March '05 SnoJob

March already?
Spring break! Longer daylight! Spring skiing conditions! Elections!
Apprentices completing their training! Funday! Awards! Banquet!

Message from the President

Bill Boyd
whoch@earthlink.net

In spite of snow levels being of higher elevation than normal, the crowds are still coming to ride. And of course, we are still being needed by those same riders due to unfortunate circumstances. I have been hearing many good comments directly from the areas and also seen Thank You cards received regarding outstanding first aid and care. This is what makes us great. Absolute strangers caring for the injured, Searching for the lost, saving lives.

I would like to extend a very special THANK YOU to all this years apprentices and coaches for all the effort they have put forth making the best of a challenging ski season. We all appreciate your hard work and dedication.

This season we have seen conditions that will make the record books, and much to our disappointment, found the bottoms of our boards turned into a maze of scrapes and dings. If you didn't have a pair of rock skis before this season, you will most certainly have some now.
I thank you for your sacrifices.

Tryouts are just ahead. We will be put against a challenge this coming year. We will need to recruit a larger number of quality volunteers this year than in recent years past. Our needs as a Patrol demand that we recruit and train many many new patrollers, and our benefits will be embracing the many new friendships forged along the way. We all need to take a hand in this process this year. Look around where ever you go, select and invite busy successful people like yourself to our tryouts. If they can't make it, please forward their name to our shadow program, so we can have one more chance to see them before OEC starts.

Awards are also quickly approaching. Please take a few moments, jot down your observations hand them off to a Hill Captain, Associate Supervisor or e-mail them to any Council member. At the next General Patrol meeting and we will have forms available for you to complete and leave or send in when you have them finished.

See you on the slopes,
Bill

General Meeting

March 14th

Upcoming March Events

12th &13th - Tryouts
12th & 13th - Senior Sled - Combined Training
14th - General Meeting
19th - Avalanche Refresher
19th - Evening FRT/Sled update
20th - FRT/Sled update
22nd - Council Meeting
26th - Senior EMM

Upcoming Early April Events

2nd & 3rd - Senior Evaluations
9th - FRT/Sled update
10th - FRT/Sled update

...AND MUCH MORE-SEE FULL DETAILS IN THE CALENDAR...

Message from the Associate Director

Eric Einspruch
einsprch@teleport.com

Greetings all! This month I would like to again express my thanks to all the **Apprentices** who are putting forth so much effort this season, all the **Trainers** and **Mentors** and **Coaches** who are helping the Apprentices, and all the **Patrollers** who have continued to serve our patrol and our areas through this unusual winter. A friendly reminder to Associate Patrollers: please be sure to sew the new backpatch on your parka before the banquet. The skiing at Timberline has been terrific lately, and I hope to see you there sometime soon. As always, feel free to contact me with any comments, suggestions, or questions you may have.

Eric Einspruch
Associate Director
AS461

Message from the Timberline APC

Dave Wheeler
503-631-8410

Timberline Loves us!!! What a news flash!! We are doing a great job and Jim Tripp says he is very happy with all that is going on. We are having the same problem that the other areas on Mt. Hood are having, the lack of skiers. Unfortunately for us that means patrollers. There should be no day that does not have the full complement of patrollers and associates, 12 & 6. Not to sound off about the good old days, but when I started on the patrol, we were servicing 4 and some times 5 areas. We had better than 75 patrollers a day. Now we cannot get 25 to serve in 2 areas. Something is wrong with this picture. Please wake up and complete your commitment.

Our patrollers have been doing some fantastic First Aid on the mountain. My compliments to all who have stepped forward to work. Please remember: WHEN IN THE AIR - BE AWARE.

Dave Wheeler
Timberline APC

Patroller Responsibility Code

Service before self, the needs of the mountain come first

Be on time

Never leave a patroller in need

If you need help, ask for it

Keep your training current

Always act in a manner that reflects well on the patrol

Committee News

John Keyes Memorial Golf Benefit

This year the **John Keyes Memorial Golf Benefit Committee** is committed to donating **$30,000** to the Patrol. To achieve this goal, we need your help. But we also want you to have fun helping. So we are announcing the **First Annual Donation Competition**! To join in the fun, just follow these two steps:

1. Create a Team

The Patrol has a lot of "teams" already - Apprentices, Alums, Supervisors, Hill Captains, Meadows Teams, the Council, etc. People who are already getting together in groups are the easiest teams to form. Or go out of the box and recruit friends who are not on the Patrol. Don't forget to pick a name for your team!

