



November '03 SnoJob



November has arrived and with it comes Thanksgiving... A time to reflect and realize appreciation for what we have. As an American, a free country, a democratic society, and the freedom to exercise our religious beliefs without persecution. As President of our ski patrol, a time to give thanks for all of you, for the preparation to patrol the slopes of Mt. Hood at the drop of a snowflake.

Message from the President

Bill Boyd
whoch@earthlink.net

Thank you to the John Keyes Golf Benefit organizers and the 25 plus people that made this one of the most successful fundraisers in our history. We will all share in the pride of being a part of John's passion for ski patrolling with the new rescue equipment and facility improvements we can now afford.

Thank you to all of the OEC instructors for spending their leisure time honing their class criteria to bring you the most succinct and productive refreshers to date. Each instructor had 20 hrs in just the classroom time alone, couple that to the many hours of preparation and then multiply that by 35 plus instructors.

Special thanks to Carol Gleason, who even during her successful fight with cancer, still managed to bring an ever expanding comprehensive CPR update to each of you!

Thank you to all of the coaches that have done the preseason preparation required of them to teach NSP programs effectively to each candidate, the organizational meetings to become successful and the passion to pass on their love for patrolling to their students.

Thank you to the various committees that during the Summer and Fall have worked hard to bring each patrol member benefits that will be realized during the coming years.

Thank you to all members for filling out the survey. I am grateful that each of you that stayed up late, got up early, found the time somewhere to answer the never ending questionnaire.

As we enter into our 67th year as a patrol, remember to give thanks to all those that have given to the Mt. Hood Ski Patrol for so many years, for without their selfless acts of volunteerism and commitment, we would not have the opportunity to be a member of the "Oldest Ski Patrol in the Nation"... The Best Ski Patrol!

See you on the hill or at the November Meeting!

November General Meeting

November 10, 2003
Meeting Starts @ 7:00 PM
Athey Creek School

SKI SWAP from 6-7 PM

November Highlights

Check calendar for details

<u>Date</u>	<u>Event</u>
02	Nordic Training Day
04	Instructor Development Day 1
05	Basic Avalanche
08	Nordic Training Day
10	General Meeting
11	First Responder Training
12	Instructor Development Day 2
15	First Responder Field Session 1
16	First Responder Field Session 1
16	Nordic Tech Training Day
18	Council Meeting
19	Advanced Avalanche
20	Advanced Avalanche
22	Nordic Tech Training Day
22-23	Coaches & Evaluators Clinic (Dec backup date if no snow)
25	DEADLINE - SnoJob articles

I have lately been approached by members who are not clear about the role of the Executive Council and do not know how to bring up an issue they want addressed.

Vice-President Report

Lisa Wilberding-Hargrave
LHargrave@VirtualPremise.com

The Executive Council is the administrative body of the patrol. The Council decides patrol policy, how to raise and spend our money, manages the patrol's relationship with the ski areas and generally conducts all the business of the patrol. The Council appoints Assistants and forms Committees to help with specific activities including clothing, public relations, information technologies, sustainability and more.

- President – heads up the Executive Council
- Vice President – coordinates committees
- Patrol Chief – ultimately responsible for all mountain operations & patroller qualifications
- Associate Director – manages the associate program and first aid room operations
- First Aid Chief – responsible for first aid standards and training
- Secretary – responsible for the membership roster and communications
- Treasurer – manages all accounting and finance
- Trustees (3) – act as ombudsmen or advocates for the general membership

Any member or apprentice is welcome to attend the monthly Executive Council meeting. This year they are being held the third Tuesday of each month starting at 7:00 PM at 819 SE Morrison Street, Portland. If you want to discuss something at the meeting please contact President Bill Boyd in advance of the meeting to be included in the agenda.

If you have a question or complaint about MHSP policy the Council wants to hear about it. Simply telephone one of the Trustees or any Council Member. Or you can write the Council at PO Box 4384, Portland, OR 97208. All communications are heard by the council and assigned for appropriate action.

