Mt. Hood Ski Patrol

Snojob

March 2014

Module 3 (Apr-May) Predispatch Deadline is March 9

Level 1 = 3 days; Level 2 = 4 days

Essential Reading

- Elections, *page 1*
- Spider Straps for Backboards, *page 2*

President's Message

By Jim Trett, President, AS90244

Just when we think this ski season will be a bust, Mother Nature comes though and gets snow levels back to normal (well almost). I hope you all have had a chance to get a patrol day or two in and enjoyed the new snow. If you haven't had a chance to get up yet please get online and dispatch soon.

There are a couple of save the dates for you to put on your calendars.

The first is the annual Awards Banquet and Apprentice Promotion. This year's event will take place on Saturday, May 10. We will meet and enjoy each other's company at the Embassy Suites Airport Hotel. You will receive your formal invitation from David Hornibrook and the Banquet Committee as we get closer, but please make your plans now to attend this fun evening.

The Embassy Suites has also made a block of rooms available at a special rate for both Friday and Saturday nights. The rate is $129.00 a night. The room rate includes a hosted bar from 5:30 to 7.30 pm and a full breakfast bar including made to order omelets each morning. To reserve your room call 800-821-5879 or go online at embassysuites.com. When making your reservation reference code: "hsn". This rate is available through April 10 so make your reservations early.

The second date to mark is the PNWD Convention to be held on August 8, 9, and 10 hosted by the Wy'east Region. Pat Stevens and the committee are working hard to put on a great convention. More information will be coming soon.

We will see you on the mountain.

Elections scheduled for April

By Kathy Lee, Senior Trustee, AS 90232

Elections for the Executive Council will be held at the April General meeting. All members are encouraged to attend and, if you desire, step forward and add your name to the ballot. If you cannot attend the meeting, then you may vote by absentee ballot. Absentee ballots will be available on the wiki after March 17, 2014 and must be received at the Patrol's PO Box by 5pm Friday, April 11, 2014 (PO Box 43, Portland, OR 97208).

Who can vote?

All active members are eligible to vote. Active members are defined as members who have paid annual dues and fulfilled the annual training and duty requirements designated by the Executive Council. Apprentices are not eligible to vote during the year of their apprenticeship. Mountain Hosts may only vote for the Mountain Host Director. Patrollers may not vote for the Mountain Host Director.

Requirements to Hold Office

All council offices, except Trustees, are for a term of one year. Qualifications to run for office:

- Must have been an active member in good standing for the last three years (three years does not include apprentice year)
- Patrol Chief must be a qualified hill patroller
- Associate Director must be a qualified associate patroller
- Mountain Host Director must be a qualified mountain host
- Nordic Director must be a qualified Nordic patroller
- All other offices must be a qualified hill or associate patroller

See the Bylaws on the wiki for more information about each office.

Current Nominees

To date, the following individuals have indicated their intentions to run for the following offices:

President: Jim Trett
Vice President: Jaye Miller
Secretary: Karen Swinkels
Treasurer: Terry Donahe
Patrol Chief: Doug Stanton
First Aid Chief: James Schuler
Associate Director: Jodie Jeffers
Mountain Host Director: Jan Silagi, Mike Cullen
Nordic Director: Jeff Helper
Middle Trustee: Tom Payne
Junior Trustee: Cleo Howell, Margaret Usher

You may nominate yourself or another member by making a nomination from the floor at the March or April meeting. Nominees can also be placed on the ballot by contacting a member of the nominating committee. If you are nominating someone for an office, be sure to secure the agreement of your nominee before submitting their name. Only those nominations made by March 17, 2014 will have their names printed on the absentee ballot and published in the April Snojob and the Election Special Edition that will be coming out later this month.

The nominating committee members are Kathy Lee, John Howard, Cliff Leighton, and Gordy Winterrowd.

PATROL OPERATIONS

Patrol Chief

By Doug Stanton, Patrol Chief, HC 995

See, it did snow…

Last month when I was writing my Snojob article, there was a lot of concern about the lack of snow, especially at the lower levels of the mountain. I cited Lee Corso's patented phrase "not so fast my friend" to get you thinking that it was only early February and things change fast in the Northwest. Well here we are a month later and what a change. Instead of Skibowl limping along on a few inches of base, they now have four to five feet! Meadows reported more than ten feet of new snow through February putting their base total at more than 100". Now that our season is back to normal, getting on dispatch is more important than ever. Timberline's winter schedule runs

through the end of May and even though there are teams at Timberline, there are open dispatch slots each weekend. Skibowl will continue operations through mid-April and may go even longer since their season was impacted early. There are tons of open slots each weekend so get on dispatch and pick up those days. And don't forget about Summit, they can always use support. March and April are traditionally big snow months. Grab your gear, hit the dispatch and let's get patrolling!

