



October '04 SnoJob



Welcome back! We are already underway in preparation for the fast approaching ski season. Once again we will refresh our first aid skills, train in safe chair evacuation and get the Ski Areas ready for the first run. Many thanks to the volunteers that have spent so many hours of preparation to bring you the best learning experience possible. Be sure and personally thank them when you get the chance.

This past summer we witnessed some history being written. For those who have been attending chair lift self-evacuation classes at Mt. Nelson for so many years, we tearfully attended the final one this past August. Dave is relocating to Bend, so at the conclusion of the evening, we disassembled the mock chair lift and with proper ceremony passed the chair into the history books. Dave gifted the chair to Bob Smith. We are now trying to coax Bob into continuing the training tradition.

We also had some life changing events take place. Associate Patroller Susan Horky had a biking accident when she was riding with some of the Cycle Oregon weekend folks in July. She spent several weeks in intensive care and will spend many months in rehabilitation sessions. I would like to extend a heartfelt Thank You to all those who are helping with Susan's transportation needs.

Also in July, our dear friend and past Nordic Director, Jeff Hepler was shipped off to Afghanistan for service with the U.S. Army Corp. of Engineers. He is stationed in a fortified military compound and is helping to rebuild a very primitive hospital. Some of us occasionally get an e-mail from Jeff and quickly remember his sense of humor and sense of duty. Please keep both Jeff and Susan in your thoughts and prayers.

Your Council has been busy again this summer to get you in the know and ready to go as soon as there's snow.... We have some exciting things coming your way this year that will help make patrolling easier yet. As a Council, we continue to listen and are very eager to make improvements for us all. Which leads me into the next item.

HELP! There are a lot of opportunities to make a difference in your patrol this year and next year too. Please look at where your passions lie and step forward to help make change happen. Remember, many hands make little work.

I look forward to seeing you all at the October General meeting on the 11th.

Bill Boyd

Message from the President

Bill Boyd

whoch@earthlink.net

New Calendar Items

**Basic Avalanche Dec 15th
CHANGED to Dec 14th**

FRT/Sled Updates added

Upcoming October Events

10th - Final OEC Refresher

11th - Predispatch Deadline

11th - General Meeting

16th - Final Chair Evac

**...AND MUCH MORE-SEE FULL
DETAILS ON THE BACK PAGE...**

YIKES! A NEW SEASON

Message from the Patrol Chief

Don Gardner
rendrag@teleport.com

Here ye! Hear ye! A new season is starting! Let's come rejuvenated and energized to give everything that we can.

The patrol is 66 years old. It has earned lots of pride and respect. In order to continue with this spirit we need to work as a team. The first thing to remember is to be flexible. Everyone needs to see what needs to be done and do it without needing a directive. All lines need to be kept taught, bamboo straight, and signs up and straightened out. Everyone needs to constantly look for hazards and take care of them. No patroller should ever ski past these things. Everyone should have a work ethic that demonstrates pride and respect for the area and people. Remembering to do these things will keep our patrol strong and respected. It is an honor to be patrolling at our four areas and we need to remember that.

Special thanks to all the people that did their days, and then some, this summer, whether it was at Timberline, or by bike patrol at Ski Bowl. When we figured out the days needed by each person to cover all of the areas this year, the magic number is 17 days. We are asking that for a single pass a person patrol 15 days. To get a family pass you need to sign up and patrol 18 days. In order to meet our patrolling obligation everyone needs to do their fullest participation. If you have not done this in the past you need to step up to the plate and fulfill your commitment.

This year there will be no such thing as a **No Show**. You all have communication devices. Please have the courtesy to call the Hill Captain of the day or the Patrol Chief. If you have to be absent from your daily work you have the responsibility to call in. This should also be true of patrolling.

This will be the 50th year that we have worked for Richard L. Kohnstamm, at Timberline. Let's continue this fine tradition. There will be special celebrations starting on May 20th—28th to observe this.

If anyone has questions or problems, please call me at home: 503.668.7598

Let's start the season with a special cheer. The EXLAX cheer.
On the count of three: Give me an E.....X.....L.....A.....X
What's it spell??? EXLAX
What's it mean???!!!! GO, GO, GO,
Everyone have a great season and pray for snow! ! ! ! !