If you have a question relating to a personal situation or your status as a patroller:

- Associate Apprentices – contact the Apprentice Director or the Associate Director or the Patrol Chief
- Hill Apprentices – contact your coach or the Apprentice Director or the Patrol Chief
- Associate Patrollers – contact the Associate Director or the Patrol Chief
- Hill Patrollers – contact the Patrol Chief
- Nordic Patrollers – contact the Nordic Director or the Patrol Chief

If you have a question or problem during a patrol day – contact the Associate Supervisor or Hill Captain. If communication with area personnel is required it should go through the Hill Captain. The chain of command for area communications is Associate Supervisor; Hill Captain, Assistant Patrol Chief, Patrol Chief, President

If you have an idea for or want to participate in a committee contact the committee chair or the Vice President.

Communication is essential to the health of any organization. Let your voice be heard.

Short and Sweet

I need at least three, preferably four "seasoned" members to join me on this year's Nomination Committee. Your sole responsibility will be in assisting me to recruit a hand full of active members for the limited number of positions available at this April's annual election.

Senior Trustee Report

John Malowney
jd.malowney@verizon.net

For everyone else, this is the time to seriously consider becoming more involved with *your* patrol. Speaking from experience, it took me years to finally step forward and run for the position of Junior Trustee, a move I'm glad I made. The patrol needs active participation and guidance so if you'd like to shape the future of this organization, running for a position this April is the first step to making that happen.

I can be contacted at: jd.malowney@verizon.net or on (503) 701-0295.

Thanks again for your time.

The SnoJob is going space age

Okay, maybe not space age but we are going online. As of this issue, the SnoJob will be available at the MHSP website www.mthoodskipatrol.org. You should already have elected to receive your SnoJob notification; either through the MHSP list serve, or through a non-list serve email...only one email per month! We will still mail copies to those who don't have internet access but as of now, that means we're mailing less than fifty copies per month, and we hope that number keeps shrinking!

Secretary Report
Corinna Kupelwieser
corinna.kupelwieser@nike.com

Just a note about maintenance:

For the list server gang: If you change your email address be sure to re-subscribe with your new address. The instructions are included in this month's SnoJob.

For the non-list serve email gang: Please let me know if your email address changes so I can keep the list updated.

As always, if any of your contact information changes, you should notify Gina Malamphy so she can keep the database humming.

Thanks to all for saving our trees!

O.K. Chair Evac has come and gone, OEC is history, so where's the snow?

It is hard to believe that the OEC refreshers are done for another year. I hope you all found them informative.

First Aid Ramblings
Jim Trett
trett1380@msn.com

Due to space restraints in this month's SnoJob I can't thank the instructors the way I would like to, I will do a better job down the road. But for now instructors, please know how much your efforts are appreciated by the general membership, the Council and most of myself. Without all of the extra time and effort in researching, planning and teaching these classes we would not be here. THANK YOU!

I do need to take a moment and thank a few people who went way above and beyond in making this year's refreshers happen.

Big thanks to Gina Malamphy and Kathy Lee for all of their assistance in helping round up instructors and arrange schedules and help with registration and check-out on refresher days. Kathy even did it while recovering from surgery. THANK YOU to both of these very special people.

Thanks also to Paul Podett for securing the facilities at Western States Chiropractic College. Once again the site was an excellent facility for our needs.

A very special *THANK YOU* to Carol Gleason for her efforts in organizing the CPR portion of the class. She, along with Bill High, researched the requirements to issue our own CPR cards, got them printed and got the program on track. Using these cards will save our Patrol about one thousand dollars a year in expenses. Carol then made sure we had mannequins and AED trainers for our classes. Carol was at in attendance at sessions when she could be. What makes this all so special is she had undergone major surgery just before the first refresher and had to undergo a second surgery just before the last refresher. Carol was calling me from her hospital bed to make sure things were handled. Gads, what a special person you are Carol. Again thank you for all efforts. GET WELL soon.

Once again thank to all of you for your efforts on behalf of the Mt. Hood Ski Patrol. All of your efforts are truly what make this the greatest patrol in the world.