Meadows Teams Need You!

Interested in joining a team at Meadows? Unsure on how to go about it? Unsure if a team fits your patrolling schedule? Contact Roger Meier, Meadows APC. Roger can detail how teams work, what commitment is required and arrange for you to spend a day shadowing one of the teams. Each year slots open up within teams due to personal and professional commitments. Teams are actively recruiting for next season so if you have interest in joining, now is the time to learn more. Contact Roger before the end of the season to arrange a shadow day.

Learn More About the Timberline Teams Proposal!

As you know by now, we have been running a team pilot program at Timberline this year. The program will be reviewed this spring/summer to determine the viability of the proposal in the future. Now is your chance to learn more about the Team concept at Timberline by participating as a shadow this season. Contact Rick Williams or John Howard, Timberline APC's who can detail how the program is designed to work and the commitments required for team membership. Contact co-APC Rick Williams or John Howard before the end of the season to arrange a shadow day.

Who's Doing a Good Job?

Every member of MHSP does something good each and every weekend and sometimes even when they're not patrolling. Your Council would love to hear from you. Each year at our annual banquet, members are honored for their contributions to the patrol and our mountain community. With a group as large as ours, it's hard for the leadership to know what is happening each and every weekend. Input from you, our members, is key to acknowledging individuals within our organization. If you have a special patroller that you think should be acknowledged, send an email to one of our council members with your recommendation along with a brief description why this patroller should be considered for acknowledgement.

Associate Director

By Jodie Jeffers, Associate Director, AS 90526

SNOW, snow, oh joy, snow! How long it will last is unknown, however we will take it while it is here! This brings a reminder to all that Mother Nature has her timeline and we need to play along regardless how it seems down the mountain. Please review your schedule, the substitute box (and especially true for the rookies) let's take advantage of getting your Skibowl and Summit days in while you can. Yes, MHSP is a year-round patrol but not all the areas are, so THANK YOU all for staying on top of this! Speaking of being on top of this, now is a time for finishing up some of our training including avalanche and what a better time to be aware of conditions. Contact John Gastineau for information.

New Dispatch Form Available (aka Greensheet)

Associate Supervisors, there is an updated Dispatch Form available on the Dispatch site. This form incorporates the ideas discussed at the Hill Captain and Associate Supervisor meeting in October. You do not have to log into the dispatch to print out the Greensheet. By using this link http://mthoodskipatrol.org/daily_reports you will then choose the date and respective area. Be aware that printing in PDF works the best to show all of the pre-dispatched patrollers.

Huge thanks to Dave Miller for putting this together. If you have any issues or suggestions pass them along to me.

Mark Your Calendar

I want to bring to your attention some specific events and special dates coming up:

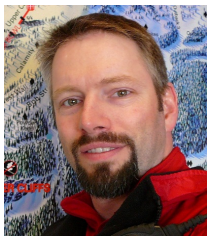
- Ladies Day (March 15), contact Margaret Usher.
- Subaru Winterfest Weekends
  March 15-16, at Timberline; March 22-23, at Skibowl
  Contact Jodie Jeffers
- Council elections April 14, at the general meeting
- Annual Awards Banquet May 10, at the Embassy Suites, Portland Airport.

Mark your calendars and keep checking our general calendar for other activities.
Jaye Miller is also a great contact for opportunities to help out!

As always keep sending your questions, suggestions, and concerns – as your Associate Director I want to know!

Skibowl Update

By Mike Kurfis, Skibowl APC, HC 1523



It took until early February, but Skibowl is now in full operation! Full dispatch has been open at Skibowl for a few weeks now, so please do dispatch and enjoy the new/updated facilities at the bowl - we have a new patrol space and the West Side First Aid has been remodeled and looks great. There are plenty of slots available in March, including during Spring Break.

A reminder to all patrolling Skibowl - the backboards used at Skibowl are cycled back to the area by taking them off the AMR ambulances as they arrive to pick up backboard patients. That means that there are backboards at the area using "spider straps". Starting this weekend (March 1 & 2), Erich will be arranging spider-strap training at West Side First Aid in the afternoons. In the meantime, you can get a feel for how the straps work by viewing this YouTube video: https://www.youtube.com/watch?v=-zQfW3jo3I4

Also - we need everyone's help keeping the Castle clean. Don't forget to take your stuff out of the fridge at the end of the day, if you brought something and stored it there.

