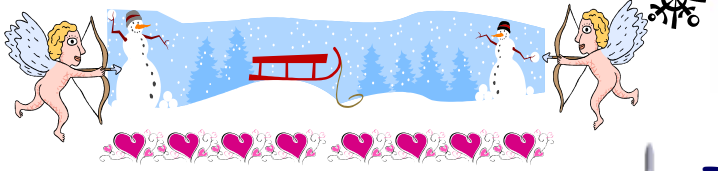
MHSP SnoJob

February 2006



President's Choice

- Lisa Hargrave

If you are not part of the solution… goes the saying. MHSP members are solution people but may not be sure where to put their efforts. Here are the things you can do to support the team this season.

Pre-dispatch

We need each and every patroller to fulfill their pre-dispatch commitment. While walk-ons are appreciated at the time, the ski areas, the APC's, the Hill Captain and Associate Supervisor need to know how many people to expect. It does not help us to end up overstaffing one area while we are short at another. If you decide to patrol on short notice please call Lisa Hargrave or Joel Stevens to get on the pre-dispatch or go through Dispatch in Govy and be open to going where the need is greatest.

The majority of patrollers are pre-dispatching for their minimum days. If you are one of the minority please sign up now. If you are on the injured list or are unable to schedule in advance because of work commitments please contact Patrol Chief Steve Eversmeyer so we can number you among the patrollers in compliance.

Extra Days

Last SnoJob featured an explanation of our manpower predicament. The minimum days for each membership level are just that – minimums. There is plenty of room to do more. We are asking each patroller to put in one extra day in February and March so we do not experience too many short-handed days.

Reminder: if you do not teach or coach doing the minimum number of winter days won't get you to your total minimum days.

Recruitment

We had over 60 people come to our information nights, interview or take a ski test. Prior experience tells us most, but not all, of these will take the OEC class and start their apprenticeship. We still need more possible recruits. Have you told everyone you know about ski patrol? Do you talk up ski patrol with skiers on the lift and in the lift lines? The next ski test and interviews will be the last weekend in February at the Dispatch building. Have your interested prospects register with the recruitment committee by emailing mhsp@onebox.com or by going to www.mthoodskipatrol.org.

Thank you for all your efforts. See you on the mountain.

Lisa Hargrave,President
lisa@philhargrave.net
541-386-4785 work 541-386-6835 home

REMINDER! March-May Dispatch is due by February 17th!

Important Information:

Radios & Dispatch	*Pg. 2*
MTR, Banquet	*Pg. 3*
Jelly Belly	*Pg. 5*
Healthy Heart	*Pg. 6*
Ski Enhancement	*Pg. 8*
Backcountry Test	*Pg. 9*
Calendar— Feb/Mar	*Pg. 12/13*

New sponsor!
See page 5

Vice President – Joel Stevens

Photo credit: Buzz Bowman -(Bluewood 2005)

A few comments to enhance our professionalism:

On-the-air etiquette:

1. Always say the name of the party you are calling first then your name second. Repeating the name of the patroller you are calling is good practice since the radios may clip the first ½ second of the transmission. (Hill Captain, Hill Captain. -- Stevens.) If you are the patroller being called, acknowledge the call so the person calling knows the appropriate party heard them, for example, "This is Hill Captain. Go, Stevens."

2. Pause and think a moment before you answer the radio, especially if it is a call from the pro patrol. Make sure you communicate accurately, clearly and succinctly without adding unnecessary details. Remember, the area personnel give us direction. We cannot announce a closure or a special action prior to their direction. This is protocol.

3. Remember the public may often overhear our communications. Don't make unnecessary comments about cases or area equipment.

4. Ask for clarification, if you're not sure you understand the location or request.

5. If you're in RC during an incident, give the appropriate patrollers a chance to respond before you jump in. At the same time be ready to relay if it is obvious the two parties needing to communicate can't hear each other.

6. When you hear a radio transmission, stop and listen, even if it is not initially directed to you. You need to be aware of what is going on all over the mountain so you can respond if needed or otherwise act appropriately.

7. If there are multiple incidents, triage your over-the-air communication. Don't walk on the other conversation, and let the most critical communications have priority.

There is a time and place for some light hearted repartee over the air, but it is not appropriate when we have a major problem or case going on. (See #6.)

