



MHSP SnoJob

October 2005



We Want YOU! ♥

A DON'T MISS SKI PATROL DATE:

OCTOBER 10, 2005

General Membership @ Athey Creek

7:00 pm

Important Information:

OEC Refresher Pg. 4

DUES UPDATE Pg. 5

Membership levels Pg. 8

President's Choice

- Lisa Hargrave

The new season has begun with the golf tournament, the first chair evacuation and I am writing this column the morning of the first annual Ski Bowl fun day and fundraising event.

As happens every fall, I am energized by the passion and dedication exhibited by patrol members. The old-timers who show up year after year. The newer members still carving out their own niche in the organization. And all the Steady Ed-dies we count on every patrol day. The tradition continues. We had several apprentices and transferring patrollers give extra measure by

volunteering at the golf tournament before they even had patrol numbers.

All of this got me to thinking about commitment.

I was raised to believe you get out of something what you put into it. That's certainly been my experience in Mount Hood Ski Patrol. The more involved I become, the more days I put in, the more I get back in satisfaction.

Recently a mentor told me, "The way you do anything is the way you do everything." I never noticed it before, but he was right. When I am sloughing off in one area of my life, all the other parts show the same lethargy or neglect. But if I am fully committed

in one area of my life - the energy and drive I manifest spills over into every other part of it.

When you register at the Outdoor Emergency Care (OEC) refresher you'll be asked to commit to a membership plan for the year. The new membership plans were designed to make it easier for members to fit patrol into their lives. When you select your plan please do it based on what you can reasonably do, rather than on what you wish to receive. Since you choose your level of commitment, we know you'll do it.

Remember the suggested minimum days for each plan are just that - minimums.

You are free to, and encouraged to, put in additional days on the hill or as an instructor or working on one of our committees. There are many opportunities available. What you put into MHSP is what you get out of it.

I am looking forward to seeing you all at one of the OEC refreshers on October 2nd or 23rd and at the general meeting on October 10th.



Lisa Hargrave
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Fun, Fun, Fun Day!

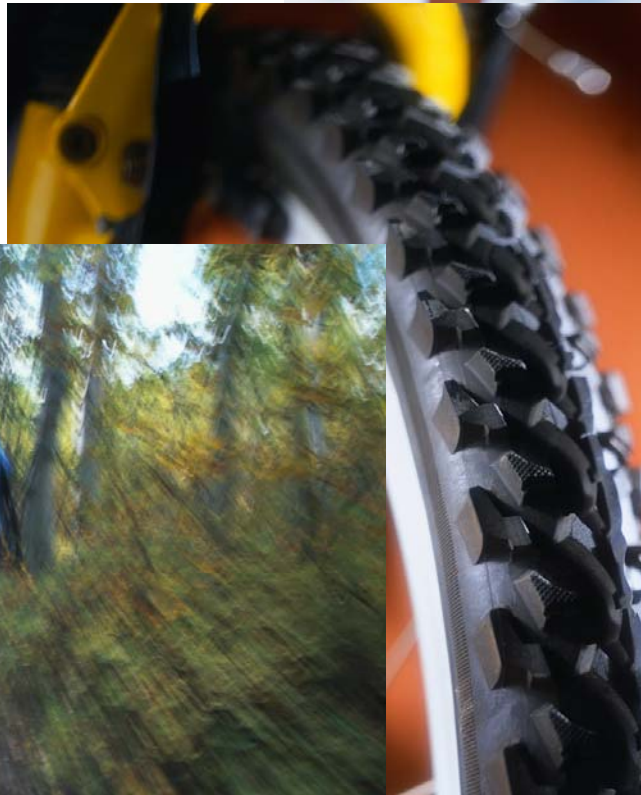
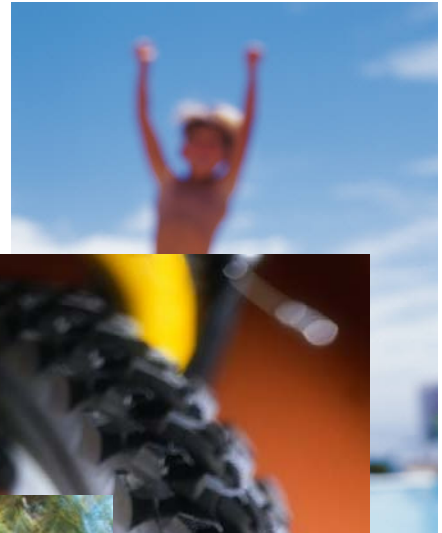
The first annual Ski Bowl Fun Day Fundraiser was a success! Patrol organizers Jeffrey Weitz, Matt Rea and Mark Waller worked with Ski Bowl to organize this event and report the day raised over \$2500. The committee anticipates this will double as this becomes an annual event for the patrol. Jeffrey Weitz says Ski Bowl is ready to mark the day and we can all anticipate working with them again.