Finally, I would like to thank all the patrollers who were flexible and patient in dealing with the challenges faced regarding the slow start at Skibowl. Sometimes the weather conspires against us, and you all handled it well. Special thanks goes to Peggy O'Leary, without whom the dispatch would have been a complete mess due to all the changes we've needed.

FIRST AID

Spider Straps for Backboards

By James Schuler, First Aid Chief, AS 90481

Skibowl has advised us that when a backboard patient leaves the area AMR will be swapping a board from the ambulance with the area. This means that spider straps will be coming into use at Skibowl.

The first thing to know is that the basic steps remain unchanged:

1. Apply c-collar
2. Place patient on backboard
3. Secure upper torso to the board first, followed by lower torso, then legs
4. Apply foam blocks and secure head to the board.

The spider straps may vary from week to week as in color or all black, 4 or 5 straps depending on what is exchanged with AMR. So it is important to remember the foundation and principles of securing someone to the backboard. The principle of strapping a patient to the backboard remains the same, keeping the spine in alignment, preventing movement on the board, and securing them so that if a quick logroll is needed due to vomiting, the body / spine is well secured. Remember to pad the voids just like before and use a Back-Raft if one is provided in the backboard bag.

Here are some YouTube videos demonstrating use of spider straps. The viewing is just for the strapping and nothing else. The straps concentrate on the chest, pelvis, thighs/ legs and have shoulder straps that may be in a V formation or U. The concept is the same. If they are the V type, make sure that the bottom of the V is placed directly over the sternum.

http://www.youtube.com/watch?v=-zQfW3jo3I4

http://www.youtube.com/watch?v=tksPr-duxRE

Equipment Checks

When checking equipment be sure to verify that every backboard has either attached straps or a spider strap. The spider straps might be in the backboard bag, attached to the board or under the board in the sled. Make sure they are not tangled or in a place where the Velcro can accumulate snow.

MOUNTAIN HOST OPERATIONS

Old Man Winter Finally Showed UP!

By Jan Silagi, Mountain Host Director, HS 60054

At the beginning of last month we were lamenting the lack of snow. You can't tell now that we were wishing for more! The big storms that have come through for the past three weeks really made up the deficit. It seems there is plenty of white stuff to go around! It is wonderful to see Skibowl in full operation. And nice for all the Hosts who have been working at Skibowl since December to actually be able to get on their skis/boards! They did a lot of 'foot duty' for about 8 weeks. Many thanks to them for their commitment and patience!

With the new deep snow, the Mountain Hosts have been going above and beyond the call of duty. The deep stuff can cause all kinds of problems in the Timberline parking lot and on more than one occasion, Hosts have helped to get guests parked in the lot at the top of the day, and dug out to leave at the end of the day. This service is not on our duty roster, but it is one of the ways that individual Hosts have extended themselves on behalf of the resort this season. Many thanks to all who have helped stuck, stranded, snowed in, high centered guests get moving again!

Thanks again to all the Mountain Hosts for your dedication and for going the extra mile! Let's keep the momentum rolling! Here's a look at some new things and great events coming up.

New Shifts at Skibowl

With Skibowl in full operation the Mountain Hosts are staffing new shifts this season to support the night skiing/riding guests. We are testing a night shift on Tuesday nights to support Ladies Night and a shift on Friday night to support the huge night skiing crowd. We have been supporting Cosmic Tubing on Saturday nights for some time and will add that shift as well. Look for these new opportunities on the dispatch site. If you haven't hosted at Skibowl, come join the fun under the lights! Very beautiful!

MHSP Ladies Day

Saturday March 15th has been designated as the day to fill the patrol and Host dispatch with all female crews at Timberline. We are well on our way to filling our roster and are looking forward to a stellar day! Come join the fun!

Troops Triumph

Sunday, April 13, is the 3rd Annual Troops Triumph event at Timberline. We hope that all our Host slots will be filled that day to support the athletes and volunteers participating in this adaptive skiing/riding event for U.S. veterans. Check your calendars and make sure to join us if you can.