Personal ICOM Radios:

For those who own your own ICOM F11s. We have programming software to adjust many features on these radios. We can improve sensitivity and battery life, enable channel locking, or change the channel programming. Contact me - I can make any programming changes you want. We have enabled channel locking on the T-line radios and will reduce the squelch level in the near future.

Dispatch Website:

There are a lot of changes underway on the dispatch site. Many relate to the database functions, and are only visible to administrators, but a number will impact all of our patrollers.

1. You will be able to print a usable roster using online print commands.

2. The roster has pictures available. You can turn this feature off or on, to speed up processing, or reduce paper requirements for printing.

3. You may select which class or classes of patrollers you want to see, or print. (If you don't make a selection, all classes will be included)

4. We have changed the *Schedule page* so you start at the *Signup page* rather than the *master calendar.* This was done, because the *Signup page* loads much faster. The *master calendar* is still available as always, and we encourage you to use it, to see where we are short.

5. We periodically adjust the closest time to dispatch, in an attempt to make it easy for people to sign up when we are short. The website always tells you what the minimum time is on the *Signup Page.*

6. Because of some programming limitations, in the past, Hill Patrollers were also able to sign up as Nordics and Associates, and Associates were also able to sign up as

Nordics. With the website changes, you can only sign up for duties in your classification, however we can now assign more than one classification i.e. our Dual patrollers might be classes HP and NP. If you are a dual Hill/Nordic or Hill/Associate, check your classification in your roster listing. If it is wrong, let me know.

We have a computer with internet installed at the Govy Building. Please use it to access the dispatch site, to check on manpower, or sign up, when you are at the ski patrol building. We will install a printer in the near future.

Mountain Travel Rescue (MTR):

We are planning a Mountain Travel and Rescue class this year. This is a great class for improving your survival skills and learning the basics of winter travel, snow camping, and backcountry search & rescue. It is a required class for Nordic Patrollers, and recommended for Hill Patrollers and Associate Patrollers.

Tentatively the in-town sessions will be held Wednesdays nights in March and the overnight field secession will be the 1st weekend in April. Please contact Joel Stevens or Mac Sheldon to sign up, or give us input on the best dates for you. We will put MTR on the pre-dispatch calendar as soon as we finalize the dates.

We are glad to see John G. and Laura and Peter back from Eagle Cap. Some of us were concerned when John agreed to take two of our best new patrollers into the Avalanche dragon's lair during heavy snowfall, but they are all

Now for the fun stuff:

Banquet:

The Annual MHSP Awards Banquet is scheduled for **May 6th at Timberline Lodge.** The bar will open at 6:00 and the dinner will start about 7:30. The cost is expected to be between $30 and $35 per person. (The actual amount to be determined later.) We will send out invitations with a response card towards the end of February.

All members (Patrollers, Associates and Mountain Hosts) and their spouses/SOs are encouraged to attend. This is a significant annual event for the Patrol, where the new patrollers get their crosses and the annual awards for outstanding performances are given. There will be music and dancing after the awards. Dress is semi formal (no skiwear) - coats and ties or tuxes for the men and appropriate evening wear for the ladies.

Timberline is holding a block of 30 rooms for us at this time, so you can stay at the Lodge after the Banquet. These are on a first come first served basis and they go fast, so call T-line and reserve a room now, if you are interested.

Dave Hornibrook is in charge of the banquet committee and could use some help from other patrollers. Please give Dave a call if you can help out.

Your Veep in the Deep,

Joel Stevens

KUDOS:

Feedback From Mt. Hood Ski Patrol Website

I wanted to thank the ski patrol at Skibowl. On Saturday Jan. 14th I fell and as a result had a Tibial Plateau fracture. I believe the gal who helped me out was Peggy O'Leary. She and her crew took such good care of me. From the top of the hill to bringing me down, in the ski patrol hut, and into the car the exceptional care I received was the utmost quality. Can you please make sure to pass my thanks on to those involved? Thanks so much.

- Sandi

Radio Rant # 3 –

by Rad I. O'Rant (MHSP #0000)

Those nice chest packs for radios we like to use are convenient, but hold the radio in possibly the worst possible place for effective transmission.

If you're not being heard, pull your radio out and hold it away from your body. Use the radio in that position for difficult situations.

