



Mt. Hood Ski Patrol

Snojob



January 2011

Membership cards now available!

MHSP and NSP card for patrollers are at the Government Camp building in the brown accordion file on the desk. MHSP cards for hosts are available in the host closet at Timberline. You will need to show your card to the hill captain or supervisor to demonstrate your qualification to patrol and to receive your benefits.

Essential Reading

- Chairlift Safety
- Handwashing
- AED Locations
- Govy Building rules update

General Meeting

Monday, January 10, 7-9 PM

Athey Creek Middle School, 2900 Borland Rd, West Linn

Program Meeting: Search and Rescue, presentation on SAR by the Clackamas County SAR Deputy and a presentation on the trails between Timberline and Government Camp.

President's Message

By John Gastineau, President, HC 1393



On the Birds and the Bees

Let's talk about reproduction. You know, making copies of yourself. Patrollers have to do that so that the patrol stays alive. We have to train some 30 apprentices each year to slowly grow our numbers. When I tell members of other patrols, they are stunned at the size of our apprentice class. Our patrol is one of the largest in the NSP.

This year our apprentice training starts right away in January, with everything—hill training, OEC, and even FRT blended in. These new apprentices will be done come banquet time. It'll be a short, sharp training period. As an experiment, we might or might not do this again.

This somewhat brutal schedule means that our instructors will be very busy this winter. If you're an instructor, thank you. If you're not, you can still help in many ways. Make sure the apprentice groups get time for their training agenda. They need to learn to tie a clove hitch, but shouldn't have to manage a mile of rope while you ski. Let the groups take cases when the coaches say their apprentices are ready—otherwise jump in and take the incidents. Talk to the newbies—this is when they learn the culture and history of the patrol. Help them belong.

If you're an apprentice reading this, welcome. I'm so pleased you're here. You are starting a new adventure that could very well be part of you for much of your life. Hang on for the ride this year. It's the hardest part of patrolling. There's so much to learn and much of it is only taught by example. Ask for help when you need it—don't fake it. What we do is too important. Get ready to learn tons, drinking from a fire hose. You will meet friends who will be with you for decades, or longer.

ADMINISTRATION

Elections

By Lisa Hargrave, Senior Trustee, HC/AS 1053

Time to start thinking about elections. Every office (except the trustees) has a one year term so all offices and one trustee position are up for election. Because we have two year term limits, most offices will NOT have incumbents running for re-election.

The patrol is run by the entire council, even the president only has 1 vote out of 12. Each office has something to contribute and to say in the operation of the patrol.

We will be electing the nominating committee at the January general meeting. The election will occur at the general meeting on April 11.

Proposed Nominating Committee

- Dave Miller, HC 1526
- John Voorhees, AS 90537
- Mike Cullen, HS 60009
- Stewart Carter, HP 1559

Qualifications for Executive Council

- Must have been an active member for the prior three years. (If you received your cross prior to June 2008 and have or will meet your membership requirements in 2009, 2010 and 2011, you are eligible to run for an office.)
- Patrol Chief must be a hill patroller. Associate Director must be an associate patroller. Nordic Director must be a Nordic patroller and Mountain Host Director must be a mountain host.

- Mountain Hosts are eligible to run for mountain host director only.
- Candidates for treasurer and secretary will find it easier to do the jobs if they have access to a computer and internet. The Treasurer need not be an accountant but should have some basic bookkeeping skills; if you use Quicken or other personal finance software you probably have adequate knowledge. The secretary will benefit from familiarity with word processing software such as Microsoft Word or Google Docs, and from being adept at learning new internet skills such as uploading documents or photos.

How to run for Executive Council

To run for office simply inform a member of the nominating committee (which until the general meeting consists of Lisa Hargrave). Or you may be nominated from the floor at the March or April meetings. The deadline for nominations to be published in the Snojob and included on the absentee ballot will be March 21, 2011.

National Ski Patrol Election Results

The National Ski Patrol board of directors and nominating committee announced that Jim Decker Larry Stone, Norris Woody and Wally Shank have been elected to the Board of Directors.

Of the successful candidates, Wally Shank was endorsed by the MHSP executive council.

The election was a close one with just under 3,000 votes cast. So our 250 eligible voters would be a significant percentage if everyone votes.

Thank you to everyone who cast a ballot.

Have you ever thought about becoming a trainer?