Don Gardner

Message from the Associate Director

Eric Einspruch
einsprch@teleport.com

Greetings all! I hope your summer went well and that you're ready for the snow to fly. I want to thank everyone who helped conduct the OEC refresher and Chair Evac refresher, and I want to thank each of you who attended the refreshers for your continued interest and enthusiasm for patrolling. As always, please feel free to contact me if you have any comments or suggestions regarding our patrol. I look forward to skiing with you soon.

Eric Einspruch

Message from the Timberline APC

Dave Wheeler
503-631-8410

It is time for all patrollers to start thinking about snow & skiing. But first we must think about all the fun we are having getting ready to work on the mountain and serve the public and our areas.

It was fun doing the John Keyes Golf Tournament
It was fun doing Chair Lift Evacuation Practice
It was fun doing the planning for the OEC update
It was fun doing the OEC Update
It was fun being on the Mountain again
It was fun seeing old friends and meeting new ones

This looks like it's going to be a super year. Remember that my job is to act as a buffer zone between you the patroller, our administration, and the Timberline staff. Randy Carrier did a fantastic job the last two years, now it is my turn to try to try to match his efforts. Both Jim Tripp and Steve Cruise are on vacation until early October, so at this time there is not too much new news. Timberline is only open on Friday, Saturday, and Sunday. Please check the Snow Phone (503-222-2211) or if you prefer your computer (timberlinelodge.com). Remember, SPIF (Ski Patrolling is Fun).
Thanks,
Dave

Message from the First Aid Chief

Paul Podett
ppodett@verizon.net

In the middle of OEC refresher season and the first day went very well. Thanks of course to all the instructors who made it possible and made the refresher work.

Thanks to the Station one instructors, the Annie station crew;
Kevin Anderson, Steve Eversmeyer, Akana Ma, Greg Milne, Terry Niedermeyer and Toby Willey. A challenging station that brings in CPR, O2 and back boarding into one comprehensive, challenging review.

I would also like to thank the scenario crew, station two; Cheryl Hinerman, Lisa Hargrave,

Reba Sharp, Larry Cahill and James Schuler.

Also Special thanks to Rod Hathaway, who filled in for one of our lecturers.

One more refresher.

Just a reminder, you need to pre-dispatch for the final OEC refresher. Because of limited space we have a cutoff of 120 patrollers. If you don't pre dispatch and simply show up, you will be placed on a waiting list and have a high likelihood of being denied for the update and then may need to complete your OEC refresher with another patrol.

Please also remember to bring:
\$88.00
Your fanny pack
Boots for the femur traction portion of course.