Patrol Chief Notes – Steve Eversmeyer

I'm not sure how many of you have been enjoying the camaraderie and snow, but I've had some GREAT days so far. If you haven't been there you have still have time! Call someone you like to ski with and get up there. Remember, if you are coming up too late to have dispatched and you can't call the HC or AS for that day, you should:

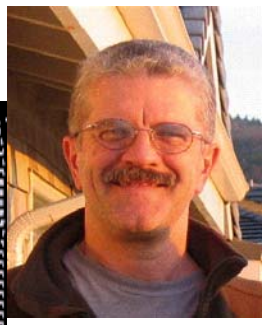
1. Stop by Govy between 7 and 7:30 AM and go where the dispatcher sends you.
2. If you miss the dispatcher, head to east side Skibowl, then Summit then Timberline. Check in with the HC or AS and proceed as instructed. They may know what the staffing needs are at the other areas.

We're there to serve the areas, which we do by covering them all.

Equipment notes – Giant, a.k.a. Steve Knauss has agreed to help maintain sleds. Tom Payne will be helping him get familiar with the tools we provide, where parts are kept, etc. *PLEASE take a minute and Thank both of them!* We're in trouble if we don't have sleds to run patients in.

Think snow and I'll see you on the mountain. THANKS for fulfilling your commitment to each other and the areas!

Nordic Director—A Nordic Review - Michael Curtis



The snow brings (oh my! You ARE on top of it!) Skiers! And the trailhead parking lots have been full. Whether your next adventure is at White River, Bennet Pass, Glacier View, Trillium Lake or any number of Mt. Hood's well traversed Nordic trails, they are out there. Many express their appreciation for our presence. A few are particularly glad:

Saturday January 21 - An uneventful day but worth noting is apprentice Nordic, but avalanche guy extraordinaire, Matt Hickok who gave an avalanche talk to a Boy Scout troop doing a winter survival training session at White River.

Sunday January 22 - Five Nordics on. Jeff Heppler, Dave Ewen and Todd Burwell patrolled Twin Lakes while Donna Disch and I patrolled around Enid Lake. We received a Search and Rescue (SAR) call-out to Pocket Creek for a lost skier and a SAR call-out to Bennett Pass at the same time for a skier with a hip injury. Both teams were about an hour from the trailhead when the call from Hood River Sheriff's Office (S.O.) came in. Jeff and team pointed to Bennett Pass as they had the sled at their trailhead. Donna and I started for Pocket Creek. AMR's Reach and Treat (RAT) team also sent to Bennett Pass.

The Pocket Creek call was cancelled before we got there. The person was not out, but had been located and would be escorted out.

Donna and I diverted to Bennett to help with extraction. The incident involved a Mazamas group. The patient was a doctor; two MD's and two Wilderness First Responder (WFR) trainers were there and expressed they were very impressed with our OEC trained response. The WFR trainers noted while they do a fair amount of training they never get to use it and we certainly seemed to know what we were doing. They were even more impressed we would not be billing them for our services. It was a successful event, and great to have the RAT folks there as they may administer drugs and start an IV while we are grunting with the sled.

Instructor Development

Interested in teaching Avalanche, MTR, OEC? Or becoming a First Responder Trainer or Sled Coach? One of the first steps is to take an Instructor Development class and one is coming up on 2/23/06 and 3/1/06. The time will be 7pm-9:30pm, location to be determined. Both nights are required. If interested, contact Kathy Lee, leek@ohsu.edu, 503-494-2630 wk, 503-654-7494 hm.

What do jelly beans have to do with Ski Patrolling?

One of the guiding principles in looking for a sponsor was to partner with a company whose image is appropriate to an outdoor/ sports oriented organization (hence, no alcohol or tobacco companies).

Jelly Belly Candy Company (JBCC) turned out to be a great fit for MHSP.

1) JBCC's newest product is their "Sport Beans", which is an energy/ fitness food directly competitive with the "energy gels" currently marketed to outdoor and fitness enthusiasts. The Sport Beans are more fun, taste better and don't make a mess in your pocket.

2) JBCC is a family-owned company stressing a wholesome, family-oriented image that is lots of fun. Although we do like to have an occasional beer, the overall image MHSP wants to project is of a fun group performing an important community service.

3) Jelly beans turn out to be a great ice-breaker with the public, opening the door to talking about our safety and recruitment messages.