If you weren't there you missed a fantastic time. An unlimited lift pass allowed endless fun for mountain biking, unlimited alpine slide, kid zone, bungee trampoline, mini jeeps for the kids... Some patrol guests even went the extra 100 ft for a bungee jump!

Ski Bowl donated their facilities for this event and is passing 100% of the admission paid by ski patrol coupon holders through to MHSP. In addition, with thanks to Bill Boyd, Rasmussen Mercedes stepped forward as corporate sponsors with a cash donation of \$900.

A very special thanks to committee chairman Jeffrey Weitz and his committee, Matt and Mark, for putting together this fundraiser on very short notice. Another tremendous thanks to Lori Bennett and Andrew Degner, who staffed the event with Jeffrey.

If you would like to be involved next year or have ideas for corporate sponsorships please contact Jeffrey Weitz or any council member.



Patrol Chief

- Steve Eversmeyer

Getting Ready:

By the time you read this we'll have had our first chair evac and SkiBowl Fun Day. The OEC and final chair evac dates are rapidly approaching. Please make sure you sign up using the dispatch system so we know you're coming and can plan accordingly.

As of September 25th, about 1/2 the people who need to attend dispatched for the last chair evac on October 15th. These training sessions are a GREAT opportunity to brush up your skills, renew friendships, and start thinking about the coming season. The areas we serve count on us being able to properly and promptly respond, please make sure you attend.

Area News:

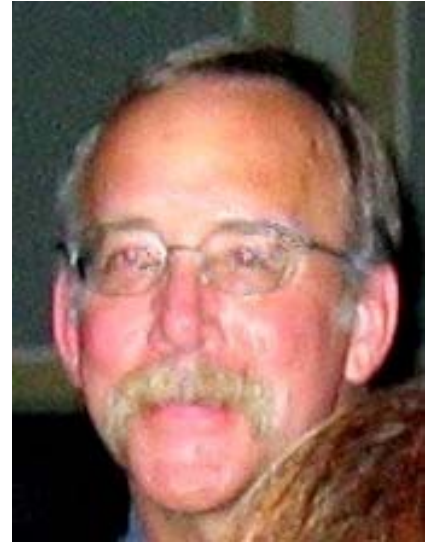
Jeff Ezzell will be working with Debbie Norvell at Meadows helping with the APC duties.

Records:

I'm looking for someone to help with records, and work with the APC's to ensure green sheet data gets put in so we can all keep track of days skied and training requirements met. Please let me know if you'd be willing to help with this critical task, among others.

For your Calendar

Important Dates - Hill Captains and Associate Supervisors will be meeting at 6:00 PM, October 27th at Winks, 3240 S. Troutdale Rd., on the corner of Stark and Troutdale Rd., behind Mt. Hood Community College.



Please start looking at your calendars and be ready to sign up for your days. We're working on the time periods and minimum days required for the level of commitment for each module. Dispatch should be ready for sign ups in the next week with a due date of shortly after our first meeting.



*Getting ready —includes the Annual Golf Tournament
More on page 6*



First Aid Chief

- Jodie Jeffers



"See you on the mountain. Leaving tracks of all kind!"

Monthly First Aid Topics!!

In the attempt to be *refreshed* beyond October, you'll see a monthly topic highlighted in the following ways:

1-Topic addressed in the *SnoJob*,

2-Mini-training at the monthly meeting,

3- Brief training tidbits of the month's topic addressed at the morning meetings of all areas by your Hill Captains and Associate Supervisors.



