# MHSP SnoJob September 2008

## President's Notes

Things are about to start hopping. After a summer that seems way too short, we are gearing up to get ready for the fall. We have two chair evac practices, three OEC Classes and a Ski Swap on the calendar before the beginning of November. That means virtually all patrollers need to do at least three days of training before November, and the instructors, trainers, and ski swap committee members will be doing much, much more.

All of you have probably heard a little about the ski swap by now. The MHSP is partnering with the West Linn High School Snow Board Team, to put on the Mt. Hood SnoSports Swap. This is a new fundraising effort for us, modeled on successful ski swaps at Mt. Spokane, Willamette Pass, Santiam Pass, and ski patrols all across Canada.

In the past we held the Mt. Hood Search and Rescue Golf Benefit honoring past MHSP President, Lt. Col. John Keyes. The golf tournament raised a lot of money over the years, but it involved a relatively small number of patrollers who put in a huge amount of work. After the 11th year, we lost our title sponsor, it seemed reasonable to scale the event back to a friendly golf outing in memory of John, and look for new ways to raise money, preferably from our skiing public. We expect the Mt. Hood SnoSports Swap to become the premier ski swap event in the Portland area. With that in mind, we need the cooperation of all of our patrollers.

As soon as we have solidified the staffing requirements, we will let you know what we will need as a commitment from our patrollers and hosts. To prepare for, cover and wrap up the event, we'll need a commitment from every patroller. You will get green sheet credit for your help (More details soon).

If we do a good job this year, we expect this event to really grow and become a significant source of funds in future years.

Our M1 Apprentices and our FRT Instructors have been working this summer to get our M1s completed and ready to patrol. The qualified apprentices will be issued their patrol numbers and badges at the first general meeting in October.

Finally, a reminder, please check your personal information in the online roster. We plan to publish PDF and paper versions of the roster this fall, and it will be more useful if everyone's information is correct.

SPIF,

Joel Stevens

## Important Information:


| | |
|---|---|
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| OEC Refresher | *Pg. 5* |
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| Can't make OEC? | *Pg. 7* |
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### *It's on YOUR calendar, right?*

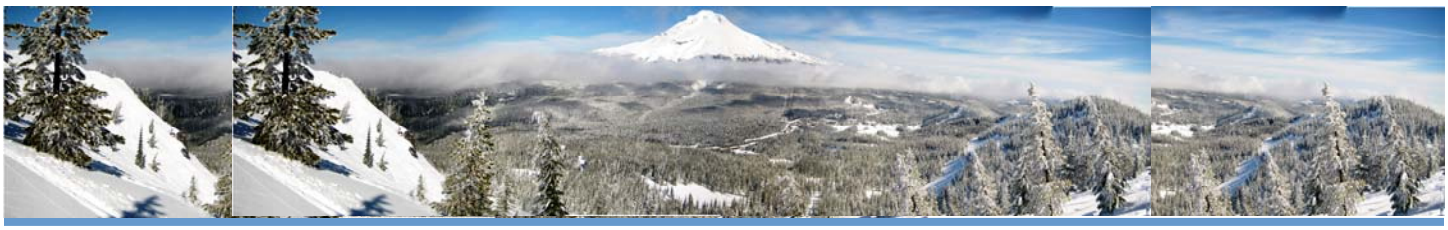
**Chair Evac**
**DATE: September 13 –OR– 21,**

**PLACE: Summit Ski Area**

**OEC**
**DATE: October 5 –OR– 26 –OR– November 2,**

**PLACE: Meridian Park Hospital**

**Mt. Hood from Tom Dick Peak.**
- Photo by Sarah Balog



SPIF—Ski patrolling is fun!

# Patrol Chief - Paul Podett

Hope all of you are well and had a chance to take in the summer sun and recharge from our fantastic 07-08 season. I would like to thank all of you for the great support in making last season one of the best for MHSP.

We are gearing up for our pre-season training with the upcoming chair evac practice on September 13th and 21st at the world famous Summit Ski Area. Registration starts at 7:30 AM and training starts at 8:00.

There will also be a make up chair evac season on December 6th starting at 4 PM @ Summit.

**Self evac is back!**

The MHSP council has decided to bring chairlift self evacuation back as an optional training elective.