2003-2004 Executive Council

President: Bill Boyd
Vice President: Lisa Hargrave
Patrol Chief: Don Gardner
Associate Director: Eric Einspruch
First Aid Chief: Jim Trett
Secretary: Corinna Kupelwieser
Treasurer: Jeffery Weitz
Trustee: John Malowney, Daniel Dean,
Mike Peterson

APC Mt Hood Meadows: Rod Legg, Debbie Norvell
APC Ski Bowl: Ulla Brunette, Daniel Dean
APC Summit: Diane Kindall
APC Timberline: Randy Carrier, Dave Wheeler
APC Records: Jennifer Rector
Training Director: Matt Rea
Apprentice Director - Hill: Al Klascius
Apprentice Director - Associate: Akana Ma
Nordic Director: Jeff Heppler

2003-2004 Committee Chairs

Banquet: Reba Sharp
Clothing: Steve Eversmeyer
Financial Review: Lisa Hargrave
Meeting Programs: Mike Peterson
Member Recruitment: Karl Hoffmeister
Public Relations: Jim Gianotti
Sustainability: Cher Hinerman
Web Page: Dave Castronovo, Ryan Palmer

Greetings all! I hope everyone is having a terrific autumn! Your Associate Supervisors met recently to prepare for the coming year. In particular, they discussed patient forms (you'll hear more about these during the morning meetings), visibility and recognition of Associates by the public, team work among Hill and Associate Patrollers (when available and interested, Associate Patrollers should offer to help Hill Patrollers with opening, bump, and closing assignments and Hill Patrollers should feel free to assist in the First Aid Room), First Responder Training (thanks to Corinna Kupelwieser for running the program this year and to Terry Niedermeyer for all his help with the Associate Patroller component of the program!), and Apprentice Training (thanks to Akana Ma for taking running Associate Apprentice training yet again this year!). I would also like to extend my personal thanks to everyone who completed and returned their member survey. Your Council appreciates the time you took to let us know your views. Think snow, and I hope to see you on the mountain soon!

Associate Director

Eric Einspruch
einsprch@teleport.com

Area News

Timber Lines

2003 - 2004 WINTER LIFT OPERATING SCHEDULE

When there is snow and the lifts are open, lift Operating Hours will be 9am - 4pm Morning Meeting 8:15am. As is normal, we are requested to carpool and park in the lower lot (not the chute or upper lot)! Better yet, ride the shuttle. The schedule will be out shortly. Check the Snow Phone and Mountain Dept. for more details. Please remember to sign Timberline's Release Form the first time you patrol there this year.

Pucci and Bruno's will be the first two of the lower lifts to open. As snow coverage permits we will open more lifts. Check your E-Mail or call the Mountain Department each morning to find out what is operating on a day to day basis

Pucci	9am - 4pm
Molly's Express	9am - 3:30pm
Stormin' Norman	9am - 3:30pm
Magic Mile	9am - 4pm
Bruno's	9am - 4pm
Palmer	9am - 3:30pm

When Molly's and Stormin Norman open for the winter Palmer will be closed until the spring. Cat Skiing will be available on Palmer Weekends and Holidays weather permitting.

Lifts may open late, close early, or not open at all depending on weather conditions. We plan to operate five lifts daily, weather permitting.

Once night skiing start the following schedule will apply.

Sunday - Thursday:

Pucci	9am - 4pm
Molly's Express	9am - 3:30pm
Stormin' Norman	9am - 3:30pm
Magic Mile	9am - 4pm
Bruno's	9am - 4pm

Friday & Saturday:

Pucci	9am - 10pm
Molly's Express	9am - 9:30pm
Stormin' Norman	9am - 4pm
Magic Mile	9am - 4pm
Bruno's	9am - 9:30pm

Foot passengers will be allowed on the Magic Mile only. The Magic Mile will take foot passengers any day it is open. Tickets can be purchased at the Front Desk or the Ticket Office.

Other News

There is a new rope Tow on Pucci Main Run. Check it out!

Think Snow!!