Jodie Jeffers -
Alaska in the background.



First Responder Training—FRT; Check out the BSI, What is the chief complaint? Photo credit: Jodie Jeffers

October's topic is **Assessments!!!**

Our core and foundation of all we know and must know. Lets review:

Scene Safety

- Is the area safe?
- Are skis in an X above the scene?
- How many patients are there?

Logistics

- Body Substance Isolation (BSI):
Gloves ON
- Introduce yourself, ask if they need help,
- What is the chief complaint?
- Visualize and palpate area, to the skin.
- Head to toe assessment
HANDS FULLY ON!

Remember (mnemonics)

- SAMPLE
- OPQRST
- DCAP-BTLS
- (see page 9, if you can't recall)
- Have you called for help, equipment, are there any red flags-area management??

Does the above look familiar to you? Haven't practiced or been on a case in a while? What are those abbreviations?

For the quietly struggling - Get that book out! Review chapters:

- 5 on vital signs,
- 7 on assessments, and
- 30 on pediatric considerations.

Outdoor Emergency Care (OEC) Refresher

Dates to pre-dispatch:

- Sunday, October 2nd or
- Sunday, October 23rd

Time:

- 7:30 am til about 4 pm

Place:

- Meridian Park Hospital's Community Education Center
<http://www.legacyhealth.org/body.cfm?id=665&oTopID=665&PLinkID=36>

How to prepare:

- Review & prepare,
- Bring checkbook
- OEC & Current CPR Card;
- Lunch and/or lunch money; and
- Completed copy of the "You Are the Rescuer".

You say you lost yours from the new *On Scene Journal*?? Don't worry, be happy! Go to www.nsp.org, download either the Adobe or Word Version and bring it to class!! Or call me.

The clothing committee will have things to buy so don't forget the checkbook for dues and equipment.

Alumni, family and friends that want to help out at the OEC Refresher?? We can sure use your help with registration, selling items, victims, etc. Interested??- Call me. We would love to have you!!!

First Aid Chief
Jodie Jeffers
503-390-3405

tailwaggin@comcast.net



Seeder, Jodie's snow dog and snow totem

Do the dues at OEC...

2005-2006 Dues

National Ski Patrol
\$58
Mt. Hood Ski Patrol
\$40

Total
\$98

Financial Challenge -

We expect to have a tough time on the contribution front this year. The outpouring of charity to survivors of the recent hurricanes has been heartwarming. But the hard truth is local organizations usually experience a drop-off in fundraising as potential donors have redirected the funds they would have spent locally to the larger crisis.

TAX DEDUCTION -

Please consider making an additional tax-deductible contribution of \$50, or whatever you can afford, to the patrol.

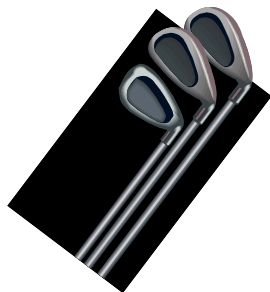
Note: Red Shirt membership level (members completing OEC, but otherwise inactive) dues need only pay National dues, though additional will be appreciated.

Golf Tournament Success — the who is why



The ninth annual Mt. Hood Search and Rescue Golf Tournament for the benefit of Mount Hood Ski Patrol (MHSP) was held on Sunday, September 11th.

The event was a great success thanks to the efforts of the Golf Tournament Committee, and the efforts of many MHSP members. Be sure to give a great big THANK YOU to these folks next time you see them.