2. Win Prizes

To qualify for a prize, your team needs to bring in $2,000 worth of sponsors, golfers, raffle items, auction items - we even accept cash! If you have a team of six, each member would be responsible for $335 worth of donations. That equals two golfers or dinner for four at a nice restaurant. It adds up quickly! The qualifying team bringing in the highest dollar value wins **the Grand Prize - a $500 party at Salvador Molly's**. All the other qualifying teams go into a pot and the committee will draw for **the Other Grand Prize - $250 party at the Raccoon Lodge.**

The Competition starts now. The gauntlet was thrown down at the February Patrol meeting - we already have five teams! It ends July 31st with the prizes awarded after the Golf Benefit (September 11th).

The Committee would like to meet with all the teams at Athey Creek School at 6:15 before the March Patrol meeting to register your teams. We will be giving you packets with information on the Benefit, brochures and a list of contacts that the Committee has already made. We will also give you some advice about how to approach donors and answer questions. But please don't hesitate to call us before that.

Remember - you don't have to love golf to participate in this competition. You just have to love the Patrol.

Jerry Knowlton jerry@jhkinc.com
Mark Larson larsonm@trimet.org
Pat Stevens pat@sdeltd.com

Message from the Senior Trustee

Daniel Dean
ddean1069@hotmail.com

MHSP Council Elections

Call to action! Strongly consider becoming a more active member of the MHSP! Every MHSP Council position is up for grabs! Help to make the MHSP the best it can be and the envy of others. Please express your interest in running for a Council position by contacting any member of the nominating committee: Kathy Lee, Matt Rea, Mark Larson, Eric Pool, and Daniel Dean at your earliest convenience. For candidates to be cited on ballots, their names must be known 11 days in advance of Election Day – i.e. April 1, 2005.

For voters, please note that absentee ballots may be attained from the Senior Trustee, Daniel Dean. To be counted, absentee ballots must be returned to Daniel Dean by U.S. Mail no later than 5:00pm the Friday before Election Day (April 8, 2005) or by hand delivery no later than 5:00pm on Election Day (April 11, 2005). Daniel can be contacted as follows:

Email: ddean1069@hotmail.com
Work: 503.416.2554
Home: 503.777.0933
Address: 7835 SE 31st Ave, Portland, OR 97202

Should you have any questions regarding the Council, please don't hesitate to inquire. Our volunteer organization only operates through volunteerism. Volunteer, be challenged, influence and contribute toward growth and evolution, have fun, and be proud!

Daniel Dean
Senior Trustee

Lisa Hargrave for President!

Fellow Patrollers,

I have been in love with the Mt Hood Ski Patrol since I was kid tagging along with my dad. When I won the Barney McNab Award for Patroller of the Year it was the proudest moment of my life. And one of my dearest wishes is that my son will someday follow in my footsteps.

For 20 years I have been committed to serving the Patrol as a patroller, an instructor, in committees and on the Executive Council. For the last 4 years I been preparing for the job of President by "working through the chairs" – serving as Treasurer and then Vice President – bringing a unique combination of fresh ideas and appreciation for tradition.

As a member of the last two Executive Councils I am proud of the important advances that have been made for the future of the patrol. Among these we:

- Conducted the first ever membership survey that identified equipment, benefits and patroller commitment as the top concerns of the membership.
- Obtained agreement in principle from the areas for a new benefits program that will meet the needs of patrollers with and without families.
- Obtained agreement from the ski areas for Associate Patrollers to wear crosses on their uniforms.
- Obtained a 10 year permit for exclusive use of the Govy Building.
- Implemented the online dispatch system to allow patrollers greater flexibility in scheduling.
- Improved the membership database so accurate measures may be made of patroller participation.

As candidate for President, I feel we still have challenges to address. Some of them fall under the responsibilities of the President and others fall to the operational leaders of the patrol. The President is in charge of administration providing leadership for strategic planning, relations with ski area management, finance, fundraising, community relations and the business end of running the patrol.