Randy Carrier, APC Timberline
randy@anoregonexperience.com
503-639-2255

Sno News Is Good News

Drink and Drive..NOT!

Remember, don't drink and drive. If you are driving, please don't go faster than 45 mph thru Welches, no matter how many lanes there are.

June Olson

Bluewood time is coming

We leave on Friday, Jan 30th at 4 PM and arrive back at Portland Feb 1st at 9-10 PM. Cost is \$120 which includes Bus, 2 nights at luxury hotel?, Fri and Sunday night meal. Call Buzz Bowman 503-644-8283 for details. Sign up by giving me a check.

Buzz Bowman

Government Camp Building

Great news. We have renewed our contract with the Forest Service on our building in Govy for the next ten years. There are caveats about the use of the premises as follows:

Only registered Mt Hood Patrollers will be allowed to stay at the building over night. Fee's for a nightly stay are \$5.00 per night. There is a fee box upstairs where you can put the money. Beds are available on a first come first serve basis. The fee is based on an honor system so please be respectful and pay your dues. The fees go to offset the costs of upkeep for the building and supplies and it is still the best deal in town!

This is going to be a sensational Season! LET IT SNOW!

Jeffrey Weitz

Another Reason To Train...

Chicago's O'Hare Airport installed 42 AED's in an attempt to mitigate the high incidence of heart attacks in airport terminals. A recent study found that the defibrillators resuscitated 11 of 18 heart attack victims in two years. Good Samaritan bystanders, not EMS personnel, operated the AED's in all but two cases.

Keep Training!

SAR (Search and Rescue)

We are looking for Patrollers who might like to be more involved in SAR, outside of the developed ski areas. This is a role that the Mt Hood Ski Patrol has played in years past, and is uniquely suited to. In the recent past, MHSP members participated in the search for Katy Svitek at Mt Bachelor and for Fred Frauens on Mt Hood.

We would like to develop a group of patrollers who might be available for SAR call outs, primarily to cover areas that can be reached with Alpine or Back Country Ski Technique. Patrollers would have to have MTR (Mountain Travel and Rescue) type skills as well as being in good physical condition and having good skiing skills (snow shoes may also be applicable in some cases). We are in the process of developing standards, training and certification requirements for SAR volunteers.

If you think you might be interested in being in a MHSP - SAR group, please E-mail me Joel@SDELtd.com. This is not a commitment, we are trying to gauge the level of interest within the patrol.

Joel Stevens
SAR Coordinator

By-Laws Committee Update

The By-Laws committee made a presentation at the last Council meeting of the recommended changes in our current document, and after spirited discussion, we were sent back to committee to finalize it. The next step is for the committee to compile a second draft and return it to the Council for review. If all goes well, we should be able to present it to the Patrol membership at the December General Meeting. From there, we'll publish it in the SnoJob and prepare to vote on it at the January or February General Meeting.

There are some substantive changes that we hope each active member will review and comment on when the time comes. In the meantime, if you would like to be involved in the process, please contact me at mhsp@starband.net.

Mac Sheldon
Chair, By-Laws Review Committee

Sno News Is Good News

MHSP E-mail List-Server instructions

E-Mail List-Server: If you are not subscribed to the MHSP List-server, send an e-mail to MHSP-members@comcast.net with the single word **SUBSCRIBE** in the subject line. You will be subscribed and will get a welcome message in reply.

PLEASE, DO NOT ASK ME TO ADD YOU TO THE LIST, unless you have tried to subscribe with the instructions above, and have been unsuccessful.

After you are subscribed, send a message with the single word **HELP** in the Subject and you will receive a list of commands to use with the list. If you want to get off the list, send an e-mail with the words **UNSUBSCRIBE** in the subject line. (**Note: for those that have more than one e-mail address, you have to do this from the same e-mail address that you subscribed with**)

When you reply to a message on the list, use **Reply** (from your toolbar) to respond to only the sender. Use **Reply All** (from your toolbar) to post to the entire list.

