



Mt. Hood Ski Patrol

Snojob



March 2011

Election Nomination Deadline is March 21st

Nominees for Executive Council must be made at the March meeting or to a nomination committee member by 5:00 pm March 21st for the nominee's name to be included on the absentee ballot.

Essential Reading

- Avy Awareness Reminders
- Concussion Review

General Meeting

Monday, March 14, 7-9 PM
Athey Creek Middle School, 2900 Borland Rd, West Linn

March is a program meeting that patrollers and hosts will not want to miss.

MHSP Apprentice Cory Wall will describe a backcountry avalanche and rescue that he and another ranger were involved in at Crater Lake National Park when he was a ranger there. He and the other ranger did a presentation for park employees describing what went wrong and what went right. The account has been written up in Back Country Magazine as well as other publications.

President's Message

By John Gastineau, President, HC 1393



This month's thought is a brief one: Is the 2011 Swap on your calendar yet? It's October 7 and 8, with takedown on the 9th. Take a moment now to get that on your schedule. If you know already that you have a conflict that weekend, then know that it is on you to find a pre-swap work event to get in your time. Everyone must work the swap in some capacity. As the summer closes, the swap committee will be making various mid-week and weekend work parties available before the swap. Of course, our biggest need is the swap itself. Just like patrolling, you'll need to dispatch for this duty.

The swap has approximately doubled each year. This year, the fourth time through, promises to be huge. This is a great thing. Before the swap, we did the golf tournament. A few patrollers worked very hard, and the vendors and participants supporting the event didn't always have much to do with the

mountain. Now we have an event that draws funds from skiers and riders, and is one to which everyone can contribute. All we need is a day or so from each patroller and host to make it work.

While you're at it, you might put the OEC refreshers on your calendar: September 24, October 16, and November 5, 2011.

Thanks for your work. It's snowing!

ADMINISTRATION

Elections

By Lisa Hargrave, Senior Trustee, HC/AS 1053

How to run for Executive Council

To run for office simply inform a member of the nominating committee that you wish to run for an office. Or you may be nominated from the floor at the March or April meetings. Only those nominations made by March 21, 2011 will have their names published in the April Snojob and printed on the absentee ballot.

Nominating Committee

- Dave Miller, HC 1526
- John Voorhees, AS 90537
- Lisa Hargrave, HC/AS 1053
- 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. Mountain host director must be a mountain host.
- Mountain hosts are eligible to run for mountain host director only.
- All council members will find it easier to do the jobs if they have easy 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, or if you understand financial statements from your job or business you probably have adequate knowledge and skills to keep the patrol's books.
- The secretary typically delegates the newsletter to a willing editor so his/her primary responsibility is taking minutes and occasional correspondence. Candidates for 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 Vote in the April Election

By Lisa Hargrave, Senior Trustee, HC/AS 1053

Active patroller and host members are eligible to vote. For patrollers, active means gold, silver or bronze membership; tin and redshirt members are not eligible to vote. Apprentices will not be accepted into full membership until May, so are not able to vote this season.

The easiest way to vote is to come to the April general meeting.

If you can't come to the meeting then you may vote by absentee ballot. Absentee ballots will be available on the [wiki](#) after 3/21 and must be received at the PO Box 4384, Portland, 97208 by 5 pm, Friday, 4/8/2011.

SKI PATROL OPERATIONS

Patrol Chief

Shout Outs!

A very special thanks to John Gastineau for taking on the Skibowl RADIO/REPEATER issues and coordinating all the many complexities with Event Rental Communications, the Skibowl ski patrol, the new antennae, the repeater issues, the narrow band frequency and licensing issues and so much more. You are a giant among men!!



The Areas

Timberline: They love us at Timberline! A great team effort by all and many thanks to David Atkinson and all the Captains and supervisors for creating an integrated approach to hill and FAR duties that is being shared by all.