The challenges that fall under the President include:

- Increasing public awareness of MHSP as a volunteer organization for recruiting and fundraising
- Working with the ski areas to iron out the specifics of the proposed new benefits plans
- Achieving the goal of financial independence for the patrol
- Acquiring regulatory approval and funding to improve our radio communications.

Many of the things we want as a patrol are dependent upon the generosity of donors, the commitment of our own members and the will of the ski areas. So I won't make commitments that are not within my power to keep. But I do promise to vigorously pursue challenges we face. I promise to lend an ear and an open mind to every Patroller's concerns and work to address them in a fresh, creative manner. And I promise to continue my long-term commitment to the integration and unity of all patrollers – Associate, Hill and Nordic – Meadows, Ski Bowl, Summit and Timberline.

Vote for a committed, knowledgeable, experienced President. Vote for Lisa Hargrave.

Lisa Hargrave, HC 1053

Career Highlights:
Member since 1984
Barney McNab Patroller of the Year 1987
Red Cross First Aid and OEC Instructor since 1986
Fundraising Chairman 1985 – 1989
Treasurer 1992 – 1994, 2001 – 2003
Vice President 2003 - 2005

Occupation: Project Manager (I'm the one in charge of getting things done.)

Training News

Mass Casualty Incident

Eric Einspruch
einsprch@teleport.com

Timberline Ski Area will be taking a year off from Mass Casualty Incident practice after three consecutive years of successful MCI scenarios. We therefore won't be running a scenario this Spring. For those of you who have participated in the past, I appreciate the interest you have shown in this unique training opportunity and I hope you have benefited from the experience. I look forward to offering the training again at some time in the future.