Thanks,
Paul

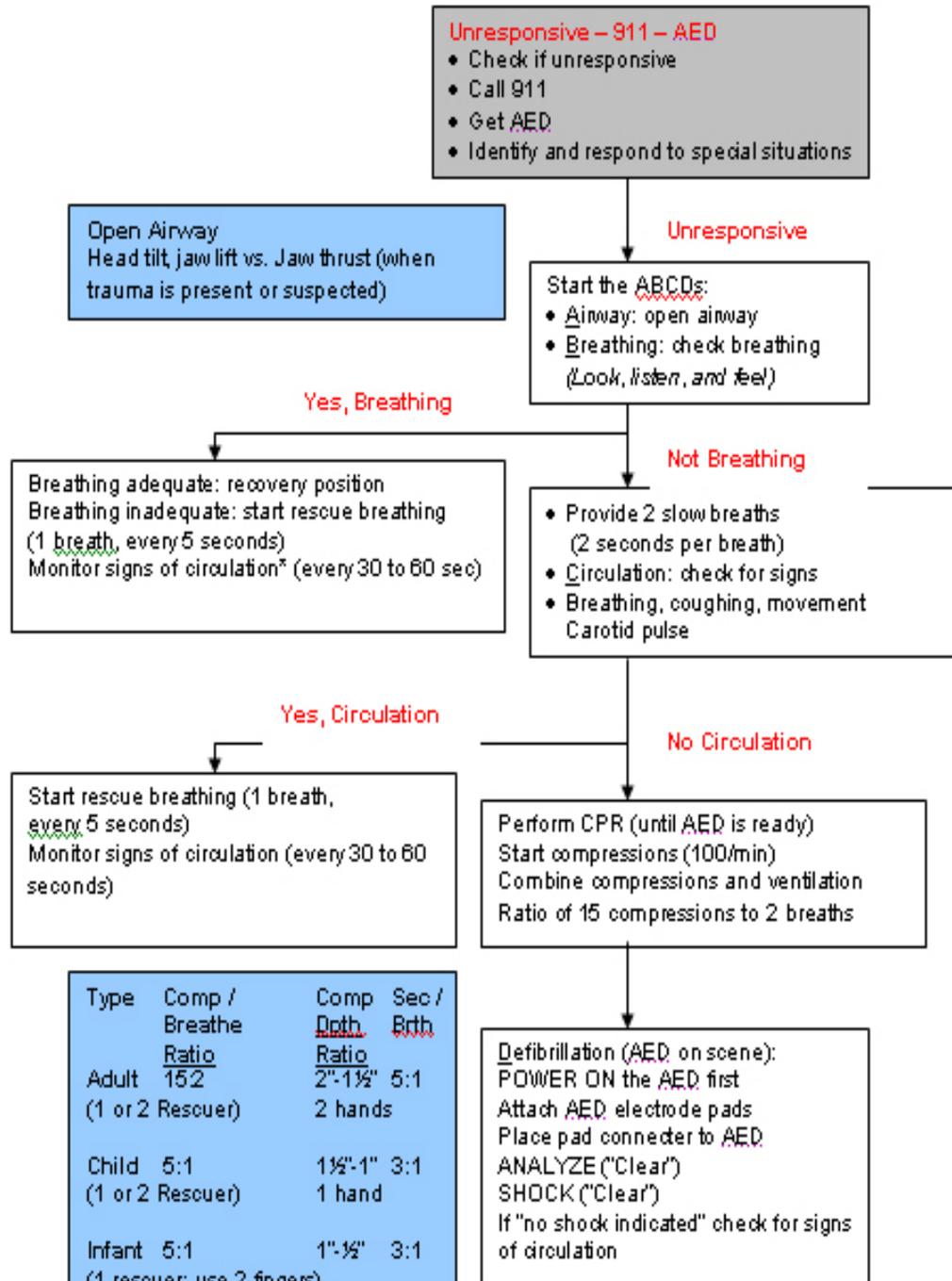
**October 11th General Meeting
Highlights...or...**

**FIVE GREAT REASONS TO BE
THERE!!!**

- The clothing committee will be there with some awesome pro deals.
- The Avalanche Training Group will be there with some awesome equipment deals.
- This is your chance to get a new picture taken for the roster. Apprentices...be sure to get this done at the OEC refresher or at the first general meeting.
- Sign up at the General Meeting to volunteer for the Ski Fever show (Nov 5 - 7). Get a greensheet day for set-up, clean-up, or 4-hour shift.
- Pre-Season Conditioning Tips - Alayne Rowan will be there to give us some pre-season ski conditioning tips.

THE FAC'S

This month's skills brief is on CPR



Type	Comp / Breathe Ratio	Comp Depth Ratio	Sec / Brth Ratio
Adult (1 or 2 Rescuer)	15:2	2"-1½" 2 hands	5:1
Child (1 or 2 Rescuer)	5:1	1½"-1" 1 hand	3:1
Infant (1 rescuer; use 2 fingers) (2 rescuer; use encircling hands, 2 thumbs method)	5:1	1"-½" 3:1	3:1

MHSP CPR Algorithm 08/04 V6

Committee News

Clothing Committee

Steve Eversmeyer
sa_evers@hevanet.com

We'll be at the Oct. meeting with the NEW shields, Associate crosses and our usual selection of gear. We'll be taking orders for nametags if you need them (Apprentices – your coaches/trainers will order one for you). We've invited AirTime and some of the other clothing vendors to be there. Check your gear now is a GREAT time to get replacements before the season starts. Need to clean and re-waterproof your outer layer? We've got Nikwax wash and RX spray which most manufacturers' recommend. I've used it for the past 6 years and it's performed as promised. Our prices are lower than what you'll find at any retail store.