Meadows: Mel and the Meadows teams appreciate all our combined efforts to assist in the busy weekend days at the resort. Our excellence in first aid care has been shining brightly and they do appreciate all we do. They are always looking for more dedicated patrollers to join the teams there so contact Eric Pool if you would like to join a meadows team or just take a day and go over and shadow for a day. You just might fall in love with it!

Skibowl: Skibowl is back in full swing with all the new snow and our patrol has been stepping up to handle all the crowds, the races, and many other duties we are called upon to fulfill. Lately patrollers have been stepping up to race course crossing guards and providing on hill race supervision at the top of the courses! Excellent team play out there!

Summit: They love us at Summit. Thanks to Claudia and Diane for providing the leadership and commitment to the area! Charlie and the Skibowl gang really appreciate our efforts there.

Dispatch

For those of you that are having a tough time in finding open slots on the dispatch for the areas hang in there. Springtime is a great time to make up days at the areas where you still need to get your days in. Remember it is easy to dispatch and easy to un- dispatch. It is better to have days scheduled than to be excluded from patrolling by not planning far enough in advance. If you haven't already, sign up now for your springtime days on the mountain. You can always call the hill captain of the day a few days prior to the weekend to check and see if they need help.. Keep up the great work on making your days!

Training and Clinics

Next Women's Clinic! The next 2 day all women's Toboggan Enhancement Clinic will be held at Timberline at the annual Nuts and Bolts Clinic on June 4th and 5th. Flyers will be sent out soon for pre-registration so don't miss out on this amazing opportunity to learn from some of the best instructors in the Pacific Northwest!

Senior Ski and Toboggan (S&T) Clinic dates coming up are March 12th at Mt Hood Meadows and March 27th at Skibowl. The final senior evaluations will be held at Mt Hood Meadows this year on April 3rd. All hill patrollers are welcome to attend any senior clinics as they will count toward your sled updates and calibrations that are required each season..

Senior Emergency Medical Management (EMM) is ongoing coordinated by Kathy Lee and her group of instructors. They will be holding their final senior evaluation on Mt Hood on April 2nd.

Transfer Training is almost wrapped up and a special thanks goes out to Andrew Degner, Tom Payne and Matt Dindia for guiding our transfers through this year's training.

Apprentice Hill Training is going strong with 3 teams all progressing well. A super effort by all the team coaches and guest coaches this year. Thanks to Toby and Mike for your endless hours of organization and leadership!

Apprentice Associate Training is in full swing and many thanks to Kim Remsing and James Schuler for coordinating their training this season.

Tryouts

We will be holding Spring Tryouts again this year on Sunday, March 13th at the Govy Bldg and at Skibowl. Tell your friends to come on out and see if they have what it takes to be part of our Patrol Family!!

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

Let it snow! SKI CZY

First-ever Women's Patrol/Host Day

By Lisa Hargrave, Senior Trustee, HC/AS 1053

Calling all women patrollers and hosts...

On April 10th, 2011 MHSP will have our first women-only patrol day at Mt. Hood Skibowl.

- All women associate, hill and host patrollers are invited to patrol with us. We especially invite women hill patrollers as we have a limited number of these.
- Women associate, hill and host apprentices are invited to shadow with us.
- Dispatch for patrollers is locked to prevent male patrollers from signing up. So call or email [Lisa Hargrave](#) to predispatch for this day.

Avalanche Awareness Reminders

By Justin Zucconi, Avalanche Advisor, HC 1478



After a dry January the snow is back which means we have to start being more aware about snow conditions and potential avalanche hazards. Every time I teach a Avalanche Refresher class I highlight a few components that are key to recognizing Avalanche Terrain. The most important component is the slope angle. Any slope over 30 degrees has the potential for it to slide. Users must also keep in mind that they may be on a slope less than 30 degrees but also be aware of how steep the slopes are uphill of them. This is a hazard that all too many people do not realize and put themselves in danger every time they go out snowshoeing, cross-country skiing, or accessing the backcountry.