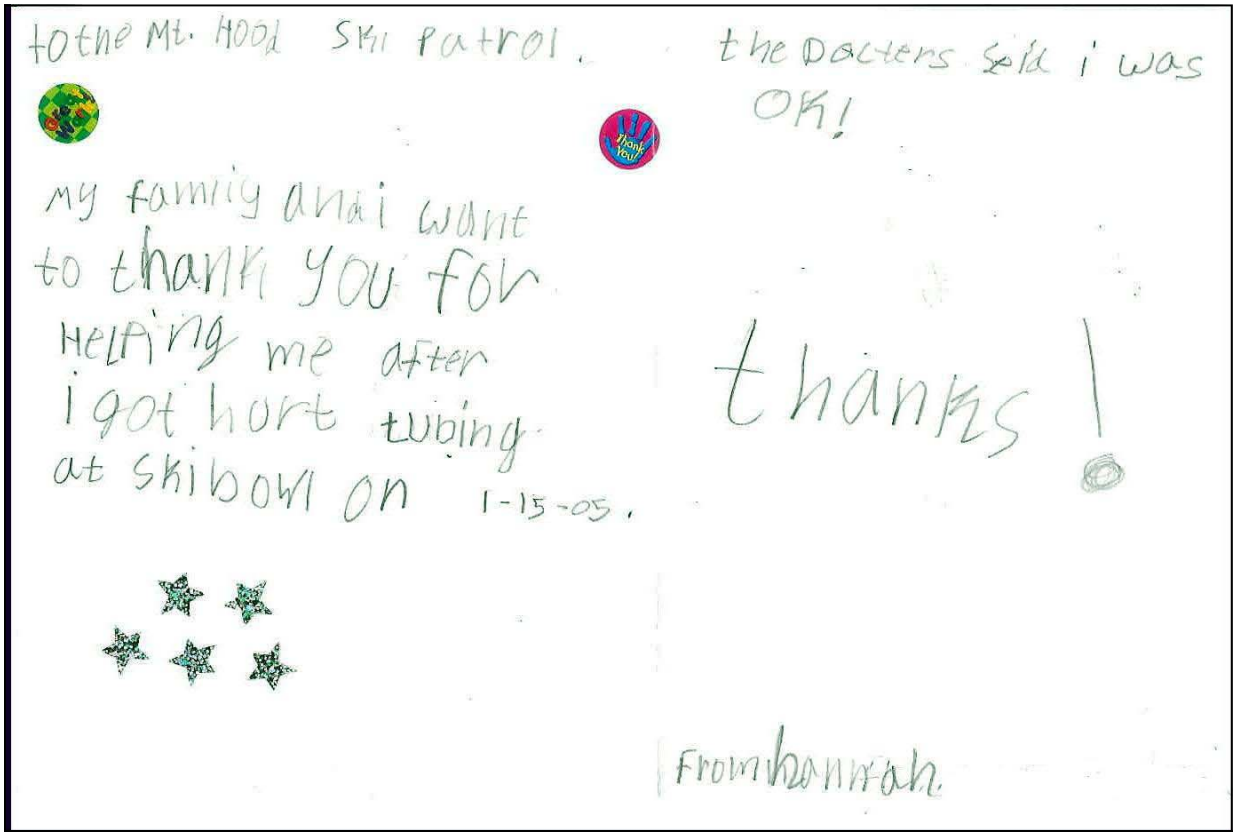
Eric Einspruch
MCI Coordinator
AS461

Mountain Travel and Rescue

Mac Sheldon
mhsp@starband.net

MTR has been cancelled this year. Check us out again next year!

A Happy Customer



Message from the First Aid Chief

Paul Podett
ppodett@verizon.net

It's spring OEC time again…
For those of you who are interested in participating in teaching the spring OEC, here are some dates.

New location;
Adventist Medical Center, between Stark and Division, just south of 205.
Auditorium.

Dates and Times;
4/14 instructor review 7 PM
4/28 Registration Intro night- 6;30 PM
Formal classes start 5/3 and will be on Tue/Thu evenings from 6:30 to 10:30, and will run into July

No we didn't get kicked out of our last place, I just wanted to get a more central location.
We will be sending out a class schedule shortly.

For this months skill brief I would like to discuss stroke.
Remember that stroke and heart attack share a similar mechanism, clot formation and clot migration. At an early age most of us begin forming cholesterol plaque in our arteries. The more risk factors you have the higher likelihood you have of forming arterial plaques.

Risk factor; Male gender, smoker, hypertension, diabetes, high cholesterol and family history of heart attack or stroke.

Plaques continue to grow and with time produce irregularity of the blood vessel wall. These cholesterol plaques can then obstruct the vessel or rupture into the vessel and subsequently cause a blood clot to form. As the clot migrates down stream it obstructs the vessel and cuts off blood flow. Myocardial infarction or stroke.

The brain can also suffer an ischemic event caused by interruption of blood flow if a blood vessel ruptures as a result of high blood pressure or a blood vessel weakness or aneurysm. Either way if the brain sustains an ischemic event or loss of blood flow to parts of the brain signs and symptoms can be very similar.

Recently pre-hospital evaluation has been simplified with the development of
"The Cincinnati Prehospital Stroke Scale. " Three simple maneuvers that you can have your patient perform and thus narrow down your suspicion of stroke.

There have been treatments available for people who have a heart attack for many years. These include medications that break up clots in coronary arteries and interventional techniques that can open obstructions thus preventing or limiting tissue damage.

Recent breakthroughs in medicine have allowed doctors to use similar techniques in stroke intervention. Early diagnosis is key.

So remember, that as with heart attack a patient has a small window of treatment opportunity. If you suspect stroke activate EMS as soon as possible.

THE FAC'S

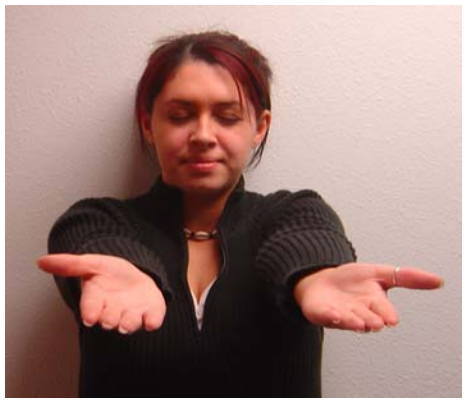
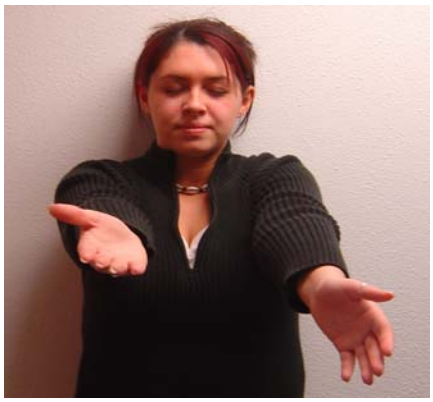
*****Skills Brief

The Cincinnati Prehospital Stroke Scale

If any one of these three is abnormal, the probability of stroke is 72%.