Thinking about avalanche gear, Arcteryx, Mountain Hardwear, Marmot clothing or gear, talk to your committee members as we're putting our order in right AFTER THE November 8 meeting to take advantage of selection and get you your stuff in time to use it. Plan ahead as we need your CHECK in full BEFORE WE ORDER FOR YOU.

Speaking of checks, remember, we don't take plastic, exact change is OK, but paying with a check ensures YOU have a copy of what you've paid out. Bring your checkbook. We're working on a list of who can get pro-deals for different equipment (skies, boots, and roof racks).

This years clothing committee consists of myself, David Locke (gear's at his house so contact him if you want something between meetings), Jodie Jeffers, Larry Church, Lori Bennet, Ike Isackson and John Voorhees. As it stands now, the following people have agreed with work with the listed vendors:

Karl: ArcTeryx, DaKine, Outdoor Research
Lori: Marmot, Daleboots
Ike: Lange & Dynastar etc. rep., Nike ACG
Steve: Nikwax, Gordini, Harper,
Traverse Rescue (packs) & Avi Gear
Jodie: AirTime
Larry: High Gear
Dave: patch, shield and nametag ordering & pickup

We're looking forward to helping you get what you need to patrol as inexpensively as possible, **BUT this privilege will disappear if you abuse it.** The companies allow us to buy at a discount for OUR use, not your significant other, kids, or best friend. If you want to go in and try stuff on, look at it, check it out quietly and discretely.

Some of the people we used to buy from no longer offer this program because it was abused. DO NOT go into a store, try it on, and then ask them to meet or beat our pro-deal prices. It pisses them off and they will complain to the company who will STOP dealing with us.

For those of you new to the term "Pro Deal", the vendor provides us with their clothing, equipment, etc. at a discount from the retail (store) price. The amount of the discount varies and at times you can get something cheaper buying it on "sale" at GI Joes, the Mountain Shop, etc. If you have questions, please ask. THANKS!

Ambassador Program

Mac Sheldon
mhsp@starband.net

Would you agree that the most fun we have as Ski Patrollers is skiing together and helping those in need? Would you agree that the second most fun part is sharing stories about our Patrol and our Patrollers with others? Well OK, it might not be the very next thing that pops into your mind but you've got to admit, it's pretty high up there right? So, how would you like to help us to share our history and the good stuff that we do with others in the community? It's really great fun and super simple, here's how it works.

Over the past two years, we've put together a PowerPoint presentation that is adjustable to various age groups and organizations, so all you need to do to get involved is to check out the gear and go to an evening meeting here in Portland to give a talk about our Patrol. Basically, you introduce yourself, fire up the projector and laptop, and narrate the show. Piece of cake, and your audience will love it!

I've gone to Scout Troops, race teams, and ski clubs so far, and have spoken to hundreds of potential patients and potential Patrollers.

Committee News Continued

We've also collected hundreds of dollars as a result of our efforts.

If you're interested in helping or if you are involved with a group that would appreciate a speaker, please shoot me an email.

mhsp@starband.net

Thanks, and I'll see you in the snow!

Cheers,
Mac Sheldon

Dispatch Committee

Joel Stevens
joel@sdeltd.com

www.MHSPDispatch.org Website: Make this your normal website for MHSP information. There is a link on this site to the www.MtHoodSkiPatrol.org site. In the near future there will be one in the other direction as well. The www.MtHoodSkiPatrol.org site is being moved and redone. It should be fully operational by this time.

Dispatch Instructions for 2004-05 Season

As in the past, Winter Season will be broken into three modules, with an additional Summer Module. The dates and requirements are slightly different than for prior years.

**1st Module - October, November, December
YOU MUST PREDISPATCH BY OCTOBER
11TH**

You must predispatch a **minimum of 3 days, (4 for a Family Pass)** but you can make changes after that.

You should also use the Dispatch site to sign up for the required training activities such as Chairlift Evac, MTR, FRT and Sled Training, Avalanche Updates etc. Instructors should dispatch as **TR** (Trainers) for training activities. Although you signed up for FRT/Sled Updates at OEC, you can change your date on the website. Be sure to withdraw from the original date if you sign up for a different day.

If you absolutely cannot dispatch on-line send me a snail mail with your requested days, and I

will enter them into the online system for you. Enclose a stamped, self-addressed envelope and I will mail you back a printout of your schedule.