All patrollers are invited to attend. This optional training will be offered as on of the sections during the two regular chair evac practice sessions.

The two designated practice chairs will be located close to the loading ramp and at a minimal height. Patrollers will be briefed on equipment options, self evac technique and will be able to practice the techniques at a safe height. At the end of the regular evac training, patrollers who have completed the self evac training (and have their own equipment) will be offered the opportunity to test their skills with a final loading of the chair for a real self evac.

If you are interested in self evac training, please see the recommended equipment list and general guidelines on the MHSP Wiki. If you wish to self evac bring all the suggested personal evac equipment to the chair evac practice; there will be equipment available for demonstration and practice purposes only.

ClimbMax Mountaineering offers equipment discounts to MHSP.

**Mountain First Program "M1's"**

With our transition to a mountain first program we qualified several apprentices to patroller status this summer making them ready for the upcoming season. Beginning their MHSP training after passing their ski test last December these M1's began their hill training first and then took on the spring OEC class. This summer several M1's finished their training which included FRT and are now fully certified MHSP Patrollers. Please welcome; Mary Boyer, Alix Henry, Jared Hoffer , Andy Legard , Allen Miller, Troy Muller, Claudia Pieters, Andrew Stemple, Jim Stemple, Mary Stemple, Wendy Stuart and John Wager.

**Ski Swap**

Thanks to Todd McDaniel, Bill Johnson, and Wendy Stuart, the MHSP Ski Swap is on track for success. The ski swap is intended to grow into a major fundraiser.

There are dispatch opportunities online for the event and we are requesting every member sign up. The swap will be held at West Linn High School in partnership with the high school's snowboard race team.

The show begins on Friday, October 10, with set up and equipment registration for our supporting ski shops which include Ski Chalet, Mountain Shop, Rack Attack, Gorge Performance, Hillcrest Sports, Bob's Sport Shop, Next Adventure. General public will also be bringing in and registering equipment on Friday.

Patrollers signed up for the swap will be eligible to take part in pre-swap sales, on Friday evening after the set up is complete.

The swap will be open to the public all day Saturday 9AM – 8PM and Sunday 9AM – 2PM (exact hours subject to change).

This is a great opportunity for MHSP to show its colors. We are hoping not only provide a quality swap to the riding public but to also reaffirm community awareness of MHSP, our history, our dedicated people and our commitment to serving the mountain community. MHSP; the red and blue patrolling for you.

Come join me in making this a spectacular event and benefit to MHSP.

Doc

**Mt. Hood from Ski Bowl, February 2008** - photo by Jan Carp

# WE NEED YOU!

## Time to dispatch for The Mt. Hood SnoSport Swap

*Benefiting the Mt. Hood Ski Patrol & the West Linn High School Snowboard Team*

How: Patrollers please sign up through the dispatch**
Friends and family sign up through email:
info@mhsss.com
Why: To raise funds for the patrol and get some great gear!
When: October 10th 8am-10pm Set-up & Volunteer only Pre-sale
October 11th 8 am-8pm Swap
October 12th 8 am—2pm Swap, 2pm-10pm Clean-up
Where: West Linn High School

Welcoming friends and family (over 15 yrs. old) to help volunteer.
Volunteer credit letter provided for students who help/register.

### E-mail us @ info@mhsss.com:

- To register family and friends over 15 yrs old
- To let us know if you have a specialized skill set and will help with (security, customer service, parking, lead positions, or learn and use a new software application)
- If you have questions

Reminder:
**Patrollers sign up through the dispatch.

## SnoJob goes International *

*I just want to thank you for the SnoJob. There isn't much of anything to read here in Afghanistan, but I always look forward to getting the SnoJob and hearing from the extended patrol family. It is a terrific publication.*

*Keep up the great job. Your great service to the patrol makes us proud.*

*Jeff Hepler*
*Hindu Kush Nordic*
*Central Asia Region*
*Afghanistan*

**See Special Feature on page 8**

*Editor's note: We've also heard from John Roshell and Bonnie Lynch in Ireland!

# Associate Director - Dave McKay

It's Wednesday, August 20th in the middle of my long awaited summer vacation - camping for two weeks up in the Cascades. There's no place I'd rather be. Not Paris, not Venice, not Germany, not California...ok, maybe Maui...But, there's no place like right here in Oregon. Especially given the price of gas!