MHSP was attractive to JBCC because:

A) They wanted to find winter activities for their promotional calendar,

B) Skiing is a family oriented activity and they really liked the environment at Skibowl and Timberline.

C) Mt. Hood Ski Patrol has the family/community appeal they look for in a representative.

Check out the website at www.jellybelly.com to learn more about Jelly Belly products and programs. Click on Sponsorships to see the information and links to MHSP.

Traveling Mr. Jelly Belly enjoys first class demonstration of first aid at Timberline.

Jelly Belly: Fun Facts to Know And Tell

- Jelly Belly Candy Company has been family owned since its founding in 1898.
- Jelly Bellies are smaller, softer and brighter than regular jelly beans.
- Sport Beans contain electrolytes as well as providing an energy boost.
- The reason Jelly Bellies taste so good is that both the shell and the inside are flavored.

First Aid Chief

- Jodie Jeffers

"See you on the mountain. Leaving tracks of all kind!"

Be My Healthy Heart Valentine!!!

Lets review some cardiac information this month- you can also refer to Chapters, 4, 7, 11, & 22!

First some anatomy and physiology: The heart is a hollow organ suspended by the aorta protected by the rib cage and spine. The adult size is approximately an adult's closed fist. It is divided into 4 sections; the top two chambers are the atrium and bottom two are the ventricles with a right and left side. It is an involuntary muscle working on its own. During periods of stress or exertion, the muscle uses and requires more oxygen supplied by the coronary arteries on the outside of the heart. Also during these periods, the heart pumps faster ensuring other systems and organs are supplied with blood.

Heart Rates, Average Resting HR

Adult 60-100

Child 80-100

Toddler 100-120

Newborn 120-140

Remember higher elevations mean less oxygen in the air. The less physically fit have faster rates! Find pulses at major areas: carotid (neck), femoral (groin), brachial (elbow), radial (wrist), dorsalis pedis (top of foot), and posterior tibial (inside of ankle).

Blood Pressure is the pressure blood exerts against the walls of the arteries as it passes through them:

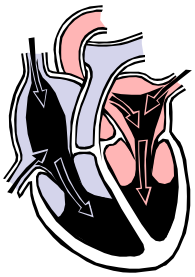
Systole- ventricles contract blood out the aorta during contraction phase.

Diastole- ventricles fills from the atrium during relaxation phase.

Systole and Diastole create the pulsatile pressure wave.

Volume- In the adult with each beat, 70-80 ml of blood is ejected and every one minute, the entire blood volume of 5-6 liters is circulated in the body. (Remember the pop cans during the shock lecture at the Refresher!!!)

Medically, we think of Myocardial Infarction- MI, Angina, Coronary Artery Atherosclerosis, CHF- Congestive Heart Failure, and Cardiogenic Shock. With **trauma** we think of penetrating (open) and closed (blunt) injuries, and cardiogenic shock.



Medical- Low blood flow to the heart is usually caused by coronary artery atherosclerosis, a disease of cholesterol plaque build up and eventually blockage. Sometimes brittle plaque breaks causing a blood clot to form, also obstructing blood flow. Heart tissue downstream suffers from a lack of oxygen and within 30 minutes will begin to die and may result in acute myocardial infarction (AMI) or heart attack. Heart tissues with insufficient oxygen but not yet dying may cause pain called angina. This is usually relieved by rest or nitroglycerin tablets and usually lasts just a few moments.

Signs and Symptoms of AMI may include: occurrence at any time, may not occur just with exertion; last up to several hours, may not be relieved with rest or nitroglycerin, may be described as crushing chest pain, may involve sudden onset of weakness, nausea, and vomiting, sweating, pain may radiate to shoulder, arm, neck or jaw. REMEMBER, a patient may not have any symptoms, one, several or all. A patient may be anxious, pale, have clammy skin, increased HR, lower BP and may also be in DENIAL.

Heart attacks may result in sudden death, abnormal heart rhythms as well as cardiogenic shock. They may also cause congestive heart failure where the damage muscle can't contract effectively enough to pump blood throughout the system The lungs become congested with fluid, breathing becomes difficult, HR increases, left ventricle enlarges causing swollen ankles from edema, high BP, rapid HR & RR, sometimes even includes pink sputum and painful breathing.

