MHSP SnoJob December 2007

President's Notes

SPIF—Ski patrolling is fun!

I'm sitting here the day before Thanksgiving, wondering "Where is our snow?" I'm going to try to get a little cross country in on Thanksgiving Day, just so my dog ,Tilley, can play in the snow. Hopefully we will get another storm or two like the last one and the areas will be in full operation by the time you read this.

At the October meeting, the Council made a change to our Associate Uniforms. The white cross on the back saying First Aid, will be phased out, and the Mt Hood Ski Patrol Cross will be the new back cross. This is the same cross Hill Patrollers wear. There is no requirement you change crosses, but you may do so now, or with your next coat. Hopefully this will eliminate some of the confusion in the eyes of the public.

Next month we will do another web based survey. This one covers a lot of important things to Mt. Hood Patrollers. The council wants to know how you feel about a number of different issues. We need to know your preferences, to help us in our negotiations with the ski areas. We want your guidance in planning for the future. Be aware even though we ask for your input it is no guarantee changes will occur. Not all ideas are popular and the some ideas require the consensus of two or more parties. Please take time to complete the survey when you get the notice. We received a high percentage of participation on the first two surveys this year. We think this one will be even more important to our future.

We will have patrol cards at the December meeting. Please come and pick up yours. We are planning to print a paper roster in December. The information and photos will come from the online roster. Be sure to keep your contact information up to date, and e-mail a new picture to me if you don't like the one you have now.

Remember SPIF (Ski Patrolling is Fun)

Joel Stevens

Important Information:

Keep up with dates	*Pg. 1, 10, 11*
Mentally Prepared	*Pg. 2*
Associate News	*Pg. 3*
Avalanche	*Pg. 4,5*
News U Use	*Pg. 7*

Membership Commitment

Gold = 20 days total including 2 summer days.

Silver = 20 days total, including 1 summer day

Bronze = 12 days total

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

Ski year ends on Labor Day

NOTICE OF MEETING CHANGE - *It's on your calendar, right?*

December Meeting: Regular Time, Different PLACE.
DATE: MONDAY, December 10, TIME: 7:00 PM.
PLACE: Stafford Elementary School, 19875 SW Stafford Rd, West Linn. (Near Wanker's Corner)

January Meeting: Back to Regular Time and Regular Place.
DATE: MONDAY, January 14, TIME: 7:00 PM.
PLACE: Athey Creek Middle School, 2900 SW Borland Rd, West Linn.

First Aid Chief - Cleo Howell

Mentally Prepared

By now everyone should have completed an OEC Refresher. Some of you may be thinking, "The training is all over, so now I can relax." Not True! In the OEC Refresher we only covered about one third of the OEC textbook . Not everyone got to have hands on experience at each station.

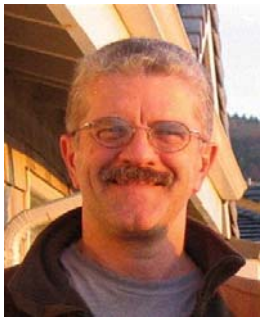
Before your first trip to the mountain I would strongly encourage you to open your textbook and look at areas we did not cover in the OEC Refresher. Specifically look at those areas we do not see very often. Some of the injuries/conditions I am thinking of are listed below:

- Femur fracture and the application of a traction splint
- Uncontrolled arterial bleeding
- Treatment of severe shock
- Assessment and treatment of the pediatric patient

Another way to prepare yourself for a serious case, which you have not seen before, is to imagine that case in your mind. A good time to do this is when you are driving to the mountain. (Keep your eyes on the road!) Pick out one serious type of injury or condition then systematically think through how you would handle the case. Try to put yourself in that situation and think through ahead of time how you will handle the situation. When you are faced with that serious case someday you will have the advantage of already thinking through how you will respond.

This is also a reminder to make sure your first aid pack is fully stocked. Please use the first aid supplies at the Govy building to restock your pack and not the supplies in the area first aid rooms.

Nordic News - Michael Curtis



Required training for Nordic starts this month. We tried to get things going in November, but it was not to be. A combined Nordic Tech and On-the-Hill Day is on December 2nd. Tech Day reacquaints us with equipment, what's new and includes a low-angle review. On-the Hill Day covers a mini-Search and Rescue exercise.