Joel Stevens

Govy Building Remodeling Help Wanted

Weekend of Nov 15-16

- * 2 carpet people to glue down indoor-outdoor carpet in dispatch area.
- * 2 painters for interior masking & painting, Sat & Sun.
- * 2 people to assemble and make countertops for Kitchen and Dispatch.
- * 2 handy-people to do finish work.

Please call or e-mail me to let me know how you can help. Please don't just show up. This needs to be coordinated to make the best use of everyone's time. I will also arrange for food & beverages.

Paint supplies will be furnished but I will need you to bring whatever tools that you might need in your area of expertise otherwise.

Bill Boyd
503-525-6269- direct
503-273-8035- service dept. secretary
503-281-5548- home, or answ. Machine

From the PR Directors Desk

I want to thank everyone who help out at a week of intense PR work for the Patrol. To those who helped out at the Ski Fair Club event, the NIKE/ACG Warren Miller Snowfest party event, and the Ski and Snowboard Show...a big "Your Awesome". Also thanks to the following three individuals who helped coordinate the events.

Cheryl Hinerman -- Ski Fair Club Event
Corrina Kupelwieser -- Nike Snowfest Party Event
Jeffrey Weitz -- Ski and Snowboard Show

Also a big "Atta Boy" to Randy Carrier for yet again letting us use his trade show equipment to help us look our very best.

In case your not aware the way the patrol gets the word out to the community at large is through these types of events. We have three main goals in mind when moving forward.

- 1 -- Awareness and Education
- 2 -- Fundraising
- 3 -- Recruitment

Oh yes.. and another excuse to party with a bunch of fellow patrollers.

If you have any thoughts, ideas, suggestions on how to accomplish our goals in the future please e-mail me. I'm putting together a calendar for the year and I would like to include any good ideas into the plan now before the year gets by.

Jim Gianotti

Think Snow
SNOW Think

Sno News Is Good News

Portland to Coast Walk 2003

The Mt Hood Ski Patrol Hoodlums had another great year and made it to Seaside – upright, no O₂ needed... and still friends! We placed 7th in the Masters category (that means we're all over the hill) and 67th out of nearly 400 teams.

We couldn't have done this without the financial support of some great people on the patrol and their businesses/employers:

Buzz Bowman/Bowman's Hillsdale Pharmacy
Don Gardner/Gardner Plumbing Service
Diane Kindall/OR City Electrolysis
Nora Collins/ West Hills Physical Therapy LLC,
McMinnville OR
Jim Chasse/MBI Motors
Sandy Leibrock/Baskets From Oz
Chuck Cahill/Gresham Ford
Larry Cahill
Candy and Royal Henkle
Bill High
Cheryl Hinerman

And as we've done in the past, we donated 10% of the money received from sponsors to the American Cancer Society. Thank you sponsors!

As always, it was lots of fun and a fantastic team effort by everyone – volunteers, drivers and walkers. Our volunteers were vital in keeping us from being disqualified – thanks much to Brian Bellamy, Eric Granning, Craig Savage and Elyzabeth Tise. Our drivers, 'Bobmobile' Tise and John 'Road Warrior' Howard, did a great job getting us safely to Seaside.

And a big congrats to the walkers – Larry Cahill, Jim Chasse, Nora Collins, Patty Grant, Mike Grant, Bill High, Cheryl Hinerman, Diane Kindall, Sandy Leibrock, Judy Madsen and Chuck Cahill. They can really move their feet!

Kathy Lee

Ski & Toboggan Seniors Training Program

We have space for one or two more candidates. Improve your ski and sled running skills, and try out for Seniors Qualification in S&T.

Contact:
Dave Nelson - 503.292.6701
dnelson@weeast-engr.com
Or
Bob Smith -503.656.9654
jeanicesmith@comcast.net

Clothing Committee News

The committee is working hard to ensure you can get the gear you need to patrol at reasonable prices. We sold a lot of items at the first meeting and the Air Time and High Gear folks were happy with the orders that were placed. If you missed the meeting, both will take orders via the web or if you stop in Hood River at their stores. Our new T-shirt seemed to be a hit and at \$10 is hard to beat. We almost have enough orders of the older mountain design on the 1/4-zip sweatshirts to place it. I'll be taking the last orders of the season for sweatshirts at the Nov. meeting. I want to make sure they are done so you can get them at the Dec. meeting. We'll have more crosses, patches and can get nametags by the Dec. meeting so look at your stuff and replace the worn out items before the season gets too far along.