By Jim Trett, NSP Wy'east Region Director, SS 90244



The next MHSP Instructor Development course is scheduled for Thursday, January 13th and Thursday, January 20th. Attendance at both sessions is required to complete the course. The site is yet to be determined.

Anyone wishing to instruct any of the NSP disciplines must complete this course before they can instruct. While it is a requirement to instruct, we hope to have some fun during the course.

If you would like to participate in this class please send an email to me (trett11380@msn.com) and to Kathy Lee.

Hope to see you on the 13th.

Recognizing Your Peers

By Cleo Howell, First Aid Chief, AS 1444



Every year at the awards banquet we recognize people for a variety of reasons. There are also reward opportunities at the national and division levels of the

National Ski Patrol. In order to properly recognize people for good work we need to know about the good work and then properly document it.

If you become aware of award worthy first aid skills performed by one of our members, whether on duty or off, please contact a council member or a leader on the patrol. Please provide some basic details such as the patrollers involved, date, location and some details. We may have to do further follow-up to obtain details for the award letter.

Please continue to recognize and thank your peers for a job well done, even if it is for mopping the First Aid Room or digging out tower pads. As volunteers sometimes the only kudos we get are from each other.

SKI PATROL OPERATIONS

Patrol Chief

By Jeffrey Weitz, Patrol Chief, HC 1236



Shout Outs!

Thanks goes out to all those folks who have helped retrofit all the Johnson splints with the new straps systems

The Areas

All the ski areas are now in full operation. They greatly appreciate all our excellent coverage we are providing so they can continue to operate smoothly this season. Keep up the good work.

Summit operations, including Snow Bunny, are now being managed by Skibowl. Skibowl has asked us to continue to provide coverage at both Summit and Snow Bunny this season and have extended Skibowl benefits to the days you spend there. We are working on changing up the radio frequencies at Summit so Skibowl radios will be on the same channel. More info to follow.

Dispatch

Check the dispatch site for times that need to be filled and for those folks requesting substitutes to get your days in. Be sure you complete your sign up for the next module by February 15th.

Training and Clinics

The Women are smarter!

The women's clinic is filling up quickly and there are a few spaces left so email me if you would like to attend on January 15th at Meadows.

Hill Apprentice Training

Hill apprentice on training will be starting the first week in January and associate apprentice training in February. Please welcome our new recruits to the patrol and give them encouragement too!

Make up Chair Evac

Make up chair evac will be held at Summit on Jan 15th at 4:00pm. Please dispatch for this if you were not able to make one of the evacs already held this season. You must attend one of the training dates to be eligible to patrol this winter!

Be safe, stay in shape and we'll see you on the mountain!

Let it Snow! SKI CZY

Eyes and Ears on Chairlifts

The chairlift accident at Sugarloaf in December has put a spotlight on chairlift safety. That accident was a derailment where the haul rope rode up out of the sheaves and then completely missed the catcher resulting in chairs hitting the ground.

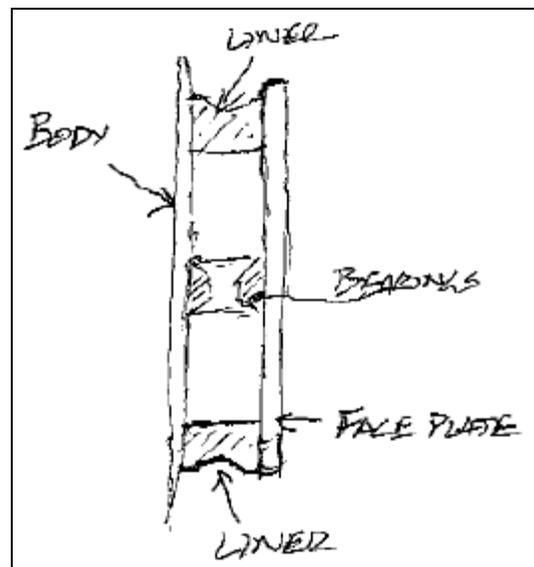
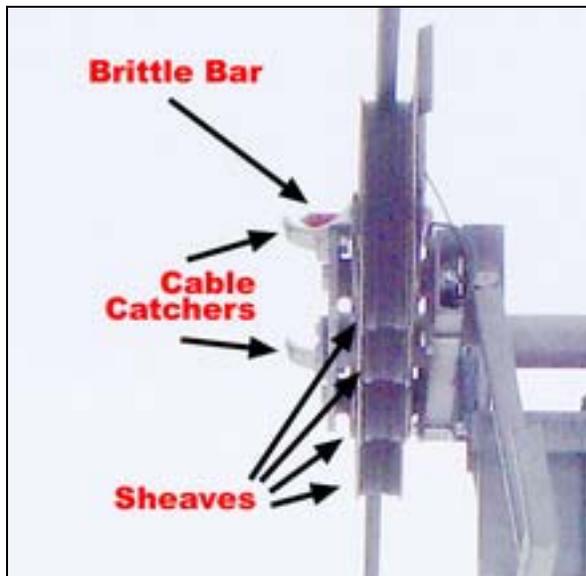
All ski areas perform an annual overhaul and ongoing inspections. However, a chairlift is a mass of moving parts operating in extreme conditions. Optimum performance and safety is best ensured by having many eyes and ears looking and listening to the lifts as we ride them.