Nordics, please dispatch for these training dates.

- Michael Curtis, MHSP Nordic Director

MHSP in the News

Check out the November 2007 issue of Portland Monthly Magazine. Nice story about our very own Buzz Bowman on page 38.

Remember SPIF (Ski Patrolling Is Fun). It is one of the main reasons we do it.

Associate Director - Dave McKay

Things are really starting to happen now! As of this writing, both Timberline and Meadows are operating in some capacity and the weather forecast (week of November 26) is calling for low snow levels. This is great news. I'm really excited about the new Still Creek basin runs at Timberline. I encourage all patrollers, new and "seasoned" to review the runs again, particular at Timberline. There are nine new runs, and the names some of the existing runs have changed, too. Grab a map and start studying!

There are also some changes underway for the Associate program:

Mountain First! Program

An associate "invert" program called "Mountain First!" is being developed for new recruits that became interested last summer/fall, after OEC. The program would start in February. So, you say....but Dave, what the heck would an Associate Apprentice do BEFORE completing OEC? There's actually a LOT that can be done prior to OEC training, such as the following:

- History and make-up of MHSP (alumni, Mountain Hosts, Hill, Associate, Nordic)
- Governance of MHSP (Council members, APC's, Areas Patrol Directors, etc)
- How dispatch works
- Policies/bylaws
- Radio communications
- Intro to avalanche and transceivers/MCI
- Integration with EMS providers
- Equipment (fanny packs, sleds, etc)
- Area maps/testing
- Area specific procedures
- FAR procedures and Inventory
- Sled packs
- Intro to FRT
- Opening, bump and closing and other on-hill procedures
- Into to OEC procedures
- Observations on the hill and in the FARS

These are just some of the things that would be covered prior to OEC. Basic requirements for Mountain First! participants would be CPR and an 8 hour "first responder" course. The goal of the program is to provide some in-depth training prior to OEC so that participants:

1) make the commitment necessary to complete OEC; and
2) 2) be better prepared and more informed about MHSP and area procedures as they become fully certified patrollers.

Associate Supervisor Training

As I mentioned at the last General Meeting, there is a group of Associate Patrollers that are being trained as Associate Supervisors. This is a big step in becoming leaders of the patrol. Associate Supervisors work in tandem with the Hill Captain to ensure coverage for the day, pick up inventory and equipment prior to start of the day, assign coverage in the FAR's, and generally solve any issues related to the FAR during the day. AS Trainees this year include: Cleo Howell, Larry Church, Steve Sirkin, Kat Moore, Sue Derting, Mike Unfred, Jim Holway, and Lisa Hargrave. In addition, new Associate Supervisors confirmed at last year's banquet include James Schuler, Jodie Jeffers, and Darren Olson. Please welcome this group as they learn the ropes of being an AS this year!

Dispatch

Finally, I want to again commend all the Associate patrollers who have dispatched this quarter! As I look at the dispatch schedule for the areas, I see a LOT of green. Thank you!!! And, as you think about your choices for dispatch, don't forget that SUMMIT LOVES YOU!

See you on the hill,

Dave McKay
Associate Director

National Avalanche School 2007 - Snowbird, Utah

By Justin Zucconi

Powder day in October?! This cannot be true… Yes, this was what I was thinking while I was packing my skis, boots and avalanche gear in my basement, getting ready to catch a flight to Salt Lake City (SLC) this past October. The Little Cottonwood Canyon received over 30 inches the day before and expected snow over the weekend. BUT, this trip was not about ripping 3000' vertical in champagne powder, it was about diving head first into the snow dork, *ahem*- I mean snow science world…

After the short 45 minute drive from the SLC airport to Snowbird I shuffled from the parking lot to the conference center in 10 inches of freshly deposited stellar crystals. I signed in, and found the perfect seat within among the 200 that were neatly arranged. That was the beginning.

Over the next five days I was totally surrounded by snow professionals: patrollers, guides, backcountry users, Department of Transportation employees, avalanche forecasters, snow scientists, and educators. Each day consisted of several seminars, smaller breakout groups, readings and homework. Day by day we built our knowledge by completing exercises, having group discussions and sharing experiences and observations. The instructors were there to guide and learn from the students in our progression though the materials.