If you are interested in buying your own avalanche transceiver, probe or shovels please let me know. We have a couple of sources now for Pro Prices. APPRENTICES DO NOT QUALIFY for PRO PRICES. I will place that order after the Nov. meeting as well so the gear will be here for delivery in Dec. I just ordered 6 of the TraverseRescue packs for folks but can place another order if you are interested. If you have questions, please contact Jodie Jeffers, Larry Church, Karl Hofmeister, David Locke or myself. Oh yes, PLEASE BRING YOUR CHECK BOOK, WE DON'T HAVE MUCH CHANGE AND WE DON'T TAKE CREDIT CARDS. Your check is also a receipt.

Steve Eversmeyer

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Training News

Avalanche Training Update

Apprentices – your first class is set for Nov. 5 at Woodland Park Hospital, at 7 PM. Your instructors will be on time and the class will start and end on time. You'll need to either buy or borrow a copy of "Snow Sense". There are additional fees for the handout material. Please bring a checkbook. This provides you with a receipt and we don't have much change. The other dates in town are Dec. 10 and Jan. 7. Both nights will START AT 6:30 and last till 10 PM. You need to choose either Jan. 11 or 17 for your field training date.

Refresher classes are set for Jan. 18, Feb. 21 or Mar. 20. Thanks to Matt Rea, we have excellent records of who attended the past tow years and so know who it due. If you can't remember when you last attended, contact Matt, Joel Yoder or myself and we'll check to see if you are due. Refreshers should be done every 3 years.

Advanced or Level 2 classes are also set. Matt Hickok is running those so if you haven't already talked with him, please do so immediately. Classes start Nov. 19 and 20 at Woodland Park Hospital. This class is HIGHLY recommended for Hill Captains and all Meadows Team members.

Steve Eversmeyer

First Responder Training

First a hearty welcome to all of our new apprentices. I'm excited to be involved with the First Responder Training this year because it is the first opportunity you will have to put all of those OEC skills to use...outside where it really counts. And a special welcome and thanks to all of the trainers who make this program such a success!

There are three parts to the First Responder Training Program: an in-town session, the Apprentice Training weekends, and the Associate FR updates throughout the season. So, who needs to participate and when?

November 11th - In town session
Kaiser Town Hall
7:00 pm - 9:30 pm

All Apprentices (hill and associate), First Responder Trainers, and Hill Coaches should attend this meeting. This is a relaxed and fun session with a focus on providing consistency in FR training scenarios. This meeting features a return visit by our ultimate first responder, Kathy Lee, and her wailing victim, Kat Moore. We will run through the

expectations of putting on, and participating in, a FRT scenario. Kick back, relax, and enjoy the show. Oh yeah, it would be a good idea to review your patient assessment skills. PLEASE BRING YOUR CALENDARS - we are considering changing the date of the second weekend since it conflicts with Bluewood.

Directions to Kaiser Town Hall - 3704 N Interstate Ave

Take I5 to the Killingsworth exit. Go west to N. Interstate Ave and then head south. Interstate does a little 'jog' after Skidmore but just stay on Interstate and you'll get there. Turn left at onto N. Overlook Blvd and then left into the parking lot. The building that looks like an oversized old schoolhouse is the Kaiser Town Hall. The main entrance is on Overlook. If you're totally lost, look for the neon Palms Motor Hotel sign on Interstate. The Town Hall is right across the road.

November 15th & 16th - Field Session

Meet at Summit Ski Area - 8:00 am - 4:30 pm
Each apprentice should attend one day on this weekend, either Saturday OR Sunday. Hill Coaches and FR Trainers - we will need 12 observers on each day. We'll work out the details at the in-town meeting. Come prepared to spend the day outside and bring your first aid pack and a lunch!

