DECEMBER 2025 • WINTER ISSUE

THE SWEEP

The Official Newsletter of Mt. Hood Ski Patrol

PRESIDENT NOTES

BY DAVE WINTERLING

MHSP 1806

Fellow Members,
This month, I'm thinking about our General Meetings, and how we as Council can do a better job engaging our membership in this venue.

Like other NSP patrols, our operations require a high level of skills training – medical assessment and treatment, emergency transport in alpine terrain/environment, first aid room operations, and others. Accordingly, we have a selective tryouts process, a rigorous first year of training, and an annual refresher program that includes multiple days focused on a variety of key skills. Plus an annual minimum "patrol days" requirement to keep the skills and hill-knowledge fresh. That's a high level of minimum time investment.

Beyond that, every organization needs an engaged and participating membership to stay healthy. Overall, we are doing great. We have an amazing group of trainers, committee members, operations leaders, and Council members who keep this organization running well and continue to improve our processes. And a membership that completed almost 6000 volunteer Troopiter "shifts" last year – training and patrol days combined. It is very rewarding to be a part of this great team.

However, participation in one area – our General Meetings – has been a source of concern over the last few years. The purpose of our General Meetings is to conduct important membership business e.g. Council elections, to share information about our operations

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PRESIDENT NOTES CONTINUED...

BY DAVE WINTERLING *MHSP 1806*

and issues, to share feedback and answer questions from the membership, and also to be a venue where our members can socialize on a regular basis.

Some background on our General Meetings, from our MHSP guiding documents:

- The MHSP Bylaws actually specify only one General Meeting per year – the Annual Meeting – which we hold in April and where we elect Council members for the following year.

- The MHSP Policies and Procedures (P&P's) go further, specifying a minimum of four General Meetings per year – October, November, February, and April. But the P&P's also state that we "usually" hold General Meetings every month from October through April – or seven meetings per year. Within this, the December meeting is normally scheduled as a holiday social event.

In recent years General Meeting attendance has been low. For this patrol year to date (October and November) the in-person and on-line attendance has totaled less than 10% of our membership, not counting the Council members in attendance. So this is a red flag.

Can we do something to encourage more participation – a different venue, or changes to format or content? Should we reduce the number of General Meetings? This will be an agenda item for our Council meeting in December. If you have thoughts on this, please contact myself or another Council member. We need to do something here that better serves our members and our organization.

On a related topic – at the November General Meeting, Senior Trustee Cleo Howell presented and received approval for this year's Nominating Committee – Dave Myers, Dianne Applegate, Brit Andersen, Steven Schafer, and Madalyn Seyer. This team will be prepping the group of candidates for next April's Council election. If you have ever considered running for Council, I encourage you to contact one of these folks. We need new people, new ideas, and diversity on our Council every year, and that process starts now. If this is the year that you can make the contribution of joining our Council, that would be a wonderful gift for MHSP.

Stay safe, see you soon, and yes we're all still waiting for snow ;)

DW, #1806

AREA OPERATIONS

AS OF NOW, ALL AREAS ARE CLOSED. STAY TUNED FOR OPENING DATES

SKIBOWL
TIMBERLINE
MT. HOOD MEADOWS
SUMMIT PASS
COOPER SPUR
TEACUP LAKE NORDIC

HOLIDAY PARTY

BY BRUCE HORN *MHSP 1817*

December 8, 6pm at the Lucky Labrador

Happy Holidays to all Mt. Hood Patrollers, Hosts, and Alumni! We will be having our annual MHSP Holiday Gathering in lieu of the December General Meeting on **December 8th from 6pm to 9pm**. We hope you will come!

As in past years, we will be getting together at:
The Lucky Labrador, Quimby Beer Hall
1945 NW Quimby St.
Portland, OR 97209

Pizza and salad will be provided, with some gluten-free, vegetarian and vegan options available upon request. Please email me at *juniortrustee@mthoodskipatrol.org* if you have any specific requirements.