The knowledge I gained by attending this school cannot be expressed in a short article like this, but there are some great take away points I'd like to share with the patrol:

- **The best way to stay out of an avalanche is to stay away from avalanche terrain.** Doug Chabot (Instructor, Exum Guide, and Director of the Gallatin National Forest Avalanche Center) gave an example that if he was given a choice of either taking an avalanche beacon or an inclinometer into the backcountry, he'd choose the inclinometer, so he could avoid avalanche terrain. ***Note this is just an example, you should always bring a full avalanche kit into the backcountry.***
- **Use snow pits to tell you if a snow pack is unstable, not to see if it is stable.** Spatial variability plays too large of a role to rely on one or even several snow pits.
- **If you are in avalanche terrain, pay attention to your surroundings.** Are there avalanches on similar slopes, aspect and terrain that you will be traveling on? If so, don't waste your time digging a pit, just get out of that terrain.
- **Shovel shear tests are not really used anymore when testing snow stability in pits.** For hasty pits use the *Compression test, Stuffblock test* and/or the newer variation the *Extended Compression Test*.
- "**If you frequent avalanche terrain the most important tool to help you survive an avalanche is the AvaLung** *(by, BLACK DIAMOND.)*" *Bruce Tremper*
- Just because you have some avalanche education, Avy I, II, NAS School, etc…, **never under estimate the power of Mother Nature.** No matter how perfect the slope and conditions may be.
- **Know how to use your avalanche tools** (transceiver, probe and shovel.) *These are life saving tools!*

Ski areas in the Pacific Northwest may not have as many avalanches as areas in Utah, Montana or Colorado, but as patrollers we must be educated to help the public understand the risks of ducking lines or venturing outback. That is probably our largest role as volunteer patrollers when we are dealing with the public who do not understand why the area is not opening Heather Canyon at Meadows or the Outback at Skibowl. Educate yourself and ask questions at your training or refresher. I will be seeing some of you at these classes. Until then, ski safe, ski smart and pray for snow.

You are probably wondering if I got to get some turns in? Well let's just say that I was glad I brought my headlamp, and a little p-tex is worth a face shot in October.

Cliff Lodge - photo by Justin Zucconi

MHSP Avalanche Training

By Matt Rea

Level II, Advanced Avalanche Course

We are teaching a Level II Advance Avalanche Class this year. Matt Hickok will be the lead instructor. Please contact Matt before December 10 if you are interested in taking the class. This is a great opportunity to advance your avalanche forecasting, safe travel and rescue skills. It is especially recommended for those who do any backcountry snow travel. We also welcome anyone who has completed Level II into our cadre of Avalanche instructors. The class will consist of the following sessions:

- In-Town Sessions, 6:30-9:30PM, Locations TBD:
  - January 8
  - January 22
  - February 5
  - February 19
- Field sessions:
  - March 8 and 9
  - February 9
  - February 16

Apprentice Avalanche Training

MHSP will not be presenting a Level I Avalanche Course this year. In the past, we've required all new MHSP apprentices to complete a Level I class during their apprentice year as a prerequisite for their cross.

However, given the amount of training required for apprentices, we've decided to push that requirement back to your second year. Apprentices, you'll have the full basic avalanche course to look forward to during the 08-09 season. Since we don't want to send you out into the Great White North without arming you with the basic skills necessary to protect yourselves and fellow patrollers from avalanche hazards. Therefore, we'll present you with an abbreviated "Avalanche Awareness" class. The Awareness class will consist of an evening class session in town, which we'll follow up with brief avalanche skills sessions on the hill integrated in with your regular apprentice training.

We'll present the Avalanche Awareness evening class twice—apprentices must attend one:

- Thursday, December 6, 6:30 – 9:30 PM, location TBD
- Tuesday, December 11, 6:30 – 9:30 PM, location TBD
- Please sign up online.

Avalanche Refreshers Courses

As a reminder, **it is MHSP policy that every active patroller must complete an avalanche class level I, II or a Refresher every third year.** Over the last two patrol seasons we have been forced to cancel all of our Avalanche refresher classes owing to the low dispatch of patrollers to cover the areas. Consequently, we have a very large backlog of patrollers needing a refresher after missing the training cycles, as well as those who were already overdue.