TENTATIVE - January 31st & February 1st (we may change this date to Jan 24th & 25th) - Field Session

Meet at the Govy Building - 8:00 am - 4:30 pm
Each apprentice should attend one day on this weekend, either Saturday OR Sunday. Hill Coaches and FR Trainers - we will need 12 observers on each day. We'll work out the details at the in-town meeting. Come prepared to spend the day outside and bring your first aid pack and a lunch!

Note: There will be a short breakout session at the end of the in-town meeting. Apprentices, we'll bring you up to speed on FunDay. First Responder Trainers, you'll get more info on the Associate First Responder Updates.

Looking forward to seeing you all there!

Corinna Kupelwieser - Apprentice Training
Terry Niedermeyer - Associate Updates

Training News

Pulse Oximetry – What is this funny gadget anyway?

Michel G. Millin, M.D.

In case you haven't heard, the Mt. Hood Ski Patrol is the proud owner of a new pulse oximeter. The pulse oximeter is a little gadget that can be put on a patient's finger to determine the level of oxygen saturation in a patient's blood. But for those of you not in the medical professions you may be wondering, what do I do with this thing and how do I utilize it in patient care? The following will hopefully iron out some confusion.

The use of oxygen therapy for the treatment of patients was first described in the medical literature in the 1770s. Since that time oxygen has become a widely accepted treatment for acutely ill patients. In the early 1980s, a group of anesthesiologists at the University of Michigan invented what is now known as the modern pulse oximeter. The concept of the pulse oximeter is to determine oxygen saturation by measuring the amount of light that is transmitted through tissue. The measurements of transmitted light of alternating red (660nm) and infrared (940nm) wavelengths are then plotted on a standard calibration curve to determine the saturation level.

Pulse oximeters are regarded to be very accurate for saturations of 70% and greater. Patients with saturations less than 95% are generally thought to be hypoxic and therefore at risk for complications related to low oxygen states.

While the medical literature generally supports the concept that patients with sustained accurate readings of normal oxygen saturation levels do not need to be placed on oxygen therapy, many caveats need to be considered.

The most important thing to remember is to treat the patient not the gadget. Patients that subjectively feel short of breath may clinically improve with oxygen therapy despite the saturation reading.

While the literature supports the concept of withholding oxygen for those patients that are clinically stable, there are those in the medical community that feel that for acutely ill patients it is best to fully saturate to a level of 100%. In this manner if the patient decompensates, there is an oxygen reserve and 100% is a better place to desaturate from than 95%. Furthermore, in an acutely ill patient, a single spot reading of a normal level does not guarantee that the patient will remain stable. Acutely ill patients should have continuous monitoring and frequent evaluations to fully maximize care.

Finally, there are conditions when the

reading of the oximeter may not be accurate. Most notably in the wilderness environment, patients with cold hands may be at risk for peripheral vasoconstriction in their digits. Peripheral vasoconstriction is prone to cause inaccurate oximeter readings.

You may be asking yourself at this point, if the oximeter reading may be inaccurate and the patient should have continuous oximetry monitoring and/or oxygen therapy anyway, why should I use this thing? The value of the pulse oximeter is to recognize those patients that are hypoxic at an early stage. Unrecognized hypoxia in acutely ill trauma and medical patients has been shown to cause increased risk of morbidity and mortality. Hypoxic patients should be given oxygen therapy, airway support as necessary, and transported by Advanced Life Support to the hospital.

Next time you see a serious trauma patient or a patient with shortness of breath on the hill, think to yourself: I better check the pulse oximetry reading.