**A Huge THANK YOU to the
Golf Tournament Volunteers;**

Organizing Committee

Frosty Comer
Jay Johnson
Jaye Miller
Jerry Knowlton
Mark Larson
Mark Stevens
Pat Stevens

Donation Wranglers

Dave Hornibrook
Dianne Kindall
Donna Disch
Eric Carlson
Eric Granning
Frosty Comer
Hal Light
Jay Johnson
Jaye Miller
Jerry Knowlton
John Wilberding
Kat Moore
Lisa Hargrave
Mark Larson
Mark Stephens
Mike Klein
Patrick Lacey
Steve Eversmeyer

Tournament Day Volunteers

Alysha Lacey
Chris Benson
Corey Schneider
Darren Olson
Dave Hornibrook
Diane Kindall
Ike Isacson
Jaye Miller
Jeff Ezzell
Joanie Welch
Jody Jeffers
John Maloney
Kathy Lee
Kelly Miller
Laura Hornibrook
Linda Johnson
Lisa Hargrave
Matt Rea
Nancy Stromswold
Pat Stevens
Patrick Lacey
Steve Eversmeyer
Steve Sirkin
Tobey Willey

Sincere apologies if anyone was overlooked. Contact Lisa Hargrave if you were at the tournament and not listed so you can get on the green sheet.

And how about those corporate sponsors?



Please Support our Golf Tournament Sponsors and Donors

Title Sponsor -

Subaru of America, Western Region

Gold Sponsors -

Columbia Sportswear

Nike Golf

Bronze Sponsor -

Stacey and Witbeck

Corporate Sponsors -

Acme Construction/De Walt Tools

Cook Security Group

Dot Golf Center (Beaverton)

Full Sail Brewing

Impartial Medical Opinions, Inc.

Jackson National Life Insurance Co.

Jerry H. Knowlton, CLU, Inc.

The Keyes Family

Kershaw Knives

Manzanita Golf Course

Manzanita Lumber

OREPAC Building Products

Portland General Electric

Sun Mountain Sports

Tee Sponsors -

AIM Management Co.

Blinn's Boathouse (Lake Oswego)

Bushwackers, Inc.

Gold's Gym

NEXT Financial Group

Pat Stevens Design, LTD.

Red Hot & Blue (Fairfax, VA)

Vicki Comer, GRI, CRS, ABR

(Principal Broker, Prudential NW Properties)

Auction and Raffle Prize Donors

AAA Oregon

Abruzzo's

Acme Construction / Dewalt Tools

AIM Management Co.

Argyle Winery Inc.

Benson Hotel

Best Western Pony Soldier Inn

Blinn's Boathouse

Bob's Red Mill

Bolle'

Bonneville Hot Springs

Broadmore Golf Club

Broken Top Golf Club

Bushwacker

Chris Jaworski

Clackamas County Visitors Center

Cliff Bars

Columbia Gorge Railroad

Columbia Sportswear

Cook Security Group

Coram Healthcare

Currents Restaurant

Dale Crocket Photography

Dale of Norway

David & Laura Hornbrook

Dot Golf, Beaverton

Erath Vineyards

Eric Runyan Jewelers

Evergreen Air Museum

Frosty Comer

Full Sail Brewing

Golden Valley Brewery

Gold's Gym

Gorge Delights

Hair M

Hal Light

Hazelnut Growers Bargaining Assoc.

High Desert Museum

Hoffman House

Hollywood Video

Hood River Hotel

Impartial Medical Opinions

Jackson National Life Insurance

Jane Holbrook Sun River Rentals

Jay Johnson

Jerry Knowlton

John Keyes

Kershaw Knives

Kettle Foods

Kevin Kelly

Keyes Family

Larog Jewelers

Leatherman Company

Linda Miller

Manzanita Golf Course

Manzanita Lumber

Mark Cooper

Maui Coast Hotel

Medallion Industries

Mikasa

Miller Consulting Engineers

Mountain Shop

Mt. Ashland Ski Resort

Mt. Hood Beverage

Mt. Hood Meadows

Mt. Hood Rail Road

Mt. Hood Roasters

Mt. Hood Ski Bowl

Mulino House B&B

Newport Bay

NEXT Financial Group

Nike Golf

Northwest Natural Gas

Old Spaghetti Factory

Oregon Candy Farm

OrePac Building Supplies

Pat Stevens Design, Ltd

Portland Beavers

Portland General Electric

Portland Timbers

Pumpkin Ridge Golf Club

Raccoon Lodge

Ranch Hills Golf Course

Red Hot And Blue

Rendezvous Grill

Reserve Vineyards & Golf Club

Salvador Molly's

Skamania Lodge

Smith Sport Optics

Solstice

Stacy and Witbeck, Inc.