Trauma- Afterward trauma observe the patient for respiratory

difficulty and signs of shock with potential for cardiac injury. Be aware of lactic acid build up from muscle injury and lack of oxygen to the cells following injuries crushing any part of the body. This buildup of toxins may be released into the rest of the body after the crushing object is removed and may potentially cause a heart attack and other complications.

AED- Remember, most AED patches are for individuals weighing 55 pounds or more and age 8 or older. When using and AED, turn it then apply patches. The machine will analyze the patient. If shock is needed ensure everyone is clear before pressing shock. If used on a moving patient the AED may misinterpret the movement. Don't touch the patient while analyzing or shocking and remove the ambu bag from patient's face prior to shock.

Treatment: Recognize needs by applying high flow O2, AED, AMR and possibly LifeFlight. Make every effort to obtain SAMPLE history, use OPQRST to assess pain, make frequent vital sign checks, and keep patient in a comfortable position (usually sitting up if shock is not a factor). Patient may use their own nitroglycerin up to 3 times, 5 minutes apart.

This is just a brief overview of medical and touches on trauma precautions for the heart. Please review, research, practice and teach others to help reinforce your existing knowledge. Please feel free to contact me with any questions and we can learn and review together. Happy Heart Month!!

News for Patrollers:

Oxygen:

1-O2 Regulator Findings- may go up to a maximum of 25 LPM!! Be sure to check liter flow or find yourself out of oxygen in a hurry!! Familiarize yourself with the maximum liter flow needed for each situation.

2-Ensure bottles are protected and in a holder or safely on floor and unable to roll. Using an O2 bottle unprotected is **dangerous**. Keep them out of the way, against a wall, AND in a holder. Also protect the regulator during transport in a toboggan. We are looking for ways to further secure them to the walls at the ski areas. Suggestions welcome.

3-Checking out new D size bottles with built in handle and regulator all in one. Check with Terry Niedermeyer or myself for more information.

Topics:

1-Any suggestions always welcome.

Supplies:

1-If noticing we are low, make sure the Associate Supervisor is aware. If you find you are out of a supply at Govy, check with other areas to tide yourself.

2-Please let me know ASAP of low or out of supplies so things can be reordered quickly.

Care Rendered:

1-If you have concerns or suggestions, please talk with the Associate Supervisor and Hill Captain so all patrollers may be brought up to speed.

2-Interesting cases, please have the Associate Supervisors and Hill Captains notified so we can properly follow up.

CPR:

1-New standards will be coming out this spring, but remember, until you have recertified with those, you must practice as currently trained.

2-If you have the opportunity to take a class at work to update, we encourage you to do so.

3-CPR recertification will NOT be done at the next OEC Refresher due to the time frame of updating with the new standards

4-We will try to arrange some classes or find them for those that don't have that opportunity at work to update.

Thanks, you all are doing a great job!!!

- Jodie

CONTEST: First 2 correct responses win a prize at the February monthly meeting:

Where are the AED's kept at each ski area and how many are at each?? Send your answers to Jodie at tailwaggin@comcast.net

Jelly Belly Sampling Event

Time has come to show Jelly Belly what MHSP can bring to our partnership. The first "Sampling Event" is coming up February 18 and 19th. What could be more fun than handing out free candy and talking about ski patrol?

We are looking for several volunteers to help staff the Jelly Belly Sampling Tent.

- Saturday, February 18 Timberline
- Sunday, February 19 Skibowl

We need about 6 people per day to staff one or two 2-hour shifts (hours 8-2) in the sampling tent. There will be one or two people in the tent from approximately 8 AM to about 2 PM. At Skibowl we will probably have a Sport Bean tent on the West side and a jelly bean tent on the East side.

The actual work is about the same as the ski show. Help hand out Sport Bean or jelly bean samples, sell raffle tickets for a Jelly Belly Gift Basket and talk to the public about the ski patrol and volunteer opportunities. If you like, you can work one shift in the sampling tent and then patrol for the rest of the day.

Please contact Lisa Hargrave by February 1 to sign up.