Things You Must Complete to Become a Mt Hood Hill Patroller

- Two or more summer patrol days
- OEC training and OEC refresher
- A Mt Hood chair evacuation practice- no additional sessions have been planned
- Basic Avalanche- first required session Nov 5 contact Mike Van Hoomisen (503-283-1963)
- First Responder Training -first required session Nov 11 contact Corinna Kuplewieser (503-720-2509)
- Plan and conduct a Patrol "Funday" usually occurs in April but the first planning session is Nov 11 at the First Responder training
- A completed Apprentice Hill Patroller Training Record

Things I will need from you

- Your Saturday or Sunday training day preference or that you have none
- Current E-Mail address

Al Klacius
On-Hill Training Director

Training News

MTR is back this year!

Mountain Travel & Rescue is a National Ski Patrol System curriculum that is only offered in the Mount Hood Region every other year or so. Well, it's back this year, and we welcome you to come and join us. We'll be teaching a combined MTR-I and MTR-II class with a prerequisite of Basic Avalanche. We offer this class to all regular members of the MHSP, but not to apprentices....you've got enough to keep you busy this year!

The class consists of five in-town sessions covering equipment, search organization, route finding, map and compass, and winter survival skills, plus a weekend outing where we'll dig snow caves and other snow shelters and stay in them overnight. Over the past five years a couple of dozen Patrolers have taken this class, and all will tell you that it was worthwhile and genuinely enjoyable.

In January, we'll sign-up those who would like to take the class and those former students who would like to help teach. Our Division Advisor will come down to the classes this year and will personally observe each session and sign-off our instructor candidates.

You will soon learn of a new Search and Rescue program that our Alpine Patrolers will be able to participate in along with our venerable Nordic Patrolers. The MTR class is highly recommended for anyone interested in SAR as well as those interested in learning new winter outing skills.

MTR is also a recognized elective for NSP Senior status, so if your goal is to become a National Senior Patrolter over the next few years, this is a great opportunity for you. Remember that we don't offer this course every year, so please sign-up early if you're interested, and plan to join us in March for the in-town classes and April for the field outing. Please check the master calendar for the dates.

The holidays are coming, so if you're planning to attend our class you might want to ask Santa for some of the following:

- Compass – my favorite is the Suunto MC-1
- Candle Lantern
- Snow Shovel – I like the Voile aluminum variety
- Snowshoes – I love my MTR Denali's
- Warm Hollowfill sleeping bag – Did I mention Warm?
- Full Length self inflating sleeping pad Please no half pads, you'll freeze
- Polypropylene gloves – the really thin ones.

They keep your hands warm while you're working, even when they're soaking wet. Honest!

- Polypropylene long johns
- Platypus type water bottles
- Layers of clothing that you can easily remove
- Plastic whistle – your lips will stick to a metal one Ouch!
- Head Lamp – Mine is a Petzl Micro and it works great.
- Space Blanket – The heavy duty one that's red on one side and silver on the other. Essential!
- Snow Saw – They're not cheap, but in the right snow they're awesome! They can also be rented.

Calendar Updates

Please update your calendar with the following changes.

Nov 15th First Responder Field Session 1
8:00—4:30

Nov 16th First Responder Field Session 1
8:00—4:30

**Tom Scott, MHSP 286
Passes on to the top of the Mountain**

Tom Scott, MHSP #HC 286 died on October 20, 2003 after a ten year illness brought on by a stroke. Tom was an excellent mountain climber and skier. He joined the patrol in 1958 along with his wife Carol, MHSP #287. He took leadership roles in the patrol as a Hill Captain until his retirement from the patrol in 1985.

Tom began his climbing career early and earned the coveted Mazama Sixteen Peak award by the time he was sixteen years old. He joined the Wy'east Climbers Club, one of the early organizations that founded the Mt. Hood Ski Patrol.

Tom graduated with a Forestry degree from Oregon State but soon earned a degree in Education. After that he had a thirty year career teaching industrial arts, five years at David Douglas High School and twenty-five years at Parkrose High School where Bill Boyd, MHSP President, was instructed by Tom.

He is survived by his wife Carol, son Eric and daughter Andrea. His memorial service on October 27 was attended by more than thirty current and retired pioneer Mt. Hood Ski Patrollers, many of who wore "the colors".

Keep Tom and all the other patrollers who have arrived at the top of the mountain in your thoughts and prayers.

The Rev.