In order to catch up, we will be presenting four Avalanche Refresher sessions this year:

- Sunday, January 13
- Saturday, February 16
- Saturday, March 22
- Sunday April 6

All Refresher classes will run from 8:00 AM to 4:00 PM. Meet in the Government Camp First Aid Building. Please sign up for these classes online.

We've kept very accurate records of avalanche course completion over the last six years and can tell every patroller what their current standing is. Those records are now available under the "Avalanche Skills" section of the MHSP Wiki site. If you still have questions about your avalanche status—contact Matt Rea.

No excuses for not signing up.

No excuses for not signing up for avalanche refresher if you are due this year.

In Memoriam

Roger McIntire #1193 was long time, much respected patroller starting with the MHSP in 1992. Roger passed away unexpectedly on November 20th. A hill patroller and apprentice coach, his smile and personality are memorable.

He will be missed by all who knew him and patrolled with him.

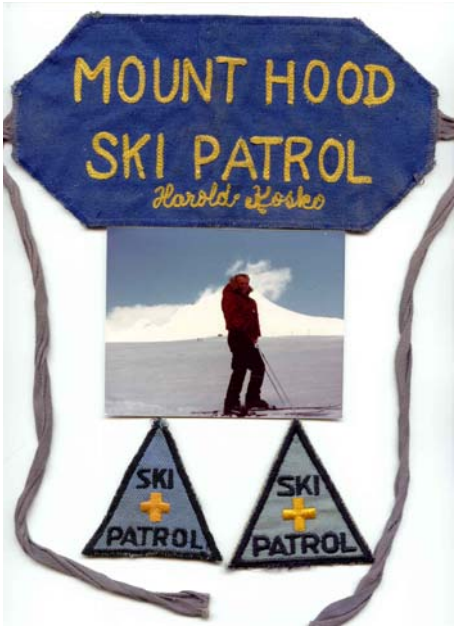
Roger, Rest In Peace.

Corky Kosko, #172, was laid to rest on Monday, October 29th. There was no service at his request. The bottom of his marker is inscribed - Corky, Mt. Hood Ski Patrol # 172.

According to his daughter, Holly, who contributes to the SnoJob, the family thought if fitting considering , "How all of this Blossom and ski patrol business was his main focus for enjoyment during the last year."

He told his wife, just a few months ago how nice it was to be recognized after all these years.

Holly likes to joke she is MHSP #172-A.



MHSP- News you can use...

Recruitment
By Lisa Hargrave

When Mac Sheldon and I took the ski test in 1984 we were just two of almost 150 people standing in front of the Govy building. The next day was just as big. At the time MHSP was approximately 300 people strong and the assignment cards went as high as 16 at Timberline and Skibowl and over 20 at Meadows. (Of course the radios weren't as good then and we found a lot of our cases by just skiing around.)

Well those happy days could be here again.

- Since the last tryout in March over 160 people have raised their hands to say they are interested in ski patrol!
- Since Spring 2006 we have registered almost 120 people for OEC classes.
- We have accepted 44 new members as fully qualified patrollers.
- We have 32 OEC graduates currently in apprentice training.
- We are prepared to start 30 additional apprentices in January.
- We have 10 Hill Patrollers and 3 Associate Patrollers transferring to MHSP from other National ski patrols
- 300 active members is a goal we can achieve over the next few years.

Waiting List

The 2006-2007 recruitment season was so successful not every candidate passing the tryouts was able to register for the OEC class. Of the 19 people on the waiting list, 10 have signed up for the Mountain First! Apprentice Class will begin training this January.

Mountain First! Program

MHSP is moving to a program of training all apprentices using the Mountain First! timeline. Mountain First! puts both Hill and Associate Apprentices on the mountain in January learning the ski areas, basic patrolling skills and procedures. OEC training starts in March with substantial reading assignments. OEC classes run April thru June. Experience with the experimental "invert" class in 2006 showed that having on-hill experience increased the understanding and retention by OEC students because they had already observed real-life cases. In addition, the instructors were able to keep the class closely focused on first aid because the distracting questions of hill procedures and "what is it like?" had already been put to bed.