See you on the mountain,
-Lisa

MHSP Pro Deals—Here' s how:

1) Identify yourself as a member of MHSP by presenting your membership card or mountain pass to participating ski and snowboard shops.
2) Set an appointment to accommodate a less busy time for the shop, especially if fitting boots. Call or ask for the shop manager or person in charge to request a pro form.
3) REMBEMBER: Pro form purchases are for patrollers only. Purchases for family and friends are not allowed. Failure to follow this rule may cause privilege termination for all patrollers. Discussion of prices paid for pro form purchases must be limited to other patrollers only.
4) It's important to patronize our pro form shops for other items and promote them to other skiers and boarders.
5) Be professional—use your pro form equipment multiple seasons and forget buying new each season just to sell.

Participating shops:

Ski Chalet in Raleigh Hills, Beaverton, **The Mountain Shop** on NE Broadway, **US Outdoor Store** downtown, and **Hillcrest** in Gresham.

Skier Enhancement Seminar

Need to brush up on your ski skills? Contact Rod Legg about the MHSP skier enhancement seminar on **February 11**. Group instruction will be provided and patrol jackets will not be worn. The instructional cost is $25 per person and

~~Canceled~~ ~~til~~ ~~further notice~~

A little backcountry test slide

When's the last time you really used your avalanche training? It's easy to get rusty if you never leave the Cascades. Last week I had a chance to earn some turns in the Eagle Cap Wilderness area in eastern Oregon. Since this was not our usual Cascade cement, I wanted to be particularly careful—indeed, snow stability conditions sometimes changed our skiing plans.

During our ski-in day we saw lots of snow in motion near the ridge-tops. A hard south wind was dropping snow on some slopes, and we wondered if that would become a problem over the next four days of skiing.

One of the many tools to test stability is to try to make a slope slide, if you can do it safely. The secret is to find a small test slope like the slope you want to ski, but with no consequences if it does release.

We found a slope with a small wind slab below a rollover. This rollover was quite a bit steeper than the surrounding terrain. With a beautiful pillow of extra snow behind it, it begged to be tested. The consequences of this small pillow sliding were minimal, so jump I did (after my dog got out of the way, of course). On the second jump a fracture line shot across the top, and the pillow dissolved into a puzzle of slab chunks. A nice clean crown face was left behind as shown in the picture below. For scale, the crown was about 20 cm high, and 2 m wide. What did the mountain tell us? Stay away from those wind slab deposits! Fortunately the terrain made that very easy, and we enjoyed fine soft powder for days.

- John Gastineau

Meadows Moments

Meadows Area Patrol Chiefs (APCs) Jeff Ezzell and Debbie Norvell

I'm sitting bump at the Top of Star as I write this and it's been a pretty quiet MLK Monday after one of the busiest weekends the Meadows Patrol has ever seen. In the Q today, the pros told me they didn't know what they would have done without the help of the MHSP and the training groups this last weekend. The extra help throughout the winter holidays was greatly appreciated, too.

I asked for comments about our teams and got some very positive feedback. They said the teams are more familiar with the area and it's quirks sooner, they've noticed the skill level of our teams go up and all said to make sure I tell you how much they appreciate our help.

The combined pro/volunteer training along with the new team schedule putting us up there more often to earn a season's pass is working out great for Meadows, but some of our team members would rather work for chits.

Patrol Director Melissa "Mel" Toney and I are working on giving Meadow's MHSPers a choice between earning a pass or chits. Mel is very interested in keeping her "Hooders" happy. Under Mel's leadership not only has the relationship between the hooders and the pros improved, but also between the patrol, park crew, lift ops and maintenance.

Meadow's MHSPers can take their map test at the Feb or March MHSP General meeting. There are also map tests in the briefcase at Meadows along with Mel's Map and other orientation information.

Our training is welcome at Meadows. We are in the process of scheduling a couple orientation days this spring. If you're interested in patrolling at Meadows we'd love to have you attend an orientation day and shadow a couple times to see if you'd like to join a Meadows Team.

Thank You to all Meadow's MHSPers, apprentii and coaches for all their hard work so far this season.

-Debbie Norvell

Meadow's APC

Photo compliments of Jeff Ezzell as viewed from 9150 -the top of cat skiing at Meadows in 2004.