Listserver:

Subscribe to the listserver to receive and send email to the patrol. To subscribe send an email with the word SUBSCRIBE in the subject heading to mhsp-members@comcast.net. This address will be changing soon and you will be notified by email of the new address. **You will not need to resubscribe if you are already a member of the listserve.**

The Govy Building

The Govy Building provides a very affordable and comfortable place to stay overnight. In exchange for this privilege, we all need to follow a few simple rules:

CLEAN UP.

This means taking your own garbage with you, washing your own dishes and cleaning anything else you got dirty. There are separate bags in the kitchen for recycling and for trash. Please take note of the difference, as this keeps your volunteer recyclers from having to fish through coffee grounds and other gross stuff to get at the actual recyclables. Better yet, clean something even if you didn't make it dirty, and leave the place in better shape than you found it.

PACK UP.

Do not keep your personal items in the building when you are not there. There isn't enough space for everyone to store their own clothing, toiletries, recreational equipment, etc. on a long-term basis. When you leave, there should be no evidence that you were there (except maybe the scent of pine cleaner; see above).

PAY UP.

It costs a measly \$5 per night per person to stay in this delightful place. You can't find a better deal on the mountain, unless you get it free, and your payment offsets the utilities, supplies and such that you use. There is a pay station at the top of the stairs. Put your check or cash in one of the envelopes provided, put your name on the envelope and stick it in the mailbox. Easy.

Training News

First Responder Training Director

Corinna Kupelwieser
ckdk@comcast.net

First a hearty welcome to all of our new apprentices. I'm excited to be involved with the First Responder Training again this year because it is an opportunity for you 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 Patroller FR updates throughout the season. So, who needs to participate and when?

In-town Session

November 9th
Kaiser Town Hall
7:00 pm - 10:00 pm

This is a mandatory meeting for all Apprentices (hill and associate), First Responder Trainers, and Hill Coaches. Join us for a relaxed and fun session with a focus on providing consistency in FR training scenarios. The meeting features a demo by one of our experienced first responders...and a wailing victim. 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.

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.

Field Session 1

November 13th & 14th
Meet at Summit Ski Area - 8:00 am - 4:30 pm
Each apprentice should attend one day on this weekend, either Saturday OR Sunday.

Come prepared to spend the day outside and bring your first aid pack and a lunch!

Field Session 2

March 5th & 6th
Meet at the Govy Building - 8:00 am - 4:30 pm
Each apprentice should attend one day on this weekend, either Saturday OR Sunday. Come prepared to spend the day outside and bring your first aid pack and a lunch!

FRT/Sled Updates

New this year!!! Hill patrollers will be joining the Associate patrollers in an on-the-hill FRT update. Hillers - this will be combined with your sled update. Sign-ups are at the OEC refreshers and will be entered in the online dispatch. You may go online at a later date and change your sign-up, however, space is limited to 6 patrollers per day so check your calendar before OEC and get the date of your choice. Your update will be a regular patrol day with the update occurring either in the morning or afternoon. Note that we're also offering some evening sessions...

Trainers

We need all the help we can get as we ramp up the program to include the hill patrollers. Please come to the mandatory in-town meeting and bring your calendars. It would be ideal if all trainers could sign up for 2 - 3 days of FRT updates.

Hill Coaches and FR Trainers - we will need 12 observers at each apprentice field session. We'll work out the details at the in-town meeting. Looking forward to seeing you all there!

Senior Sled & Toboggan

Jeffrey Weitz
(503) 723-9103

Interested in improving your patrolling knowledge and skills? Brush up on skiing and sled handling skills that can help you in leadership roles within MHSP and NSP? Then Senior Ski & Toboggan training is for you. It is designed to fine tune your skiing and to enhance your hill patrolling skills including advanced problem management and leadership in emergency transport situations. See the MHSP calendar for training and final evaluation dates.

All interested patrollers are encouraged to contact Jeffrey Weitz.

Training News Continued

Interested in improving your ability to manage OEC related problems? Expand your overall patrolling knowledge and skills? Brush up on skills that can help you in leadership roles within MHSP and NSP? Then Senior EMM is for you! It is designed to develop and enhance your skills of decision making, problem management and leadership in emergency care situations. It will also provide you an opportunity to gain a new and different perspective on your own style of leadership in those situations. See the calendar for dates on training and the final evaluation.