The Snojob sat down with John Vermaas, Mountain Department Manager at Mt. Hood Skibowl, to find out how patrollers and hosts can help keep the lifts safe.

Lift Basics

The wheels that the cable runs over and under are called sheaves. There are 640 of these beauties at Skibowl. That is 640 objects that move constantly, eventually wear out and that need ongoing evaluation.

These pictures from Wikipedia and John Vermaas show the skier's eye view, and a cutaway of the sheaves.



- The haul rope should run through the sheaves. It should not be on the cable catcher.
- The entire sheave assembly should be in a straight line with the cable. There should be no bend or kink in the rope.
- All the sheaves should be in line with the others – no crooked wheels.
- The cable should run through the center of the sheaves. It should not be climbing out of the groove in the liner or touching the inside of the face plates.

- On a fixed grip lift the chair clip should pass through the sheaves without touching the edges of the face plates.

Look

When you ride a lift look at the sheave assemblies on both the heavy and light side.

- Watch the haul rope go into and out of the sheave assembly. Look for everything to be in a straight line and the cable to be going in and out of the middle of the sheaves. Make sure it is not in the cable catcher.
- At Skibowl the edges of the faceplate are painted black and the liner is painted silver. The cable should wear away the silver paint in the middle, but not on the edges, of the liner. So when you look at a sheave end-on, you should see a narrow black stripe that is the face plate, a narrow silver stripe that is the edge of the liner, then a wide black stripe in the middle where the haul rope runs, followed by another silver and another black.

If the paint wear is significantly to one side on the liner, or if there is bright metal showing on the inside of the face plate that is a sign that the sheave is out of plumb or the liner is wearing out. In either case the result could be excess wear or damage to the cable.

Listen

Listen to the chair. On a Riblet lift the center chair stem is like a stethoscope, you can hear things you might not be able to see. Keep listening as you will often start hearing a problem a few towers before you get to it.

- The normal sound is a low hum. It sounds like a refrigerator or drone of propeller plane in an old movie. (As you listen regularly, you will get to know the normal sound.)
- A buzz like “Z-Z-Z-Z” can mean that the cable is rubbing against the inside of the face plate sheave. Perhaps the sheave is out of alignment or the liner is wearing out.
- A clanking noise might indicate that chair clips are contacting the face plate. This typically means the rubber liner is wearing out so there is no more clearance for the clips.
- A high pitched squeal is generally indicative of a bearing going bad.
- A squishy noise is normal, especially in wet weather.

Feel

Most chair movement is not a cause for concern. Chairs will bounce and swing as the weight of the chair going out of the loading area or over a tower causes oscillation in the cable. That movement will reverberate throughout the system.

Consistent or hard contact with the tower haloes in wind is a major concern as it indicates conditions that could potentially lead to a derailment.

What to Do

REPORT ANY LIFT ISSUES TO DISPATCH IMMEDIATELY.

If you are not sure about something, call it in.

- It is better to have a question checked out by lift maintenance than to have a problem that results in an emergency evac or worse.
- There are hundreds of sheaves at each ski area, and they don't wear out at the same rate. Our reports help lift maintenance triage their work and plan their inspections.

If you are the dispatcher, notify the paid patrol supervisor of any lift issues. If the supervisor is not available contact lift maintenance (not lift operations) or the mountain department directly. The mountain department is channel 2 on MHSP radios at Skibowl.