There will be a limited selection No Host bar in our private room, and you will be able to order any of the other food and drink options in the main dining hall. The cost is $18 per person, and you can bring along your significant others (spouse and/or children, as long as they are 21+). If you would like to participate in an ugly sweater contest, please do your best :-) Prizes will be awarded at 8pm and I will be picking volunteers at the party to judge the entries.

Please register and pay at this link: *https://www.paypal.com/ncp/payment/3BBEWGQNSPYJ2*

Let's all kick off the season at the Lucky Lab! Happy Holidays and SPIF!

PATROL CHIEF NOTES BY MATT WOOD *MHSP 1768*

Happy Thanksgiving past, and Happy Holidays!

This year is eerily similar to a few of the past years – we had the promise of an early start with dumps in October, making us dream of the same kind of early start we had last year. Alas, the Third Autumn of Rainy Discontent has stuck its tongue out at us. I admit, I was optimistic too, and scheduled some early team days – darn! I really appreciate all team members dispatching for those early dates and being willing to jump into the season. I also appreciate the team leads that have been diligently communicating with their teams to get ready for the year and arrange training even if lifts aren't spinning.

We should be sliding around by mid-December. Do your snow dances!

Email distribution lists have been updated for communication to the teams and experienced folks who can dispatch as if they were a team member. These lists are up now for Timberline/Summit, Skibowl and Meadows.

With team dispatch complete, I'd like to invite all Associate and Hill and Nordic patrollers to dispatch to the best of their ability for the season. If you are not on a team, here's a note or two about dispatch:

- ***Timberline and Skibowl*** – Dispatch into "Supplemental Hill" or "Supplemental Associate" slots. This is the same as in prior years.
- ***Mt. Hood Meadows*** – does not offer supplemental patroller shifts but will open for "Shadow" shifts in mid-late January. If you are interested in patrolling at Meadows and joining a team in the future, please reach out to one of the Hill Captains (Chris Monti, Jen Thoman-Curtiss, Roger Meier or Madalyn Seyer) to arrange a shadow shift.
- ***Cooper Spur*** – will be on dispatch soon. Meadows management has requested we fill these slots early if possible! There will be HP slots as well as GP slots that can be filled with Associate or Nordic patrollers.
- ***Summit*** – all patrollers can dispatch for one of the "GP" slots at Summit. As sled transport is arranged from paid staff or from Timberline, Associates and Nordics may fill any of these slots.
- ***Skibowl*** – largely the same as Timberline – please dispatch into any Supplemental shift.

As a reminder, non-team members have the minimum commitment of 8 days of on-hill duty, so please dispatch for up to 8 days now so there's availability for all. After mid-December we can open up the remainder of the dispatch slots for those folks that regularly do more than the minimum!

THANK YOU!!

To all the instructors who have worked so hard and so diligently to get us prepared for this season, THANK YOU! We've held 6 refreshers, 4 chair evac sessions, a couple dozen OEC classes, Avy Awareness and a few team-specific training sessions as well. We appreciate your efforts!

RECRUITING

To put on my recruiting hat, please note that on-hill ski and board tryouts have been scheduled for **Saturday February 28, 2026**!

We have consistently found that our best recruiters are YOU! Talking about patrol off the hill is a great way to stir up interest and find candidates. If you think you've got a good candidate to join us, encourage them to fill out the easy application on the "Join the Patrol" tab on our (beautiful new!) website. Glen Anderson will have more recruitment messages for you soon, too!

Photo Credit: John Howard, MHSP 90227. Matt Adamosky 54th birthday with 25-26 OEC Class, Saturday 11/22/25.
L-R: Apprentice Frank Reppenhagen; Matt Adamosky (MHSP 1753), and Matt Wood (MHSP 1768).

ASSOCIATE DIRECTOR NOTES BY SCOTT CHANDLER *MHSP 1811*

Welcome to December. Team days actually began in November, but Mother Nature hasn't yet given us (at the time of writing) the frozen, flaky white stuff we crave, leading to cancelled shifts. According to some weather forecasts, snow is on the way. How much remains to be seen. In the meantime, our apprentices are hard at work learning and demonstrating their OEC skills every Tuesday evening, and eager for their on-mountain training days. Final testing and scenarios are around the corner. We all look forward to working with the apprentices starting sometime in January, and, once they pass OEC, start getting their hands on cases.