The 2008 Mountain First! Apprentice Class will consist of 12 Hill Apprentices and 20 Associate Apprentices. (The Spring OEC classes will be filled out with "Medical First" apprentices until the transition to Mountain First! is complete.)

Tryouts in December and March

December Tryouts: Sunday, December 9th ONLY, we will be holding interviews and ski tests. **Anyone interested in testing in December MUST RSVP to the Recruitment Committee or they may be turned away if the crowd is too large**. Anyone may attend the December tryout, but priority will be given to candidates interested competing for one of the 22 remaining spots in the Mountain First! program in January.

March Tryouts: Tentatively scheduled for March 1 and 2. Successful candidates will have the option of competing for one of the open OEC class spots that Spring or waiting until the next Mountain First! class which will begin in Fall 2008.

If you know someone…

If you know someone who is interested in tryouts, please do not keep the news to yourself. All interested candidates must be registered with the recruitment committee in order to reserve a place at tryouts. Send the name, phone and email to the recruitment committee at mhsp@onebox.com or 866-828-9205 or sign up at www.mthoodskipatrol.org.

Recruitment Committee

Lisa Hargrave & Jaye Miller

MSHP is still looking for a few good people

How you can help achieve our *Active 300* goal

By Lisa Hargrave

Do you want to be sharing patrol duty with just anyone who has a pulse? Or do you want to know that every patroller on the mountain is a highly motivated person who had to compete just to be there?

The more people who want to tryout for ski patrol, the more selective we can be. That is where you come in.

Building a quality ski patrol requires numbers. Every year we must cover attrition plus increase our net membership. We currently have 180 members committed to actively patrolling at a Bronze or higher level. We need 120 more active members to reach our goal of 300 active members. We could potentially achieve this in 5 years or less.

We need you

We need every member of MHSP to be an auxiliary member of the recruitment committee. Experience shows that it takes about 170 names of interested people to fill a 40 person OEC class. Of that 40, maybe 30 will be patrollers 3 to 5 years later. So we need every member to spread the word that MSHP exists and what a rewarding experience it is.

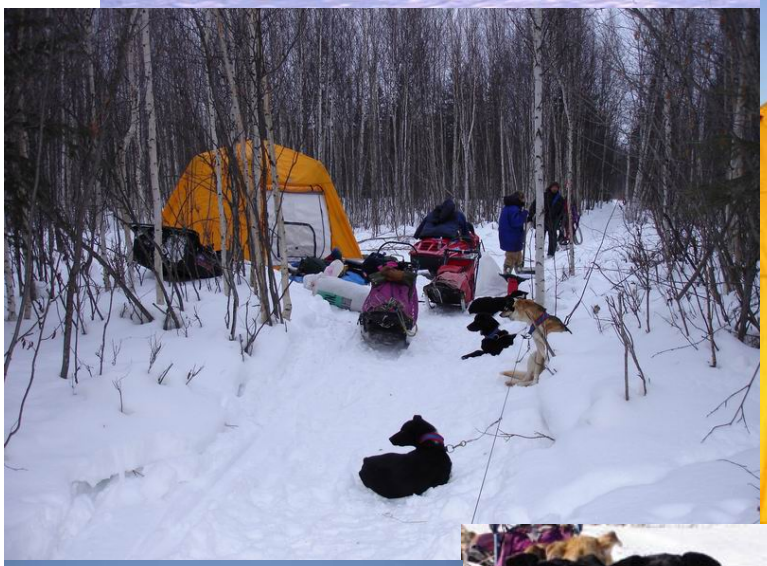
But I don't know what to say

Not to worry. The details are all on the web page at www.mthoodskipatrol.org. There are recruitment brochures in every first aid room and patrol room. Carry one in a baggie on the hill to hand out.

All you have to do is tell people how fun and rewarding it is to be a patroller.

Special feature

Turn the page, scroll down, move along….



Mountain Travel Anyone? The Alaska Range that is….

By Mac Sheldon

Want to run with athletes who eat raw meat, sleep outside in the winter and run naked in the snow? Come and join me on a great Alaska adventure this winter.

We'll meet in Fairbanks and drive to Nenana on February 23rd where we'll do a mushing 101 run with 4 dogs each to get to know the basics. We'll go maybe 20 miles and learn turns and control, then come back to the dog yard and head for a funky B&B down the road.