The weather's been interesting, as it usually is in the mountains. Two days ago, we had record breaking heat, with a high of near 100 degrees (at 4,500 feet!) Then, a great thunder and lightening storm brought on by an "unusually strong and winter-like" cold front hitting the Cascades last night and today. Snow is expected to fly at 6,000 feet! This brought me back to longing for those great snowy days and nights on the mountain. Of course, receiving my copy of *Skiing Magazine's* 2009 Gear Guide also brought on thoughts of winter season ski patrolling.

There's still some summer left. I'd like to remind everyone, even when vacationing, take along your fanny pack or other first aid kit. I can't tell you how many times I've used mine during vacation (no, not always on myself!). Last year, while camping in the mountains, I noticed a Forest Service vehicle parked near a campsite with it's flashers on. Inside, I found a woman with an eight inch skin-to-bone laceration on her calf, exposing muscle, fat and blood vessels. I was glad to have my fanny pack with me, and to know how to use it. And, of course, our busy highways give many patroller's direct experience in managing trauma and critical situations. As you pack up for your summer vacation, be sure to include your fanny pack, and some form of MHSP identification. You just never know when your OEC skills will be needed!

Finally, congratulations to yet another group of excellent associate apprentices into full Associate Patroller status. They are:

Allen Miller
Claudia Peters
John Wager
Wendy Stuart
Mary Boyer

These folks demonstrated excellent first aid skills, and completed all required training of our M1 program.

Dave McKay
Associate Director

# RECORDS

It would be very helpful to me if you would review your MHSP Roster information and make any changes necessary.

The steps to do so are as follows:

- Go to the Home page of the Dispatch system
- Select "My Address" (on the left margin)
- Make your changes
- Select the "Save Your Info" button at the bottom of page

Peggy O'Leary
APC Records

**Things you can do...**

**using the Dispatch Website:**

Create a *custom roster* and export to Excel.

Once you have the roster in a spread sheet, you can sort by any field, so you can locate patrollers by zip code, occupation, employer etc.

From the Wiki, under the Government Camp Building Use tab: You can send an email to everyone who is pre-dispatched in the next seven days. (Scroll to the bottom of the page)

Joel Stevens,
President and Dispatch Administrator

# First Aid Chief - Cleo Howell

**OEC Refreshers Coming Soon**

Yes, it is time once again for you to demonstrate your OEC skills and possibly learn something new. Oh, and did I mention you will get to see some old friends you have not seen for some time.

All patrollers, including members from the 2008 OEC Course, must attend one session of the OEC refreshers. You may attend additional sessions as a patient or helper.

The 2008 version of the OEC Refreshers are scheduled:

- October 5, Sunday, 0700 - 1500
- October 26, Sunday, 0700 - 1500
- November 2, Sunday, 0700 - 1500

All of the refreshers are scheduled for Sundays. That is the only day we could get Meridian Park Hospital for the whole day and get the facility for free.

Please note registration opens at **06:30** and classes begin at **07:00**. At least you don't have to drive all the way to the mountain.

OEC Refresher Study Guide is scheduled to be mailed by NSP the first week in September. If you want to get a jump on it, or do not receive it in the mail, you may download it from http://www.nsp.org/1/nsp/home/home.asp. Please make sure you read the study guide and fill out the questions in the *You Are The Rescuer* part prior to attending the refresher.

Items to bring to the refresher:

- NSP card
- OEC card
- Current CPR card
- Completed Study Guide
- First Aid pack- supplies will be available to restock your pack
- Sack lunch- we only have 30 minutes for lunch you will not have time to go out
- A willingness to learn

You absolutely must predispatch for the refresher of your choice. No predispatch, no entry. Call Peggy O'Leary if you were inactive last year or otherwise cannot log in to predispatch.

**Annual CPR Certification**

**To patrol you must demonstrate CPR skills annually.**
The National Ski Patrol requires each patroller to have a valid CPR card and each patroller must demonstrate their CPR skills each season, regardless of the expiration date of the current CPR card. At the upcoming Chair Evacuation training, patrollers will need to demonstrate their CPR skills. This will be a time to demonstrate your CPR skills for NSP only. Your CPR card will not be recertified.