ASSOCIATE SUPERVISOR IN TRAINING

Associate Patrollers wishing to step up to becoming an Associate Supervisor, we would like to hear from you. The ideal candidate should have patrolled at least a full season, demonstrates strong leadership skills, and have a desire to lead, or co-lead, teams of Associate Patrollers at Timberline and Skibowl. Please reach out to me, if you are interested, or have someone to refer.

SKIBOWL ASSOCIATE SUPERVISOR SOUGHT

We are still seeking a replacement Associate Supervisor for Skibowl C Team this season. If any Associate Supervisors not already committed this season are looking for a great team to join, this a good opportunity to enjoy excellent terrain, and laid back atmosphere, that Skibowl has to offer.

PATHWAYS TO OET

Any Associate Patroller who has a desire to go through OET training program and become a Hill Patroller, you no longer need to wait until the next round of try-outs in February, or at Nuts-and-Bolts in June. MHSP can schedule an IT to evaluate your skiing/riding skills during the season, to be part of the 2026/2027 training cohort. If you are interested, or have someone to refer, please reach out to either Patrol Chief Matt Wood, or myself.

SENIOR AID ROOM MODULE

Another session of the Senior Aid Room Module is being offered this season. Last year, we had an excellent cohort of five patrollers. If we can get similar commitment, then we can move forward with solidifying the course schedule. It is highly encouraged that all Associate Supervisors have taken this course, but it is just as valuable for the Associate Patroller, or even the Hill Patroller. As an Associate Patroller, this is one of the required modules to become a Senior Patroller. Contact Kathy Lee or me if you are interested. Additional info:

Aid Room Module of the Senior Program (AR-MSP)

The module includes an educational element and an evaluation element that encourages Patrollers to participate in written exercises, panel discussions, and aid room scenarios. This is to help them gain a deeper understanding of aid room operations and related area management policies. Note: This is not a repetition of the Outdoor Emergency Care Module of the Senior Program (OEC-MSP) in an aid room environment.

Mission Statement

The mission of the AR-MSP is to provide the Senior Patroller Candidate an opportunity to demonstrate a global expertise in the operation of the Aid Room and care of patients.

Purpose

The AR-MSP is a required component of the National Ski Patrol's (NSP) Senior Program for Senior Patroller Candidates. The AR-MSP encompasses training where the Senior Patroller Candidate will:

- Demonstrate Aid Room procedures that foster an organized and efficient operating environment
- Demonstrate an understanding of medical interventions
- Demonstrate and utilize strategies for conflict resolution
- Demonstrate the ability to interface with agencies in the continuum of patient care
- Demonstrate skills and strategies for interfacing and communicating with patrollers and area management

Goal

The Goal of the AR-MSP is to enhance the Senior Patroller Candidate's skills and knowledge of aid room procedures and related area policies. Training emphasizes further development of skills in leadership, decision making and problem management while enhancing existing OEC aid room skills. The Module also prepares Senior Patroller Candidates for leadership roles within the NSP.

SPIF! Think snow!!

NORDIC NOTES

BY TOM CLARKE *MHSP 1912*

This time of year, we are all anxious for it to snow enough to start skiing and patrolling. From my perspective I always feel that once we have completed all pre-season training requirements that the ski season should promptly start. It is like a racer stepping up to the starting line and then being told, "hey, stand fast the race will start soon, but we don't know when." As I write this article Teacup Lake has a dusting of snow at its 4400-foot-high point which is tantalizing at best and hints at what will hopefully come.

For us in the Nordic group this means we are on standby waiting for enough snow to fall so that Teacup Lake will start to pack down the snow and then groom it. Some years this has occurred as early as the weekend before Thanksgiving and in other years there is not enough snow until January. We always hope for the former rather than the later date.