The other three factors that affect the avalanche hazard are weather, snowpack and the human factor. Weather can quickly increase instability within the snowpack. Rapid loading due to heavy precipitation (rain or snow,) or increases in temperature can also lead to instability. Wind is a major factor here on Mt Hood that every ski area has to deal with. It transports snow onto lee slopes adding additional load to the snowpack.

Snowpack must be unstable enough to avalanche. Pay attention to differing textures, layering and bonding from slope to slope because these can change with aspect. It is best if you dig a hasty pit to assess these conditions. Last but most important is the Human Factor. Some of the most prevalent issues that we have to deal with are: Our attitude toward risk, incorrect assumptions, testosterone, communication, avalanche skills vs. travel skills, and city thinking vs. mountain thinking. If we did not put ourselves in avalanche terrain, we would not have to worry about any of the above factors. But, for the most part, that is where all the good skiing is...

I have two, one day, Avalanche Refresher Courses coming up. The dates of these are March 20th and April 9th. If you haven't had a refresher in the last 3 years you are due.

If you are looking to refresh your basic knowledge on avalanche hazards, the Canadian Avalanche Association has put together an amazing tutorial found here:

- www.avalanche.ca/cac/training/online-course

Other websites that you must bookmark are:

- <http://www.nwac.us/>
- <http://avalanche.org/>

Enjoy the snow and safe skiing/riding!



Mt. Hood Caldera, photo by Eric Granning

FIRST AID

Concussion Cases

By Cleo Howell, First Aid Chief, AS 1444



You respond to a case below a high jump and find a 15 year old male snowboarder who just crashed. He is alert, oriented and responds appropriately to all of your questions. He did not lose consciousness, has no spinal point tenderness and does not complain of any neurological deficit of an extremity. He is not wearing a helmet and he says that he has a slight headache and “does not feel very good.”

Would you backboard this patient? Probably not, because he did not lose consciousness, has no spinal point tenderness, and has no neurological deficit of an extremity.

Could this patient have suffered a concussion? Yes, very likely.

A concussion is described as a disturbance in the function of the brain caused by a direct or indirect force to the head. It results in a variety of symptoms and may, or may not, involve memory problems or loss of consciousness.

Listed below are some of the post concussion symptoms:

- Headache “Pressure in head”
- Neck Pain
- Balance problems or dizzy
- Nausea or vomiting
- Vision problems
- Hearing problems / ringing
- “Don’t feel right”
- Confusion
- Feeling slowed down
- Feeling like “in a fog”
- Drowsiness Fatigue or low energy
- More emotional than usual
- Irritability
- Difficulty concentrating
- Difficulty remembering

So what do you do with your patient now?

- Do a thorough assessment:
- SAMPLE- has he had a previous concussion?
- AVPU
- Glasgow Coma Scale- pg. 147 OEC Textbook 4th edition
- Check eyes; PEARRL-Pupils Equal And Round, Regular in size, react to Light
- Frequent vital signs
- Watch for a change in responsiveness
- Transport to the first aid room and monitor vitals and responsiveness

I strongly recommend that this patient be monitored in the FAR and that the parents be notified. The patient should not board anymore that day and should have a thorough examination by a doctor before participating in any other activity that could cause another concussion. Multiple concussions can lead to further brain damage. These recommendations mirror those of the current Oregon law regarding high school athletes who receive a concussion while playing organized sports activities.

To read more about this subject see the OHSU study listed below:

<http://www.ohsusportsmedicine.com/2011/02/sports-concussion-update-2011-by-dr-jim.html>

Patients Needed for OEC Training

By Cleo Howell, First Aid Chief, AS 1444

The OEC Course is in full swing and we are approaching the time when we can use some people to play patient roles. See the list of dates below when we need patients:

- April 16- on mountain
- May 7- on mountain
- May 10- pediatrics night in town; We can use kids about 10 years old and younger; At St. Vincent's Hospital 6:30-8:00 pm
- May 17- finals night at St. Vincent's Hospital

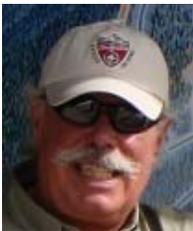
For the on mountain days and the finals night we can use teenagers, friends, or relatives. Patient helpers can contact me directly.