Stephanie Inn

Sternwheeler Columbia Gorge

Stevens Engineering Inc.

Subaru

Sun Mountain Sports

Vicki Comer



Membership Plan for 2005-2006



By Lisa Hargrave, President

Training days are now included in the required days for various membership levels.

Green sheet credit will be given for:

- each day of patrolling,
- each full day equivalent of training,
- giving training or special activities such as the Golf Tournament,
- recruiting events and

- committee work.

For example: OEC instructors will receive a full day credit for each day of the refresher and partial credits for evening classes.

Regardless of the total number of green sheet credits, each patroller is required to put in a minimum number of days working as a Patroller or Associate assignment at a ski area. Staffing the ski areas is our primary mission and because a certain number of days are required to

remain proficient. (Adjustments will be made for coaches.)

All dispatchable members are required to participate in Pre-Dispatch. Exemptions will be granted by the Patrol Chief and must be requested in writing.

Newly designed membership cards will be mailed out after the completion of the OEC refreshers. You'll need to present your membership card each day to receive guest passes or personal benefits.

MHSP MEMBERSHIP LEVELS →	Gold	Silver	Bronze	SHC/SS	Nordic	Red Shirt
Required Days	20	17	12	12	17	0
Winter days On-Hill	14	12	9	9	12	0
Summer days On-Hill	2	1	0	0	0	0
Guest Pass	Family	Single	Single	Family	n/a	No
Personal Benefits (see page 9)	Yes	Yes	No	Yes	n/a	No
Training						
Chair Evacuation	Annual	Annual	Annual	Annual	n/a	n/a
OEC Refresher	Annual	Annual	Annual	Annual	Annual	Annual
Avalanche Refresher	3 years	3 years	3 years	3 years	3 years	n/a
Sled (hill patrol only)	Annual	Annual	Annual	Annual	n/a	n/a
First Responder Training	Annual	Annual	Annual	Annual	n/a	n/a
Nordic On-Hill Training	n/a	n/a	n/a	n/a	Annual	n/a
Notes - see below				(1)	(2)	(3)

Notes from table:

(1) Senior Hill Captains (SHC) and Senior Supervisors (SS): These individuals have qualified for this status by at least 13 years as an active patroller, 10 years as a Hill Captain or Supervisor and additional service to the patrol as a council member or other duty. SHC and SS members will receive Gold level benefits for Bronze level participation.

(2) Dual Nordic Patrollers, who serve both the Alpine and Nordic patrols, will be required to put in total days for either your Nordic or Alpine membership, whichever is highest. You must participate in all the required training days for both Alpine and Nordic. Nordic patrol requires at least 5 on hill days, Hill or Associate patrol requires a minimum of 9 days.

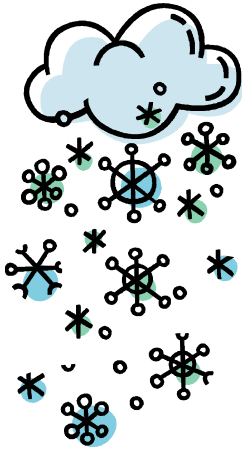
(3) Red Shirt status is for patrollers taking a year off with plans to return. Payment of dues and attendance at an OEC refresher are required to avoid having to re-take the full OEC course. Required to pay only National dues.

Mountain passes will be honored at Timberline for winter and summer. Mountain Passes are not valid at Mt. Hood Meadows. Ski Bowl is pending.

Personal Benefits

The new membership plan includes personal benefits, which vary by ski area, for Gold and Silver level patrollers.

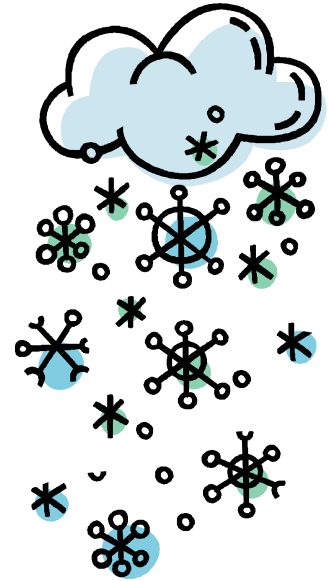
Qualified patrollers working at Timberline will receive a "patroller voucher" in addition to their guest pass benefits. Vouchers may be exchanged for a lift ticket on another day and will not expire until December 24th of the following winter season. When on duty patrollers in uniform will also be eligible for employee discounts at food service and the rental shop.