I am in communication with Jason Lemieux Teacup's Mountain Manager and once he gives me the go ahead then I will contact your team leaders, and they will let you know. In meantime be patient and keep doing your snow dance. In the upcoming days all Nordic patrollers (including Nordic apprentices) will receive an email from me with instructions on how to obtain a heavily discounted annual pass for Teacup Lake. Please sign up and pay for your annual pass as soon as possible after being notified.

I would like to share that Nordic Patroller John Fairgrieve is now officially a Nordic Instructor and that Chris Pearson and Rhiannon Cochrane have completed the Instructor Development course. Chris and Rhiannon will be pursuing the Nordic Instructor certification this winter, please wish them luck.

As always stay safe, keep up your pre-season fitness training and let me know if you have any questions. Texting is usually the best way to reach me during the day, email is good for questions requiring a longer reply, and I am available most weekday evenings after 7 pm for a phone call.

MOUNTAIN HOST NOTES

BY JAN SILAGI *MHSP 60054*

Slow to Start to 2025-26 Season

Lots of rain preseason makes for a good base through the winter, but the Weather Gods seem reluctant to dump early season snow! The Old Farmer's Almanac predicts a mild winter for Oregon overall, with below-average snow and precipitation for the state as a whole, especially in the western half. Not good news!

2025-26 HOST APPRENTICES

Our apprentice class will have their On-Hill Training Day on December 6th despite the conditions! We have a team of thirteen folks ready to be on the hill and we hope you will greet them when you see them! Please help us welcome Ted Askwith, Sandy Donnelly, Becky Eastman, Jonathan Hood, Kristen Hood, Pam Kunse, Matt Landon, Russell Neville, Gail Rubin, Tom Searcy, Dave Sullivan, Stacie Tanner and Sabrina Wolfe.

HOST SUPERVISORS

We are starting the season with a team of fourteen Host Supervisors, all well-seasoned and ready to support Timberline and Summit Pass. It is always a great feeling to start the season with experienced leadership! Leading the membership this season are Chris Able, Jeff Alexander, Rick Anderson, Kim Desmarteau, Sara Drage, Patrick James, Bill Johnson, Shon Lindley, Hyung Nam, Brian Ritacco, Jan Silagi, John Silagi, Jeff Vachter and Leigh Ann Williams.

CHANGES IN TIMBERLINE STAFFING

There are several staffing changes at Timberline this season. Fortunately for the Mountain Hosts, all of the positions in the Wy'East Day Lodge that we Mountain Hosts interact with have been filled with folks who know us and understand the support we give to the Wy'East departments. This means almost no learning curves for the folks filling these positions as we work with them.

Miles Bland, Guest Services Director, left Timberline in August. His position has been filled by Paul Hernandes, previously the Assistant Manager of the rental shop. We have worked closely with Paul for many years and are delighted by this decision. Miranda Kersey who was Manager of Skier Services has also departed Timberline. That position has been filled by Jan Zimmerman who is leaving the position of Manager of the Tech Shop. Again, our long-time relationship with Jan makes this move very comfortable for

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MOUNTAIN HOST NOTES CONTINUED

BY JAN SILAGI *MHSP 60054*

the Mountain Hosts. Moving up to manage the Tech Shop is Thomas Yamagami, who was Assistant Manager. Thomas has been great to work with for many years, and we are pleased about his advancement into this position. Jon Terry remains in his position as Manager of the Rental Shop, so we are positioned for a smooth transition into the season without any hitches in the support we provide these departments.

Here's to a great start to the season! Looking forward to seeing all of you on the hill. Pray, dance and meditate for snow! Something will work!!

Photo Credit: Jan Silagi, MHSP 60054. Host Apprentice Orientation at Bowman Center on November 8th. Front row, left to right: Jeff Alexander, Sabrina Wolfe, Kristen Hood, Becky Eastman, Gail Rubin, Pam Kunse, Tom Searcy. Back row, left to right: Brian Ritacco, Rick Anderson, Stacie Tanner, Sandy Donnelly, Jonathan Hood, Russell Neville, Matt Landon, Dave Sullivan, Sara Drage. Not Pictured: Ted Askwith

SENIOR TRUSTEE NOTES

BY CLEO HOWELL
MHSP 1444

Elections for Executive Council members will be in April 2026. The following members have been approved to be on the nominating committee.