Area Operations Notes

Toboggan Repair

- All sleds were fully rehabbed at the beginning of the season. Repair kits with extra straps, clips, bungee cord, etc. are at the ski areas. The Skibowl kit is at Rescue Center, the Timberline kit is in the patrol room. Thanks to Tom Payne and Doug Stanton for that.
 - If you find a sled that needs replacement parts please inform the hill captain so it can be repaired in the field.
 - Sleds with that need more than a quick replacement part should be reported by the hill captain to the patrol chief or to Doug Stanton, our sled maintenance guru. The Daily Activity Report (second page of the green sheet) is the appropriate venue, but please follow that up with a phone call or email.
 - If a sled is too damaged to be in service it should be taken off the hill and tagged. There are out of service tags in the sled repair kits. If possible the hill captain should arrange for the sled to be taken to the Govy building.
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Leave the driving to someone else!

Every one of our ski areas has already experienced full parking lots this season. When that happens not only does the ski area lose revenue, but carloads of skiers and snowboarders are turned away disappointed.

Part of our service to the public is leaving parking spaces free for the public's use. So please park at the Govy building and hop the Skibowl shuttle or consolidate cars and carpool to Timberline or Meadows.

Timberline Benefits Updates

Timberline has extended these additional benefits to hosts and patrollers for the 2010-2011 season:

Timberline Snow Sports Center:

- 50% discount off (rack pricing) private lessons - ski or snowboard - one (1) week advance registration.
- 50% discount off (rack pricing) for all group lessons. You must arrive one (1) hour prior to class time and it is totally dependent on daily availability.

You will need to contact the Snow Sports Center at 503-272-3341 and have your MHSP membership card. This offering applies to the card carrier only and not additional family members. Check out the Timberline home page for program descriptions.

Timberline Rental Shop:

- 50% discount off (rack pricing) for all Tune Shop services. It is best to get your equipment in during "off-peak" hours - the Timberline guest will take priority.
- \$30.00 per day rental of "high performance" boards and skis vs. \$50.00. There will be more detail to follow regarding the Rental Shop.

Timberline Retail Stores:

- 20% discount off store items. There will be a complete, updated, MHHP member list provided to the store within days. You will need your MHSP membership card at the time of purchase also.

If you have additional questions, please contact Bill Johnson, Host Director.

FIRST AID

Hand Washing 101

By Cleo Howell, First Aid Chief, AS 1444



We have all learned about body substance isolation (BSI) and most of us "glove up" when touching a patient. In addition to putting on protective gloves consider following the steps listed below to prevent the spread of disease:

- Change gloves if you walk away from your patient to do another task and then return to your patient.
- Change gloves after you touch hard surfaces, such as the wall or furniture.
- Change gloves between patients.
- Double glove if body substance is obvious. I have seen defective gloves right out of the box.
- Wash your hands before and after treating a patient in the first aid room.

The Centers for Disease Control (CDC) recommends that you wash your hands with soap and running water for at least 20 seconds. Long enough to sing Happy Birthday twice.

The CDC says that, "Washing hands with soap and water is the best way to reduce the number of germs on them. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do not eliminate all types of germs."

Please see the CDC website for further information about hand washing.

<http://www.cdc.gov/Features/HandWashing/>

Do you know where to find an AED?

Remember to review the AED locations at each ski area when you patrol there. When you need one you won't want to be trying to remember.

Mt. Hood Meadows

- Patrol Headquarters

- Renaissance Café (at the bottom of HRM)
- Top of Shooting Star lift
- At the highest bump point

Mt. Hood Skibowl

- West side in the gift shop
- East side in the vestibule/hallway. It is locked and the key is on the wall in the first aid room.
- Rescue Center in a belt pack

Timberline Lodge

- Mountain Services desk in day lodge
- Hotel from desk in the historic lodge
- Silcox hut
- Dispatch

First Aid Kudos

By Cleo Howell, First Aid Chief, AS 1444

Timberline Lodge Unconscious Patient

On December 30 a female guest fell in the Black Iron Grill at Timberline Lodge apparently striking her head. Patient was unresponsive when Dave Nead responded only moments after the incident. Reports are that Dave did a fantastic job assessing the patient, directing other patrollers and getting what turned out to be a very serious patient backboarded and then loaded up in an ambulance to meet Life Flight further down the hill. Also on the case were three freshly minted patrollers Pete Campbell, Phaedra Booth, and Steve Giesey who performed as if long seasoned patrollers.