There is no minimum required days at Timberline.

Mt Hood Meadows (MHM) patrollers are required to ski a specified number of days at MHM to receive personal benefits or guest passes. Personal benefits include season passes, and food service discounts both when working and free skiing.

Ski Bowl is still busy with their summer season so the benefits package has not been finalized there.



Remember...

From page 5:

SAMPLE

S - Signs/Symptoms

A - Allergies

M - Medications

P - Pertinent history (past injuries)

L - Last oral intake (meal)

E - Events leading up to injury/illness

(Brief history of patient's condition)

OPQRST

O - Onset

P - Provoking factors

Q - Quality

R - Radiation

S - Severity

T - Time

(Pain questions)

DCAP-BTLS

D - Deformities

C - Contusions

A - Abrasions

P - Puncture/Penetrations

B - Burns

T - Tenderness

L - Lacerations

S - Swelling

(During assessment evaluate each area of the body for the above)

Schedule of Events

▶ October 2005



- ♦ Oct. 2: Outdoor Emergency Care (OEC) Refresher
- ♦ Oct 10: MHSP General Meeting, Athey Creek Middle School, 2900 SW Borland Rd; West Linn, OR 7 PM
- ♦ Oct 15: Summit Chair Evac 7:30 AM
- ♦ Oct. 18: Mount Hood Ski Patrol Executive Council 6:30–10 PM
- ♦ Oct. 21: SnoJob article deadline
- ♦ Oct. 23: Outdoor Emergency Care (OEC) Refresher
- ♦ Oct. 27: Hill Captain/Associate Supervisor meeting 6:00 PM at Winks, 3240 S. Troutdale Rd., on the corner of Stark and Troutdale Rd., behind Mt. Hood Community College.
- ♦ Oct. 30: Nordic On-the-Hill Day 9AM–3PM @ Govy Building

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 OEC Refresher	3	4	5	6	7	8
9	10 General Meeting	11	12	13	14	15 Summit Chair Evac
16	17	18 MHSP Council Mtg	19	20	21 SnoJob Articles Due	22
23 OEC Refresher	24	25 SnoJob to Publisher	26	27 HC/ Assoc Sup	28	29
30 Nordic On-the-Hill Day	31					

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



Photo credit: Jodie Jeffers

Schedule of Events

- ♦ Nov. 4–5: 26th Annual Ski & Snowboard Show <http://www.portlandskifever.com/>
- ♦ Nov. 5: Nordic On-the-Hill Day
9AM–3PM @ Govy Building
- ♦ Nov. 12: Meadows Training
- ♦ Nov. 13: Nordic Technical Day,
9AM–3PM @ Govy Building
- ♦ Nov. 14: MHSP General Meeting,
Athey Creek Middle School, 2900
SW Borland Rd; West Linn, OR
- ♦ Nov. 20: Nordic Technical Day,
9AM–3PM @ Govy Building
- ♦ Nov. 22: Mount Hood Ski Patrol
Executive Council 6:30–10 PM
- ♦ Nov. 24: SnoJob article deadline
- ♦ Nov. 26: SnoJob to publisher

▶ November 2005



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 Ski & Snowboard Show	5 Nordic →
6 →	7	8	9	10	11	12 Meadows Joint Training
13 Nordic Technical Day	14 General Meeting	15	16	17	18	19
20 Nordic Technical Day	21	22 MHSP Council Mtg	23	24 SnoJob Articles Due	25	26 SnoJob to Publisher
27	28	29	30			

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



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

*Yours truly—Donna Disch,
Mount Hood Ski Patrol Secretary
—where I'd rather be*

Photo credit: Michael Curtis

Mailing Address Line 1
Mailing Address Line 2
Mailing Address Line 3
Mailing Address Line 4
Mailing Address Line 5



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



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