Listed below are the minimum skills you must demonstrate at the Chair Evacuation training:

- Single rescuer: Adult CPR- 30:2 ratio; rate of about 100 chest compressions per minute
- Child CPR- 30:2 ratio; rate of about 100 chest compressions per minute
- Infant CPR- 30:2 ratio; rate of about 100 chest compressions per minute
- Use of AED- Turn power on, attach electrode pads, follow verbal directions from AED

If you are not sure of your CPR skills we recommend you take another CPR course or contact a fellow patroller who is an Instructor for additional training. When looking for a CPR course make sure the course includes breathing and cardiac emergencies; adult, child, infant, and two rescuer CPR techniques; and use of an AED.

Carol Gleason will be teaching CPR courses on September 6 and 20 at Sunnybrook Kaiser medical facility. Contact Carol for details at skinut77us@yahoo.com.

**Listed below are other sources for a CPR course:**

- American Heart Association- BLS for Healthcare Providers; http://www.americanheart.org/presenter.jhtml?identifier=3012360
- American Red Cross- Professional Rescuer; http://www.redcross-oregontrail.org/services/safety_classes.shtml
- National Safety Council
- American Safety and Health Institute
- Medic First Aid
- Local fire department or hospital
- Your place of employment
- Names of Patrollers who are CPR Instructors: Carol Gleason, Diane Kindall, Jim Trett, Harold Crawford, Stewart Carter, James Schuler, Daniel Thom. If other CPR instructors are on the patrol, please contact me so I can pass your information on.

Please review any current written material on CPR skills and/or practice the skills before the Chair Evacuation training day.

# MHSP in the News

SKI PATROLLER BECOMES RIVER RESCUER

An off duty member of the Mt. Hood Ski Patrol went from bystander to first responder when a boat crashed into shore on the Willamette River.

Ski patroller Eric Granning was with his family on July 5th when a boat carrying four people crashed into the bank in downtown Portland. Granning, who had been docked nearby, jumped in his boat and motored to the scene of the crash as his wife called 911. He pulled alongside and switched into ski patrol mode.

"I jumped on the bow of the boat and identified myself as an Outdoor Emergency Care Technician with the Mt. Hood Ski Patrol and started triaging the situation," Granning says.

"As member of the Mt. Hood Ski Patrol I always carry my First Aid pack," Granning says.

After boarding the boat, Granning began treating the people aboard who had been injured. One person was critically injured and Granning focused his attention on working to stabilize the patient until help could arrive. As rescue boats arrived on the scene, Granning, who is expertly trained in treating traumatic injuries, began relaying patient vital signs and needed rescue equipment to paramedics.

"As I waited to get a lift back to my boat a member of the Coast Guard and Paramedics both commented I did a good job", Granning says, "I'm just glad I was in a position to help."

Eric Granning's natural instinct to jump from bystander to first responder reflects the training, experience and judgment that the Mt. Hood Ski Patrol is famous for.

The Mt. Hood Ski Patrol is one of America's busiest volunteer ski patrols, providing nearly 2,500 days of service to four ski areas on Mount Hood. The patrol is one of the oldest in the country, founded in 1937 by a group of mountaineers who wanted to help injured skiers. 70 years later, the patrol boasts more than 200 volunteers who help thousands of injured skiers on Mount Hood every year.

Every volunteer patroller is educated in first aid through the National Ski Patrol's Outdoor Emergency Care curriculum, which includes 80 hours of intensive, hands on classroom training. The average volunteer spends one year training on the mountain before they earn their patrol cross and begin patrolling the mountain.

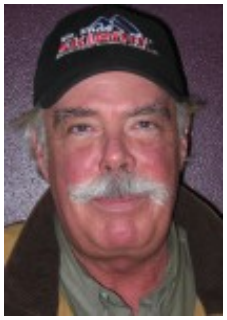
The Mt. Hood Ski Patrol is a non-profit, volunteer organization. None of our patrollers are paid for their hard work nor are they reimbursed for their expenses. Our patrollers spend countless hours of their free time patrolling Mount Hood's slopes and keeping up to date on some of the best medical training available.

***The rest of the story….***

Patient was combative at the scene with facial lacerations, facial fracture, skull fracture, rib fractures, multiple right femur fractures. Patient required resuscitation and intubation at the hospital. Initially admitted to the intensive care unit, patient later received physical, speech and occupational therapy. Patient was discharged on 8/13 almost six weeks after the accident.