The Dispatch is also open for finals night (May 17) for patroller helpers. You do not have to be an instructor to be a helper. You will just be a second or third patroller on the scene to help with a case.

MOUNTAIN HOSTS

From the Director

By Bill Johnson, Mountain Host Director, HS 60001



The 2010-2011 season is going well both at Timberline and Mt. Hood Skibowl. It's great that winter has showed up...again. The host staffing levels and participation at Timberline has been great and Skibowl continues to improve.

The apprentice group is moving forward and continuing to check off required assignments on their training cards. Again, the apprentice needs to complete two shifts at Skibowl. At the end of the season, the cards will be reviewed to determine who will be moving forward. The program is reaching capacity and there is a strong possibility that we will not be taking on any new apprentices next season.

The historic Ski the Glade fundraiser for the Mt. Hood Cultural Center and Museum is taking place Saturday, March 5, 2011. For those not familiar with the event, it's the only opportunity to ski or ride the historic Glade Trail, which runs from Timberline to Govy, when groomed. The event will run 9-4, it's usually limited to 75 participants, a shuttle is provided, as well as a great lunch. Escorts are provided by

local guides and members of the Mt. Hood Ski Patrol...\$100.00 is required...which is deductible. Check out the Museum web-site to get additional details or sign up (503-367-3946).

Thanks to everyone for their participation and commitment to our program. If you have any questions or comments, please contact me at 503-349-6505.



Host skis at an accident site. How's that for marking the scene? Photo by Mary Stempel.

OTHER NEWS

In Memoriam

Rick Phelps. HP 1232

Former MHSP patroller Rick Phelps passed away on February 12 following a battle with cancer.

Rick joined MHSP in 1993 as an Associate Apprentice. The following year he was a Hill Apprentice. During both apprentice years, Rick was actively involved with Fun Day activities and was the main force behind adding a silent auction to the festivities. In those 2 years, using mostly Rick's contacts, donations were solicited that raised an unprecedented \$15,000 for the patrol! Patrollers looking for gear could find it through Rick, usually at a better price than our pro deals. His hard work, jovial nature and humor exemplified that ski patrolling is fun!



In addition to volunteering on the patrol, Rick was a member of the Reynolds School Board for several trying years.

Rick is survived by his wife, Tanya and children Hannah and Alex, and sister Diane.

Ski The Glade Day

By Joel Stevens, Senior Trustee, SHC 736

Ski the Glade Day is an annual fundraiser put on by the Mt. Hood Cultural Center and Museum in Government Camp. It is held on the first Saturday in March, and the Glade Trail is groomed for this event. The museum provides shuttle service, a continental breakfast and lunch. The guides and first aid are provided by the Mt. Hood Ski Patrol.

If you have ever wanted to ski the Glade in ideal conditions, this is your chance. It is a lot of fun and supports a good cause.

For more information or to purchase tickets:

<http://www.mthoodmuseum.org/glade-11/2011MtHoodMuseumposter1.pdf>.

Snojob Deadline is the 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.

March

- 9 Council meeting
- 13 Tryouts for hill and associate patrol (tentative)
- 14 General meeting
- 21 Snojob deadline
- 21 Election nomination deadline for inclusion in absentee ballot.

April

- 6 Council meeting
- 10 Women-only patrol day at Skibowl
- 11 Elections and general meeting
- 26 Alumni Luncheon, 1:00 East Moreland Golf Club (everyone is welcome)
- 30 Fun day

May

- 4 Council meeting
- 15 Predispatch deadline for June-August
- 17 OEC final exam, class ends
- 21 MHSP awards banquet

June

- 3-5 Nuts and Bolts Clinic, Timberline (preregistration required)

July

- 26 Alumni Luncheon, 1:00 East Moreland Golf Club (everyone is welcome)
-