1. Facial Droop (have patient show teeth)
   Normal- both sides of face move equally
   Abnormal- one side of the face doesn't move as well as the other side.

2. Arm drift (patient closes eyes and holds both arms out- straight with palms up for ten seconds)
   Normal- both arms should mirror each other in position
   Abnormal- one arm may drift while the other stays in position.

3. Abnormal Speech (have the patient say "You can't teach old dog new tricks")
Normal- Patient uses correct words without slurring.
Abnormal-Patient slurs words, uses the wrong words or is unable to speak.

Thanks to Jim Holway for suggesting this topic.

MHSP Calendar

March 2005	Event	Location	Time	Contact	Apprentices Required	Patrollers Required
Mar 12th - 13th	Tryouts			Don Gardner		
Mar 12th - 13th	Senior Sled and Toboggan - Combined training with OR region			Bob Smith	No	Pre-registered Patrollers
Mar 14th	General Meeting	Athey Creek Middle School	7:00 - 9:00 pm	Bill Boyd	Recommended	Recommended
Mar 19th	Avalanche Refresher	Palmer Basement - govy	7:30am-4:30pm	Joel Yoder	No	As needed (every three years)
Mar 19th	FRT/Sled Update - Saturday evening session	SkiBowl	6:00 pm - 10:00 pm	Corinna Kupelwieser Larry Cahill	No	Yes...on the day that you signed up for at OEC
Mar 20th	FRT/Sled Update	SkiBowl	Open - Noon	Corinna Kupelwieser Larry Cahill	No	Yes...on the day that you signed up for at OEC
Mar 20th	FRT/Sled Update	SkiBowl	Noon - sweep	Corinna Kupelwieser Larry Cahill	No	Yes...on the day that you signed up for at OEC
Mar 22nd	Council Meeting	Windermere Realty	6:30 - 10:00 pm	Bill Boyd	Contact Bill Boyd if you wish to attend or to add an item to the agenda	
Mar 26th - 27th	Easter Weekend	---	---	---		
Mar 26th	Senior Emergency Management Module			Kathy Lee	No	Pre-registered Patrollers
Mar 29th	Snojob Deadline for Submissions	ckdk@comcast.net	5:00 pm	Corinna Kupelwieser	---	---
April 2005	**Event**	**Location**	**Time**	**Contact**	**Apprentices Required**	**Patrollers Required**
Apr 2nd - 3rd	Apprentice Sled Evaluations			Al Klascius	Hill Apprentices	Sled Evaluators
Apr 2nd	Senior Emergency Management Module Evaluations			Kathy Lee	No	Pre-registered Patrollers
Apr 3rd	Senior S&T Evaluations			Bob Smith	No	Pre-registered Patrollers
Apr 5th	SnoJob sent to publisher	---	---	---	---	---
Apr 9th	FRT/Sled Update	Timberline	Open - Noon	Corinna Kupelwieser Larry Cahill	No	Yes...on the day that you signed up for at OEC
Apr 9th	FRT/Sled Update	Timberline	Noon - sweep	Corinna Kupelwieser Larry Cahill	No	Yes...on the day that you signed up for at OEC
Apr 10th	FRT/Sled Update	Timberline	Open - Noon	Corinna Kupelwieser Larry Cahill	No	Yes...on the day that you signed up for at OEC
Apr 10th	FRT/Sled Update	Timberline	Noon - sweep	Corinna Kupelwieser Larry Cahill	No	Yes...on the day that you signed up for at OEC
Apr 9th - 10th	Apprentice Sled Evaluations			Al Klascius	Hill Apprentices	Sled Evaluators
Apr 11th	General Meeting - Elections/year end meeting	Athey Creek Middle School	7:00 - 9:00	Bill Boyd	Yes	Yes
Apr 14th	OEC Instructor Review	Adventist Medical Center	7:00 pm	Paul Podett	No	OEC Instructors

Don't forget the banquet: May 14th at the Crystal Ballroom in Portland

* Shaded events/dates are tentative or TBD

3/9/2005

Contact ckdk@comcast.net for calendar changes