Thanks in part to the training of MHSP this story had a happy ending. Do you keep your first aid pack handy? Could you use some review in OEC? Are you prepared to be there when help is needed?

**Remember not so long ago?** (if this is YOUR pic—let editors know so we can give you photo credits!)



# Mountain Hosts

It's hard to believe our 2008-2009 Host Season is just around the corner when Govy is reporting 90+ degrees in August.....but...

...please mark your calendars for our Host Orientation on Saturday, October 4, 2008, in the Market Cafe' at Timberline. An agenda and related details are soon to follow.

We already have 16-18 new people identified and will start the interview process within the week. If you know of people who have expressed an interest in our Program, please pass their vitals along to Gary Smith or Mike Cullen. We had an absolutely tremendous group last Season and would like to replicate that.

Speaking of calendars - Mt. Hood SnoSport Swap, benefiting the Mt. Hood Ski Patrol and West Linn High School Snowboard Team - our major fund raiser and fun event - October 10,2008 - set-up, October 11-12, 2008 - sell dates. Location, West Linn High School. Your help will be needed to set the event up, staff the event, as well as assist in the tear down. Shifts will be identified on dispatch for this activity. There will be participation from the MHSP, West Linn parents and students - and it would be great to have a large Host involvement.

Additional details and times will be posted soon. If you have any questions or comments, please contact me.

Bill Johnson
Director, MHHP

# Registration

OEC Refresher - Registration – Roster - Dues Payment

If you are unable to attend an MHSP refresher, there are several things that need to happen.

1. Find another patrol's refresher to attend, have your OEC card signed by the instructor, and return the signed refresher acknowledgement form to Cleo Howell. Also include a copy of your current CPR card.

2. Contact Peggy O'Leary no later than 10/27/08 to let her know you will not be attending one of our refreshers. A printed roster will be provided this season and contacting Peggy will ensure you are listed as an active patroller in the roster. Also, if for some reason you are unable to go on-line to update your personal information, be sure to contact Peggy by 10/27/08 to get it updated. And if you haven't already sent it to her, be sure to let her know the year of your birth.

3. Dues are $120.00 this year. This is a slight increase from last year because of a $6.00 increase in NSP dues and $4.00 in MHSP dues. Send your dues check to Kathy Lee so it is received no later than Monday, 11/10/08 (bring to the monthly meeting!). Make the check payable to MHSP and include your MHSP number on the memo line. After 11/10/08, there is a $15 late fee, so get those checks in early!

**Remember:** *The above applies only to patrollers who cannot attend an MHSP Refresher.* If you attend an OEC refresher with MHSP everything will be taken care of at the refresher. Remember to bring your checkbook to the refresher.

## Nothing like succession planning!

Hazel's proud parents, Eryn and Brian Barker, appear to be grooming their first-born as a next-gener patroller.

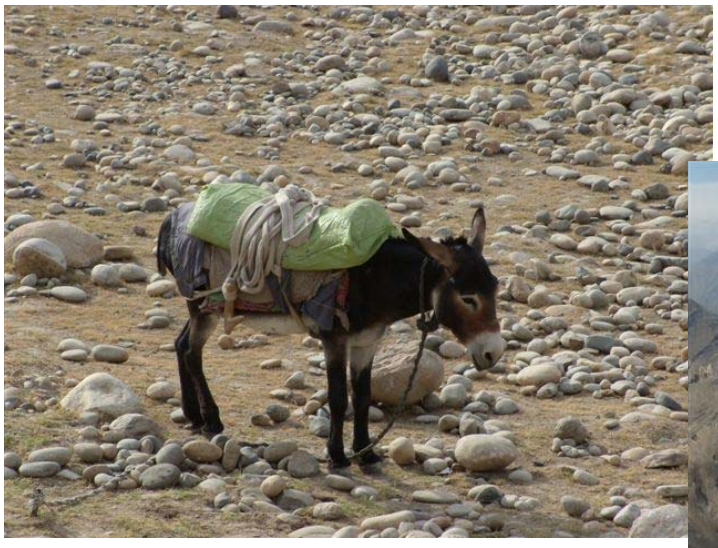
Now is a good time to start getting your ski legs in shape for the winter. Even if you have been active all summer, you may not have been using your ski muscles much.