Hope on the Slopes

Saturday, March 8, through Sunday, March 9, This 24 hour vertical challenge event is an annual fund raiser for the American Cancer Society. Hosts will have an opportunity to dispatch for two shifts on March 8th, the first shift from 4:00pm to 8:00pm and the second from 8:00pm to 12:00am. The evening culminates with a breathtaking

Torch Light Parade down the lower bowl that ends with a moment of silence and reflection for all those whose lives have been touched by cancer. If you wish to support funding for the American Cancer Society and honor any loved one in your life who has known cancer, this is the opportunity for you.

Spring Break

Spring break for Oregon's public schools is Monday, March 24th through Friday March 28th. You will notice expanded dispatch for weekday shifts at Timberline and traditionally this is a very busy time! If you have time off and want to rack up a couple more shifts, this is a great time to join the fun!

Lastly...

Please take a look at your Ski History. Make sure that all the shifts you have worked have been recorded and evaluate where you are in your commitment for this season. I encourage you to aim for April 1st to complete your required 11 shifts on the hill. If you have completed 2 shifts in November/December, 3 shifts in January and 3 in February, you are on track to make that goal. 3 shifts this month will fulfill your requirement and leave time to spare if you have to make up any shifts. Remember, our dispatch often closes at the beginning of May, so don't wait too long to get your shifts in. Your participation will be evaluated to determine membership renewal for next year.

Many thanks again to all of you who have met the challenges of the recent big storms to make it up the hill and support the resorts. Timberline and Skibowl are very grateful and so am I!

OTHER NEWS

Safety

By Jodie Jeffers, Wy'east Region Safety Director

Everyone is excited for the snow to finally arrive, so let's help spread the word to have fun but be safe!

Kids on Lifts, which debuted nationwide in 2012, stresses the importance of how to load, ride, and unload responsibly. They came up with the phrase "No Horsing Around" to target children but it applies to skiers and boarders of all ages, including us patrollers! Let's set the example for everyone.

This month's contest: send me a good example of you or another patroller helping, an observation of lift safety, or even an internet video. The best example gets a gift card.

Want to participate in safety projects? Please contact me for more information on how you can help or to share any ideas you might have!

A No-Effort Fundraiser

By Jaye Miller, Vice President, HP 1437

Patrollers, Gearheads, and Amazon-istas,

Amazon.com has agreed to contribute 0.5% to MHSP of any purchase made through the portal in the MHSP wiki.

- Just go to the wiki and click the link to go to the Amazon site.
- At the Amazon site login as you normally would and select MHSP as your charity of choice. Your login or other information is NOT shared with MHSP.
- Make your purchases as you normally would and that's it.

Quarterly, Amazon will send to MHSP 5% of the total purchases made through the MHSP portal.

SUPPORT THE PATROL AT NO COST TO YOU -- MAKE YOUR AMAZON PURCHASES THROUGH THIS PORTAL.

Thank you, Mike Unfred, for your suggestion. Thank you Dave Porter for setting this up.

Troops Triumph Volunteer Opportunities

By Sue Bishop, MH 60179

On April 13, 2014, Troops Triumph will introduce disabled veterans to skiing and snowboarding during this annual event at Timberline. Our event is organized and run by volunteers passionate about snow sports and sharing that passion with others. If you would like to volunteer your experience in the following areas we would be appreciative: transportation for ambulatory veterans from the Portland area to Timberline, graphic arts for posters and flyers, and web building with GoDaddy. For business owners, there is an opportunity for you to reach out with your giveaways. You will be reaching veterans and their families, snow sports enthusiasts and people dedicated to volunteering -- reaching nearly every demographic. You can contact us at troopstriumph2@gmail.com. For any other questions contact Sue Bishop at sbish1808@yahoo.com.

Snojob Deadline is the Third Monday of the Month

By Lisa Hargrave, Snojob Editor, SHC/AS 1053

Send your articles or photo submissions to snojobeditor@gmail.com.
Please identify any people appearing in your photos.

CALENDAR

March

1	Senior S&T at Meadows
3	Council Meeting
8	Senior OEC at Summit
9	Predispatch Deadline, Apr-May
10	General Meeting
16	Nuts and Bolts at Hoodoo
22	Senior S&T at Meadows
17	Snojob Deadline
22-30	Oregon Spring Break

April

5	Senior OEC at Summit
5-6	Senior S&T Evaluation
7	Council Meeting
12	Senior OEC Final
14	ELECTION Meeting
21	Snojob Deadline

May

5	Council Meeting
6	New Patroller Apprentice Orientation
10	Awards Banquet
19	Snojob Deadline
30-1	Nuts and Bolts