- Dave Myers
- Dianne Applegate
- Britt Andersen
- Steven Schafer
- Madalyn Seyer

All of the Executive Council positions except for Middle and Senior Trustee are open for eligible members to run for a position. If you know of someone who would make a good fit for the Council please contact a nominating committee member or me.

LEADERSHIP EDUCATION AND DEVELOPMENT (LEAD) NOTES

BY GUEST KATJA HURT

Psychological and "Other" First Aids

When you hear the word "splint" what comes to mind? Do you imagine pliable orange foam that becomes rigid when it is bent? Do you visualize padded boards secured around a lower extremity? How about expanding tent poles and a device to pull traction? A long spine board? A tongue depressor taped to a finger? Depending on your experience or the context, any of these images are correct when it comes to picturing a splint. The same is true when it comes to "psychological first aid." With the growing awareness of the need for mental health resources, many of the "other first aids" (Emotional First Aid, Psychological First Aid, Disaster First Aid, etc.) are entering our awareness alongside traditional first aid skills. For now, let's use "Psychological First Aid" (PFA) as a blanket term for any non-medical emergency response for people in crisis.

Depending on your background, PFA could look and mean something very different for all of us. It is important to be able to see PFA (and other models) as tools with broad interpretations and applications depending on a variety of factors. Who provides PFA, who receives it, what event has occurred and how long has it been all can have an impact on how PFA looks, sounds, and works. At the core, all versions of PFA come down to helping an individual restore their

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LEADERSHIP EDUCATION AND DEVELOPMENT (LEAD) NOTES CONTINUED...

BY GUEST KATJA HURT

ability to cope and function following some level of stress or trauma. The different types of PFA models may have slight nuances, but they tend to have these factors in common:

1. They are developed for non-mental health professionals to use as initial support and do not involve diagnosing or providing therapy to someone.

2. The first step is to stabilize the situation or environment. We want to help the person in crisis to feel physically safe and be able to meet their immediate needs and promote calm (as much as possible).

3. Listening. The most important element of providing PFA is to actively listen without judgment. We want to be respectful, accept their experience, and respect their right to make decisions.

4. The goal is to support their resilience and coping skills. Perhaps this is by helping them foster a sense of hope, affirming their strengths, or connecting them to resources.

In addition to many nationwide and worldwide trainings and resources, National Ski Patrol (NSP) has committed to developing more information and resources for all ski patrollers (including our extended family of mountain hosts, young adult patrollers, and alumni). You can see NSP's Patroller Wellness information here: *https://rise.articulate.com/share/7DHGSxiusaV_d6YHlkmSOH2qRN_dXs8Q#/* and read about NSP's Safety Culture for all here: *https://nsp.org/common/Uploaded%20Files/ResourceCenter/Members%20Only/WELL_Patroller-Wellness-Safety-Culture-for-All.pdf*

As you learn about these and other programs, both within and outside National Ski Patrol, remember that PFA is a lot like medical first aid. There are small interventions and big interventions, some tools work better for some situations than others, and it is likely that everyone has their own interpretation of what it means to provide these "other first aids." Our goal should always be to expand the tools in our toolbox and strive to understand the best practices and applications for caring for ourselves and others in crisis.

A BIT OF MHSP HISTORY

1984. Craig Petrie and Al Webster jumping an Akja at Bluewood.

Mid 1970s. Nancy Stochosky, MHSP 737, and Bob Stochosky, MHSP 738, patrolling.

1970s. Akja with Jack Mitchem, MHSP 238, in back.