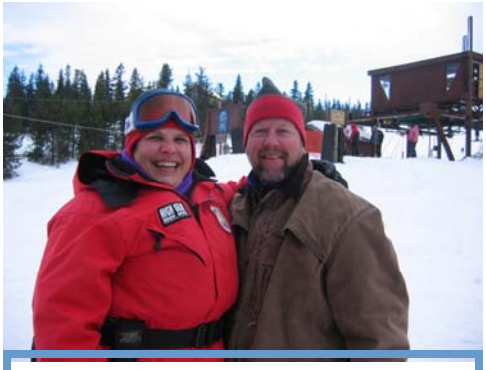
A sample of Summit

What's waiting for you at Summit? Cold snow, a warm welcome and lots of appreciation.

Established in 1927, Summit is the oldest ski area in the Pacific Northwest. A patrol day at Summit will be full of rewards from the friendly staff to the recognition of folks visiting the hill. For many, you are the first 'real' patroller they've ever met! Summit attracts many who are just venturing on their first snow and outdoor experience—and MHSP is an important part of the picture.

We want to be a part of that memorable experience that gets them to come back and help them when needed.

As a patroller, go for your own sample of Summit this season — You'll be glad you did.



MHSP Prez Lisa Hargrave with longtime friend Mike Beckman who runs lift operations at Summit. Photo by Donna Disch

Jimmie Griffith and Jared Kausch are co-managers at the Summit Lodge. Photo by Donna Disch

MHSP Ambassadors

Hey did you know? The Mount Hood Ski Patrol Ambassadors speak to groups about...MHSP!

If you know a group looking for a speaker on snow safety—contact the MHSP Ambassadors. They are looking for groups and speakers.

Recently Cleo Howell gave an Ambassador talk to an Explorer Post.

For more information please contact Mac Sheldon at macsheldon@attglobal.net.

Lots of snow! Inside, the patrol room is ready for patients
Photo by Jodie Jeffers

Schedule of Events

- ***Feb 1, 2: OEC Challenge***
- ***Feb 4: Level II Avalanche Field Session***
- ***Feb 9: OEC Challenge***
- ***Feb 11: Senior Ski and Toboggan***
  Feb 11: Skier Enhancement Seminar
- ***Feb 12: Avalanche Refresher***
- ***Feb 13: MHSP General Meeting, Athey Creek Middle School , 2900 SW Borland Rd; West Linn***
- ***Feb 15: Mount Hood Ski Patrol Executive Council 6:30—10 PM, Portland Fire Station #12 , 8645 NE Sandy Blvd. Portland***
- ***Feb 16: OEC Challenge***
- ***Feb 16: SnoJob article deadline***
- ***Feb 17: DUE DATE FOR MARCH-MAY DISPATCH***

February 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 OEC Challenge	2 OEC Challenge ; Grnd Hog Day	3	4 Level II Ava Field Session
5	6	7	8	9 OEC Challenge	10	11 Sr Ski & Toboggan/ Ski Sm
12 Ava Refresher	13 General Meeting	14 Valentine's Day	15 MHSP Council Mtg	16 OEC Challenge/ SnoJob	17 MAR-MAY DISPATCH DUE	18
19	20 SnoJob to Printer; Prsidnts Day	21	22	23	24	25
26	27	28				

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

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

Photo credit: Donna Disch

Schedule of Events

- ***March 4: Level II Avalanche Field Session 7:30 am—4:30 pm contact Matt Rea***
- ***March 9: 2nd Avalanche Awareness Training in Town 6:30 pm—9:30 pm fore all new candidates and makeup for apprentices. Contact Matt Rea***
- ***March 9: OEC instructor update contact Jodie Jeffers***
- ***March 13: MHSP General Meeting, Athey Creek Middle School , 2900 SW Borland Rd; West Linn***
- ***March 15: Mount Hood Ski Patrol Executive Council 6:30—10 PM, Portland Fire Station #12 , 8645 NE Sandy Blvd. Portland***
- ***March 23: SnoJob article deadline***
- ***March 23: Avalanche Level 1, 2nd class, In town 6:30—9:30 Contact Matt Rea***

March 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 Avy Training
5	6	7	8	9 Avy Training/ OEC Instructors	10	11
12	13 General Meeting	14	15 MHSP Council Mtg	16	17 St. Patrick's Day	18
19	20	21	22	23 Avy Training/ SnoJob	24	25
26	27	28	29	30	31	

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

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

Photo credit: Donna Disch

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Mailing Address Line 5

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

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Make sure to visit Mount Hood Ski Patrol Website

www.mthoodskipatrol.org