All interested patrollers are encouraged to contact Kathy Lee, leek@ohsu.edu, (503) 494-2630 work, (503) 654-7494 home.

Avalanche Training Director

Steve Eversmeyer
sa_evers@hevanet.com

Advanced Avalanche

Matt Hickok is the Instructor of Record for the Level II class (Advanced Avalanche). If you have had the Level I class and would like to understand more about the causes, how to pick the safest route, decide that the backcountry is safe to be in, etc. this is the class for you. As a Hill Captain you have the added responsibility of taking a leadership role should an avalanche occur. The class focus is on leadership. Tired of the refresher every 3 years and looking for something different, then this class will fit the bill. Are you interested in training others about avalanches? This is part of the training you'll need to do that. There are 3 class nights in town and 3 days (1 per month) on the mountain. Town classes will be at the Kaiser Permanente Interstate building and start in Nov. This is off the MAX Yellow Line. Sign up at the October meeting or contact Matt by Nov. 7. (Dates are being adjusted due to work demands.) Cost is being re-calculated but is less than \$50.

Apprentices (Associate and Hill) – you should already have the dates marked for the 3 classes in town and the Jan. 8 mountain session. Dec. 8, 14 and Jan. 5 will be at the Kaiser Permanente Interstate building. This is off the MAX Yellow Line. You MUST attend all of the classes OR find another Level I class to fulfill your apprentice training requirement. If you don't get this done then you cannot complete your training and will not be eligible to patrol until you do. Class starts at 6:30 PM, Dec. 8. Mike Van Hoomissen is the Instructor of Record for this class. Please contact him with questions, concerns, etc. We only offer this class once a season. Other patrols may offer it, or there are private classes in the area for about \$200. Your cost will be less than \$40 depending on weather or not you need to buy the book "Snow Sense".

Avalanche Refreshers

Refresher classes are on the calendar starting on Jan. 23rd. Feb. 26th or Mar. 19th are the other choices. Please look at the date that best fits your schedule and DISPATCH for the training. You must attend this class or take the Advanced class every 3 years. Based on the feedback the past few years, we've listened and changed the course to focus on the key areas. There is more time outside "playing" in the snow, less time in the class. If you are not sure when you're due, please check with Matt Rea, Joel Yoder or myself. We have VERY GOOD records thanks to Matt and Joel.

Equipment Deals

I contacted the makers of the Tracker, Ortovox and SOS transceivers and have the pro form info and will be putting orders together at the Oct. and Nov. meetings. We must get this stuff early as they stop selling prior to the holidays. This also means you have your new toys at the beginning of the season and can use them.

Contact me if you have questions about any of the above. If you have a problem with a particular requirement, class night, etc. please talk to the person running that class. If you want to get more involved, please contact me. THANKS!

Snow News is Good News

PRESEASON CONDITIONING

Alayne Rowan

Alayne Rowan is a certified Personal Trainer at the Nike Sports Centers. She will present some fitness tips at the first general meeting and can be reached for group outdoor sports specific conditioning and other fitness consultations at 503.532.5140 or alayne_r@yahoo.com.

The factors to include in a successful pre-season ski plan, are **muscular endurance** (being able to ski the whole day without a ton of fatigue or pain) **flexibility** (begin able to bend and twist the joints and ligaments without strain or injury during jumps, moguls, and falls) and **muscular strength and balance** (the power to be able to change the body's position quickly over changing terrain, yet remain in control).

Muscular Endurance – Any type of cardiovascular activity which raises your heart rate such as jogging, biking, stair climbing, and hiking will help you build the endurance to withstand a day on the slopes. The two best cross-training exercises to best prepare the body for skiing is stair climbing (up **and** down) as well as hiking and then bounding, or jogging down the mountain. While descending the mountain, try and zig zag, and gallop – this will work the stabilizing muscles in the ankles and the knees during your lateral movement, as well as improve your alertness to the ever changing terrain.