Joel Stevens, President

# Nordics in far away places…
# Special feature from Afghanistan

## - Jeff Hepler

Sending pics from Badahkshan, Afghanistan, from a 4-day mission last week.



Badahkshan is a very poor, but beautiful, province. It is very mountainous and isolated.

Twice we have tried to reach a remote clinic this year via helicopter and failed. On Friday we encountered rotor icing in a cloud at 13000 feet but the old Russian helicopter decided it wasn't up for the task.

We will try again in exactly two weeks. Perhaps three is our lucky number.

The people here are very kind and friendly, but terribly hungry and in a difficult situation.

Last year many people succumbed to hunger - many also resorted to eating grass and other desperate measures.

We are doing what we can, but the needs exceed what resources are available.

We are constructing a very important road, a Teacher Training College, and a Mid-Wife Training Center, which provides some income and jobs.

Not much but a start.

I hope all is well back home and on the mountain.

Take care,

Jeff

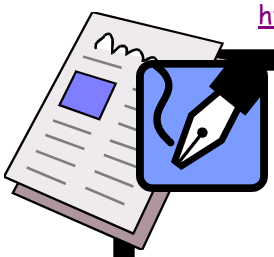
## Important Dates

- *September 2—12 —Timberline shut down for maintenance*
- *September 9— 6:30pm - 9:30pm, Vernier Software, 13979 SW Millikan Way, Beaverton OR see Cleo Howell for event information, John Gastineau for location information*
- *September 10—Mount Hood Ski Patrol Executive Council , 6:45 pm*
- *September 13, 21—Chair Evac, 7:30 am, Summit Ski Area*
- *September 13,14—Pacific Northwest Division (PNWD) OEC Instructor Conference, Tri Cities*
- *September 16—SnoJob Deadline*

# September 2008

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|---|
| | 1 *Labor Day* | 2 Timberline Maintenance | 3 —> | 4 —> | 5 —> | 6 —> |
| 7 —> | 8 —> | 9 OEC Instructor Update | 10 MHSP Council Mtg | 11 —> | 12 —> | 13 Chair Evac, /PNWD OEC Instrctor Conf. |
| 14 PNWD OEC Instructor Conf. | 15 | 16 SnoJob Deadline | 17 | 18 | 19 | 20 |
| 21 Chair Evac | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | | | | |

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



***The MHSP SnoJob email 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**

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

- *October 5, 26- OEC Refresher, 7 am—3 pm; Meridian Park Hospital*
- *October 10, 11, 12—MHSP Ski Swap, West Linn High School*
- *October 13—General Meeting—Athey Creek Middle School, 7—9 pm*
- *October 15 — Mount Hood Ski Patrol Executive Council , 6:45 pm*
- *October 21—SnoJob Deadline*
- *October 28—MHSP Alumni Lunch—last Tuesday of every quarter @ Eastmoreland Golf Club Grill, 2425 SE Bybee Blvd., Portland 1:00 PM*

# October 2008

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|---|
| | | | 1 | 2 | 3 | 4 |
| 5 OEC Refresher | 6 | 7 | 8 | 9 | 10 MHSP Ski Swap | 11 MHSP Ski Swap |
| 12 MHSP Ski Swap | 13 General Meeting *Columbus Day* | 14 | 15 MHSP Council Mtg | 16 | 17 | 18 |
| 19 | 20 | 21 SnoJob Deadline | 22 | 23 | 24 | 25 |
| 26 OEC Refresher | 27 | 28 MHSP Alumni Lunch | 29 | 30 | 31 *Halloween* | |

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

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Loading a sled at Floodo - photo by Steve Sirken

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

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Mailing Address Line 4
Mailing Address Line 5


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


Mount Hood Ski Patrol













**MHSP**
**Executive Council**

President - Joel Stevens
Vice President - John Gastineau
Secretary - Mark Diamond
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Patrol Chief - Paul Podett
First Aid Chief - Cleo Howell
Associate Director - Dave McKay
Nordic Director - Michael Curtis
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Middle Trustee - Steve Eversmeyer
Junior Trustee - Lisa Hargrave

READ THIS NEWSLETTER ONLINE!

Make sure to visit Mount Hood Ski Patrol Website

www.mthoodskipatrol.org