Day two, we'll head for Cantwell (east entrance to Denali Nat Park), hitch up the dogs and head up the Denali Hwy, which is actually mostly a dirt road in the summer and closed to cars in the winter. We'll mush our six-dog teams east about 40 miles, following the Nenana river most of the way and camp in the famous Arctic Oven tent that night.

Day three we'll run the dogs another 40 miles to Maclaren Lodge which is open year-round. We'll stay in a real bed that night then mush out to the Maclaren Glacier the next day and maybe hike for some turns if the snow conditions are good. One more night in a bed then on.

Day four, we'll run the dogs south toward Lake Louise, camping about 35 miles down the trail. The last day (barring weather holds) will be at the Lake Louise Lodge which is also open year-round.

This route will probably have some other dog team groups and a dozen or more snow machines over the five days on the trail, but it's safe and well maintained. There will be about six hours of the most

It'll cost us each $2100 plus airfare for the guided trip, and aside from a heavy sleeping bag and mittens, there's really nothing that we need additional to what we've already got. Andi has good boots, and beautiful parkas that are handmade by a native Athabaskan lady near Fairbanks. I do recommend that each of us has a Jet Boil. They're perfect for hot drinks on the trail.

On the way back to Anchorage, we'll stop in Wasilla for the official start of the Iditarod. This is not an official MHSP or NSP activity, but I can't think of a better group of people to share it with than my fellow Patrollers.

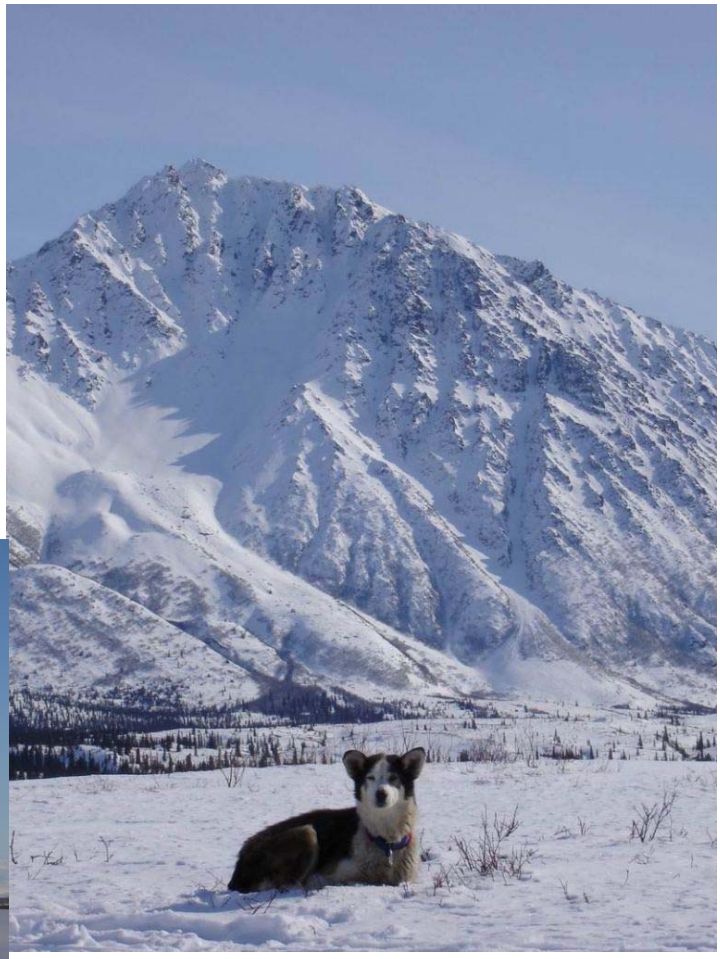
SPIF!

Mac Sheldon
mac@sheldon.com

incredible light during the day with about two hours each of dawn and dusk and a couple of hours of low angle sunshine....hopefully..... We could also have 50 mph winds and snow, but the odds of fair weather are good the last week of February.....and the Aurora Borealis.....indescribable.

Our guide, Andi, has great tour dogs and will be sure that we're as safe as Alaska can allow us. He'll run his snowmobile 10 or 20 miles ahead of us to make sure that all is well. The rest is up to our equipment, skills and judgment.