CALENDAR OF EVENTS

DECEMBER

Senior OEC Training	December	Thurs, 6:30pm-9:30pm	Ida B. Wells High School, Portland
Executive Council Meeting	12/1 (Mon)	7pm-10pm	Zoom
OEC MSP TE Clinic	12/3 (Wed)	7am-9pm	Zoom
Host Apprentice On-Hill Training	12/6 (Sat)	7:15am-3pm	Timberline & Summit Pass
Holiday Party	12/8 (Mon)	6pm-9pm	Lucky Labrador, Portland
Avy 2 Orientation	12/10 (Wed)	6:30pm-8:30pm	Zoom
Senior OEC	12/11 (Thurs)	6:30pm-9:30pm	Ida B. Wells High School
OET Instructor Clinic/Dryland	12/13 (Sat)	All Day	MHM
LEAD Committee Meeting	12/15 (Mon)	6:30pm-9pm	Zoom
PNWD Educational/Safety 4 All	12/16 (Tues)	6:30pm-8pm	Zoom
Senior OEC	12/18 (Thurs)	6:30pm-9:30pm	Ida B. Wells High School, Portland
OET Instructor Clinic	12/21 (Sun)	8am-3pm	Skibowl

JANUARY

OET Refresher	1/3 (Sat)	8am-3pm	MHM, Timberline, Skibowl
OET Refresher	1/4 (Sun)	8am-3pm	MHM, Timberline, Skibowl
Executive Council Meeting	1/5 (Mon)	7pm-10pm	Zoom
Avy 1 Online	1/7 (Wed)	6:30pm-8:30pm	Online
OET Refresher	1/10 (Sat)	8am-3pm	MHM, Timberline, Skibowl
OET Refresher	1/11 (Sun)	8am-3pm	MHM, Timberline, Skibowl
General Meeting	1/12 (Mon)	7pm-9pm	Zoom and **
OEC Finals	1/13 (Tues)	5:30pm-10pm	Ida B. Wells High School, Portland
OEC Finals	1/14 (Weds)	5:30pm-10pm	Ida B. Wells High School, Portland
Avy 1 Online	1/14 (Wed)	6:30pm-8:30pm	Zoom
LEAD Committee Meeting	1/19 (Mon)	6:30pm-9pm	Zoom
PNWD Educational/Safety 4 All	1/20 (Tues)	6:30pm-8pm	Zoom
Avy 1 Online	1/21 (Wed)	6:30pm-8:30pm	Zoom
Advanced Toboggan Training	1/25 (Sun)	All Day	Skibowl
Avy 1 Online	1/28 (Wed)	6:30pm-8:30pm	Zoom
Avy 1 Field Weekend 1	1/31 (Sat)	All Day	TBD (Most likely White River)

FEBRUARY

Avy 1 Field Weekend 1	2/1 (Sun)	All Day	TBD (Most likely White River)
Avy 2 Lecture	2/4 (Wed)	6:30pm-8:30pm	Zoom
Avy 1 Field Weekend 2	2/7 (Sat)	All Day	TBD (Most likely White River)
Avy 1 Field Weekend 2	2/8 (Sun)	All Day	TBD (Most likely White River)
Avy 2 Lecture	2/11 (Wed)	6:30pm-8:30pm	Zoom
Avy Rescue Day	2/14 (Sat)	All Day	Timberline
Avy 2 Lecture	2/18 (Wed)	6:30pm-8:30pm	Zoom
Senior OET (Joint with Oregon)	2/21 (Sat)	All Day	Mt. Hood Meadows
Avy 2 Lecture	2/25 (Wed)	6:30pm-8:30pm	Zoom
MHSP Tryouts	2/28 (Sat)	All Day	Skibowl

***In Person General Membership Meetings: Asian Health and Service Center, 9035 SE Foster Road, Portland.*

Mt. Hood Ski Patrol is a member–driven organization dedicated to rescue, emergency care and public safety for the Mt. Hood recreational community. We are composed of nearly 250 patroller volunteers, all dedicated to providing quality rescue and emergency care to alpine and nordic skiers and snowboarders.

Primarily, we support weekend and holiday operations. In addition, our support extends year–round to summer skiers and mountain bikers. We also boast nearly 70 mountain hosts who provide guest services and other assistance.