Hwy accident in the Coast Mountains

On December 30' Nordic patroller Jeff Hepler witnessed a motor vehicle accident. A truck driven by a 65 y/o male rolled several time coming to rest on its wheels, all the windows were blown out and the doors were stuck closed. Jeff was able to break out the rest of the windows but could not get inside to the patient. Working with a nurse who came by Jeff was able to assess the patient and keep him warm and quiet but he was so trapped that the rescuers were unable to even apply head stabilization. The remote location of the accident meant that Jeff had to maintain the patient for an hour before the fire department arrived with jaws of life and an ambulance. The EMS crew was very appreciative of Jeff and the nurse's stabilization efforts and the very detailed history notes on the patients many conditions and medications.

OTHER NEWS

In Memoriam

Myer Avedovech, HP 685

Myer Avedovech passed away on January 3rd at his home in Idaho.

Myer served as Mt. Hood Ski Patroller #685 and was on several other ski patrols including Mt. Bachelor and, most recently, Brundage Mountain Resort in McCall, Idaho. Myer was Pacific Northwest Division Director for several years and later held a number of positions at the national level.

Linda Johnson, Patrol Angel

Linda Johnson, wife of Jay Johnson #580, died on December 9th after a 16 year battle with breast cancer.

Although she was not a patroller, Linda was a huge contributor to MHSP. Long before the days of instant messaging and email, when producing a roster or the dispatch schedule meant spending long hours with a typewriter and a mimeograph, Linda was the bookkeeper and secretary for the patrol. After Jay retired from active patrolling Linda was still stepping up as an integral part of the golf tournament fundraiser for over ten years.

Govy Building Reminders

Thanks to everyone who has made special efforts to pick up after themselves and take trash and recycling home with them. This really helps out our caretakers, and everyone who uses the building appreciates a clean, non-smelly building.

A few reminders and clarifications of rules.

First, the use of the building is primarily for patrollers who are patrolling the following day.

- Patrollers who are patrolling the next day always have first priority for bunk space.
- Patrollers who are not patrolling the next day have second priority.
- The only other people who are permitted to use the building are the patroller's significant other and the patroller's children.
- Please note that children of others, children who are over 18, friends, and extended family members are not permitted to stay overnight.
- Patroller SO's and children may stay only if space permits and may only be in the building when the patroller is also present. If the patroller leaves, the guests must leave.
- Be aware that at certain times of the year (holidays, senior training weekends, ski the glade day, etc.), there may not be adequate space for everyone who wants to stay at the building. You should not plan to bring guests at such times.

Second, well behaved dogs are allowed but only when the patroller is present.

- **Dogs are not allowed on furniture and are not allowed anywhere upstairs at any time.**
- You may not leave your dog in the building if you are not there.
- If you consistently violate these rules, you will not be permitted to stay at the Govy building.

Finally, you must sign into the guest book when you claim a bunk if you are staying overnight.

- You must pay \$10 per person per night to stay at the building. No exceptions.
- You must pay at the time you stay, no IOU's. Consistent failure will mean loss of overnight privileges.
- When you pay, you must place your payment in an envelope and on the outside, write your name, your patrol number (in case we can't read your name) and the night you are paying for.

We are so lucky to have this facility for our patrollers. Let's be considerate to keep it a safe and comfortable place that we can rely on when we need it.

If you have any questions or concerns at any time, please contact our caretakers John Roshell and Bonnie Lynch or call any council member.

Snojob Deadline is 3rd Monday of the Month

Lisa Hargrave, Snojob Editor, HC 1053 and Barb Korsmo, Copy Editor, Alumni AP 90260



The deadline for Snojob articles and photos is the third Monday of each month (7 days after the general meeting). Send your submissions to snojobeditor@gmail.com.

Articles: Please submit as the body of your email rather than an attached document. If you have a long article covering several topics please break it into several articles covering one topic each.

Photos: Send as an attachment in JPG format. Be sure to identify who took the picture, where it is and who is in it.

Calendar

For the most current information and details check the online calendar at www.mhspdispatch.org.

January

- 5 Council Meeting
- 10 General Meeting
- 11 OEC Book Pick-up for Apprentices
- 13 Instructor Development class begins
- 15 Lift Evac, final make-up session
- 17 Snojob Deadline
- 25 Alumni Luncheon, everyone welcome

February

- 1 OEC Course begins
- 9 Council Meeting
- 14 General Meeting (tentative)
- 15 Predispatch Deadline for Mar-May
- 21 Snojob Deadline

March

- 9 Council Meeting
- 12 Patroller Tryouts (tentative)
- 14 General Meeting
- 21 Snojob Deadline
- 21 Election nomination deadline for inclusion in absentee ballot.