to MHSPSecretary@gmail.com

Mailing Address Line 1
Mailing Address Line 2
Mailing Address Line 3
Mailing Address Line 4
Mailing Address Line 5

<http://www.mthoodskipatrol.org/members/snojobs.cfm>



Mount Hood Ski Patrol
P.O. Box 4384
Portland, OR 97208

READ THIS NEWSLETTER ONLINE!

Make sure to visit Mount Hood Ski Patrol Website

www.mthoodskipatrol.org