Flexibility – Flexibility is defined as range of motion possible about a joint. Flexibility is very important in skiing because the body experiences a lot of impact falling. Being flexible will help reduce the risk of injury, and will also extend the duration of your skiing career. If you are not actively stretching after your traditional exercise program – begin NOW! Basic stretches for the shoulders and chest, low back, hamstrings, quads and ankles will suffice. A super book with great stretching pictures is Stretch Book by Jim and Phil Wharton.

Strength and Balance – Strength training is a super way to prevent injury, as well as increase your skiing ability by making you more explosive and powerful going down the mountain. Be sure to begin very basic for at least 2-3 weeks, and then begin to get a bit more specific in your train-

ing by adding plyometrics and other athletic drills such as squat jumps side to side, side lunges, single leg hopping or skipping, and single leg squat jumps. Remember that anything you do on both legs, you can change to a single leg exercise, which will only increase your balance and reaction time when on the slopes.

Mt Hood Hoodlums

Portland to Coast Walk 2004

Kathy Lee

The Mt Hood Ski Patrol Hoodlums once again made it to Seaside without any major mishaps or injuries and ended up placing 4th in the Masters category. That's up from 7th place last year, so we going in the right direction!

We have some very dedicated sponsors who deserve a huge thank you for their financial support, and as we've done in the past, 10% of the money received from sponsors has been donated to the American Cancer Society. So THANK YOU to: Buzz Bowman - Bowman's Hillsdale Pharmacy
Don Gardner - Gardner Plumbing Service
Diane Kindall - OR City Electrolysis

And a special thanks to Chuck Cahill and Gresham Ford for providing two beautiful vehicles to carry us to Seaside.

As always, it was lots of fun and a terrific team effort by everyone – volunteers, drivers and walkers. Our volunteers were vital in keeping us from being disqualified and it was great to see their smiling faces at the finish – thanks much to Lori Bennett, Mike Grant and Patty Grant. Our drivers, 'Bobmobile' Tise and John 'Road Warrior' Howard, once again did an awesome job getting us safely to Seaside.

Congratulations to the walkers for a great effort pounding out the miles of pavement...and dirt...and gravel – Judy Madsen, Paul Podett, Bill High, Linda High, Diane Kindall, Nora Collins, Larry Alfieri, Craig Savage, Cher Hinerman, Larry Cahill, Chuck Cahill.

Calendar Additions

First Responder and Sled Updates

Jan 8th	Timberline	Open - Noon
Jan 8th	Timberline	Noon - sweep
Jan 23rd	SkiBowl	Open - Noon
Jan 23rd	SkiBowl	Noon - sweep
Feb 13th	Timberline	Open - Noon
Feb 13th	Timberline	Noon - sweep
Feb 19th	SkiBowl	Open - Noon
Feb 19th	SkiBowl	Noon - sweep
Mar 20th	SkiBowl	Open - Noon
Mar 20th	SkiBowl	Noon - sweep
Apr 9th	Timberline	Open - Noon
Apr 9th	Timberline	Noon - sweep
Apr 10th	Timberline	Open - Noon
Apr 10th	Timberline	Noon - sweep
Apr 16th	SkiBowl	Open - Noon
Apr 16th	SkiBowl	Noon - sweep
Apr 17th	SkiBowl	Open - Noon
Apr 17th	SkiBowl	Noon - sweep

Apr 23rd	Timberline	Open - Noon
Apr 23rd	Timberline	Noon - sweep
Apr 24th	Timberline	Open - Noon
Apr 24th	Timberline	Noon - sweep
May 1st	Timberline	Open - Noon
May 1st	Timberline	Noon - sweep
May 7th	Timberline	Open - Noon
May 7th	Timberline	Noon - sweep
May 14th	Timberline	Open - Noon
May 14th	Timberline	Noon - sweep
May 22nd	Timberline	Open - Noon
May 22nd	Timberline	Noon - sweep
May 29th	Timberline	Open - Noon
May 29th	Timberline	Noon - sweep
Feb 25th	SkiBowl	6:00 pm - 10:00 pm
Mar 4th	SkiBowl	6:00 pm - 10:00 pm
Mar 19th	SkiBowl	6:00 pm - 10:00 pm
Apr 16th	SkiBowl	6:00 pm - 10:00 pm

Please be sure to sign up at OEC refresher or at the first general meeting. Updates are limited to 6 people per session so sign up early to get your selection....thanks!