I have absolutely no trepidations having been on two previous adventures with Andi, and though it won't be a first summit, or a trek in Nepal, it'll be an experience not soon forgotten.



Important Dates

- *December 2—Tech and Nordic On-the- Hill, 9am—3 pm, Government Camp. Please dispatch*
- *December 4—Senior EMM meeting*
- *December 6—Avalanche Awareness*
- *December 8, 9—S&T Coach Calibration, Timberline (Coach Party on December 8—Collins Lake)*
- *December 9 -Ski Tryouts (contact recruitment committee)*
- *December 9—Make-up chair evac, Summit*
- *LOCATION CHANGE! December 10—General Meeting—Stafford Elementary, 7—9 pm*
- *December 11—Avalanche Awareness*
- *December 12 — Mount Hood Ski Patrol Executive Council , 6:45 pm*
- *December 20—SnoJob Deadline*

December 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Nordic On-the-Hill	3	4 Sr EMM OEC skills/ Hannukah	5 Hannukah	6 Ave Awarness Hannukah	7 Hannukah	8 S & T Coach Calibration
9 S & T Coach Calibration &..	10 General Meeting/ Hannukah	11 Ave Awarness Hannukah	12 MHSP Council Mtg Hannukah	13	14	15
16	17	18	19	20 SnoJob Deadline	21	22
23	24	25 Christmas	26	27	28	29
30	31 New Year's Eve					

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

Wasach - photo by Justin Zucconi

The official MHSP event calendar is available on-line through Google. Links are available from the MHSP Dispatch website through www.mthoodskipatrol.org — OR— if you have your own Google account access the calendar directly from your web browser by typing *calendar.google.com*. The name of the calendar is "*Mt Hood Ski Patrol – Oregon*". It is a public calendar so anyone may view it.

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

Important Dates

- *January 5, 6—Women's Toboggan Clinic (Timberline—Tentative)*
- *January 7—Sr EMmMWitten Scenarios due*
- *January 8 - Avalanche Level II 6:30 pm*
- *January 12, 20 —S & T Senior training*
- *BACK TO ATHEY - January 14—General Meeting— Athey Creek Middle School, 7—9 pm*
- *January 16 —Mount Hood Ski Patrol Executive Council , 6:45 pm*
- *Janury 24— —SnoJob Deadline*
- *January 26, 27—Sr. EMM Training Clinic*

January 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 Women's Toboggan Clinic
6 Women's Toboggan Clinic	7 Senior EMM Scenarios—written	8 Avalanche Level II	9	10	11	12 S & T Senior training
13	14 General Meeting/	15	16 MHSP Council Mtg	17	18	19
20 S & T Senior training	21 Martin Luther King Day	22	23	24 SnoJob Deadline	25	26 Sr EMM Training Clinic
27 Sr EMM Training Clinic	28	29	30	31		

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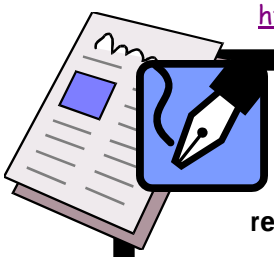

The MHSP SnoJob has a new address!

SnoJobEditor@gmail.com.

Now that you can hardly wait to be a contributing writer, remember:

- **Send copy as simple text in emails,**
- **Send pictures, graphics as jpg files,**
- **Send copy and all graphics separately;**
- **Make sure to identify who is in your contributing photo,**
- **Editors DO get editorial privileges to help formatting and standards of the publication.**

Donna Disch & Lisa Hargrave

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

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Mailing Address Line 3
Mailing Address Line 4
Mailing Address Line 5

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

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

READ THIS NEWSLETTER ONLINE!

Make sure to visit Mount Hood Ski Patrol Website

www.mthoodskipatrol.org

MHSP
Executive Council

President - Joel Stevens
Vice President - John Gastineau
Secretary - Mark Diamond
Treasurer - Kathy Lee
Patrol Chief - Paul Podett
First Aid Chief - Cleo Howell
Associate Director - Dave McKay
Nordic Director - Michael Curtis
Senior Trustee - Mac Sheldon
Middle Trustee - Matt Hickok
Junior Trustee - Steve Eversmeyer