UPCOMING CALENDAR ITEMS AND CHANGES

October 2004	Event	Location	Time	Contact	Apprentices Required	Patrollers Required
Oct 5th	SnoJob sent to publisher	---	---	---	---	---
Oct 10th	OEC Refresher 2	Lorenzo Center south of main entrance to Emanuel Hospital	7:30 am - 4:00 pm	Paul Podett	Yes - if you didn't attend on Sept 25th	Yes - if you didn't attend on Sept 25th
Please remember to bring your fannypack, checkbook, OEC/CPR cards, completed study guide, and a brown bag lunch to your OEC update. The hospital cafeteria will be available for those who don't bring a lunch.						
Oct 11th	General Meeting - Season Opener	Athey Creek Middle School	7:00 - 9:00 pm	Bill Boyd	Yes	Yes
Oct 16th	Chair Evac - Summit	Summit Ski Area	7:30 am - 4:00 pm	Matt Rea	Yes - if you didn't attend on Sept 19th	Yes - if you didn't attend on Sept 19th
Oct 19th	Council Meeting	Windermere Realty	6:30 - 10:00 pm	Bill Boyd	Contact Bill Boyd if you wish to attend or to add	
Oct 25th	Hill Apprentice and Coach meeting			Al Klascius	Hillers only	Hill Coaches
Oct Oct 26th	Alumni Meeting - all current and former MHSPers welcome	Shenanigans - 4575 North Channel Av, Portland 97217	1:00 pm	Judy Madsen		
Oct 26th	Snojob Deadline for Submissions	ckdk@comcast.net	5:00 pm	Corinna Kupelwieser	---	---
Oct 28th	Hill Captain/Associate Supervisors Meeting	Shenanigans - 4575 North Channel Av, Portland 97217	6:30 pm	Don Gardner/ Eric Einspruch		All Hill Captains and Associate Supervisors
Oct 30th	Associate Apprentice Work Party	Govy Building	8:00 - 3:00	Bob Tise	Associate Apprentices	
Oct 31st	Nordic Training Day			Michael Curtis		
November 2004	Event	Location	Time	Contact	Apprentices Required	Patrollers Required
Nov 2nd	SnoJob sent to publisher	---	---	---	---	---
Nov 3rd	Instructor Development Day 1			Kathy Lee	No	Register with Kathy Lee if interested
Nov 5th - 8th	SkiFever - Expo Center	Expo Center	All Day	Jim Gianotti	Volunteers needed	Volunteers needed
Nov 6th	Nordic Training Day			Michael Curtis		
Nov 8th	General Meeting	Athey Creek Middle School	7:00 - 9:00 pm	Bill Boyd	Recommended	Recommended
Nov 9th	First Responder Training - In Town Session	Kaiser Town Hall - North Portland	7:00 - 10:00	Corinna Kupelwieser	Required	All FR Trainers and Hill Coaches
Nov 10th	Instructor Development Day 2			Kathy Lee	No	Pre-registered Patrollers
Nov 13th	First Responder Training	Summit Ski Area	8:00 - 4:00	Corinna Kupelwieser	Yes - must attend today or tomorrow	Trainers and Coaches - one day this weekend
Nov 14th	First Responder Training	Summit Ski Area	8:00 - 4:00	Corinna Kupelwieser	Yes - if you didn't attend yesterday	
Nov 14th	Nordic Technical Training Day			Michael Curtis		
Nov 16th	Council Meeting	Windermere Realty	6:30 - 10:00	Bill Boyd	Contact Bill Boyd if you wish to attend or to add an item to the agenda	

Changes and Additions						
October 11th	Predispatch Deadline	www.mhspdispatch.org		Joel Stevens		YES!!!!
Dec 15th	Basic Avalanche - Day 2 of 3 required in-town sessions	DATE CHANGED - SEE BELOW	7:00 pm-10:00pm	Mike Van Hoomissen	Yes	
Dec 14th	Basic Avalanche - Day 2 of 3 required in-town sessions	Kaiser Town Hall - North Portland	7:00 pm-10:00pm	Mike Van Hoomissen	Yes	
Dec 19th	FRT/Sled update instructor on-hill calibration clinic			Corinna Kupelwieser Larry Cahill	No	FRT and Sled update trainers