



Mt. Hood Ski Patrol

Snojob



September 2011

Essential Reading

- Swap Dispatch
- OEC Refresher Exercises to complete before attending

President's Message

By Steve Eversmeyer, President, HC 1170



It's the middle of August while I'm preparing this and we'll be looking at the official end of the ski season and record for 2010/11, and another season will start Sept. 1. The NSP division convention in Twin Falls, ID was last weekend and as always there were opportunities to learn; in formal sessions and informally talking with patrollers from around the northwest. Some of the discussions got me thinking about the coming year, our patrollers and things we can do to make the experience better for everyone involved: the public, patients, the areas and ourselves.

Our calendar is looking full for the coming months as we prepare for our season. OEC, chair evac, mountain host orientation, and the ski swap are all on the calendar. What will be your role? Will you help to teach or lead? Work at becoming a better patroller, perhaps starting the senior program? Maybe your life is already full and it will be a season where you make your commitments and do your best every time you're up. All of these contribute to our patrol, to serving the public, helping ensure they and we have a good day on the mountain.

As you prepare for this season use the rollout of the 5th edition OEC book to review your skills in depth and get ready to provide excellent service.

On a different note this seems like a good time to talk about your council members. We have had a couple of meetings, the budget is set for the coming year, we're working on ways to ensure our finances remain strong (the ski swap is our biggest fund raiser). We were all elected to one year terms that end May 31, other than the three trustees who rotate through junior, middle and senior positions over three years. Council members must have at least three years patrolling with MHSP before serving.

If you've got questions, concerns or ideas to improve the way something is done on the patrol, talk to a council member. This is the best way to learn why we're doing something, and to get your ideas considered.

Mark Your Calendar

September

- 18 Lift Evac, Summit
- 24 OEC Refresher

October

- 1 Lift Evac, Summit
- 1 Host Orientation
- 14-16 SnoSports Swap
- 10 General Meeting
- 23 OEC Refresher

November

- 5 OEC Refresher
- 14 General Meeting

The twelve council members do a variety of tasks.

- The president leads meetings and sets agendas.
- The vice president (Jim Trett) is ex officio member of any committees, and takes over for the president as needed.
- The patrol chief (David Atkinson) is the only position required by the bylaws to be a hill patroller. The PC is the operating officer of the patrol, and takes care of day to day issues. He can answer many general questions about operations.
- The secretary (Rick Williams) records what happens at meetings, and ensures members know what is happening.
- The treasurer (Gina Malamphy) takes care of financial records, and writes our checks.
- The first aid chief (Cleo Howell) is responsible for first aid training and recertification of all members and apprentices. The FAC also makes sure we have the supplies we need.
- The associate director (Kathy Lee) oversees associate patrollers, their training, and scheduling.
- The Nordic director (Brett McLane) oversees Nordic patrollers and their training.
- The mountain host director (Bill Johnson) oversees the entire host program.
- There are three trustees; Mark Diamond, senior; Joel Stevens, middle; and James Schuler, junior. They serve as advisors to the council, providing history and perspective. Traditionally, the senior trustee is in charge of elections, the middle trustee is an ombudsman for members, and the junior trustee arranges speakers for the general meetings.

All of these positions are voting members of the council; each has the ability to delegate tasks to assistants. In particular, the patrol chief has multiple assistants. All this is done to keep the patrol moving forward. If you have ideas or questions, please talk to us, your council members. And again, think about how your efforts this year can make it a better season for the public, other patrollers, and yourself.

THANK YOU ALL! See you soon.

MT. HOOD SNOSPORTS SWAP

Time to Dispatch for the Swap

By Joel Stevens, Swap Committee, SHC 736

Patrollers, hosts and family members!

The 4th annual MHSP/WLSBT SnoSports Swap is scheduled for Friday October 14th, Saturday, October 15th and Sunday, October 16th. Dispatch is open and ready for you to sign up. The dispatch site can be reached at <http://www.mhspdispatch.org/cgi-bin/swap/login.html> or through the Members link on the regular patrol website.

This year we have changed the schedule for clerks and cashiers on Saturday to fit the ebb and flow of the crowd a little better. We have the day shift and the evening shift as before, but we have also added an overlapping shift during the day to increase our staffing during the heaviest public. On the dispatch this is shown as "Day 2".

Friday

Day Shift is 7:00am to 3:00pm

Night Shift is 3:00pm to 10:00pm

Saturday

Day Shift is 8:00am to 3:00pm

Middle Shift (Day 2) is 10:00am to 4:00pm (Only for Clerks and Cashiers)

Night Shift is 3:00pm to 10:00pm

Sunday

Day Shift is 7:00am to 3:00pm

All members can dispatch as team members. Certain members have been designated as team leaders, and can dispatch as team leaders. If you are unclear about the duties involved in certain positions, please check out the swap section of the MHSP Wiki. The duties are described there. If you have ski or snowboard retail experience, we would like to have you as a clerk, and if you have "point of sale" experience, we would like to have you work as a cashier. We will train people on their particular job requirements.

One shift at the swap counts as a patrol day. Every member is expected to put in at least one, and preferably two shifts at the swap. If you can't work the swap weekend, contact Kim Remsing (kremensing02@gmail.com) for alternate swap work opportunities.

Update Your Personal Information on the Swap Dispatch Site

All members, hosts and patrollers, apprentices too, must update their personal information on the swap dispatch site.

Please note the swap dispatch is a DIFFERENT site than the one you usually use for patrolling or hosting and its roster may be incomplete or out of date in many cases.

Instructions:

Go into the SWAP dispatch site (<http://www.mhspdispatch.org/cgi-bin/swap/login.html>) and add, or if necessary, update your contact information. Select "My Address on the left margin/make your changes/select "Save your Info" button.

If your regular password does not work on the swap site, try MHSP-xxxx (x = your member or apprentice number). If that does not work, send an email to Peggy O'Leary or to mhsp@okelydokely.com.

SKI PATROL OPERATIONS

Patrol Chief

By David Atkinson, Patrol Chief, HC 1239



The new season is upon us

Wow! What a fantastic season this past year. Record snowfalls here and all over the West and we are looking forward to another great snow year for this season. The MHSP put in over a tremendous amount of hours of volunteering this season so give yourselves a big high five on that! Training and refreshing is next on our agenda for September and October. Make sure you sign up for our upcoming mandatory OEC refreshers, Chair Evacuation and CPR updates if you need them.

The areas

We have met with Timberline and we will be meeting with the other ski areas soon to get organized and iron out all the benefit details and area specific changes for this coming season. So far so good, but stay tuned for more information in the coming months.

Your commitment

Remember that your benefits for this coming season will be based on the days you put in the 2010-2011 season. Look at your schedule early and sign up for your preferred days early so you are assured of getting those specific days you want. This is your time of year to decide how many days of incredible skiing and riding you want to get in.

Remember, we have minimum days per module to dispatch, so please be aware of this requirement and don't try to frontload your commitment days!

Training and clinics

We will be offering some wonderful options for all members of the MHSP again this season. Toby and the training staff will be offering women's clinics, toboggan enhancement seminars, skiing skills clinics and many more great opportunities taught by the best of the best from our own patrol and beyond. If you have never attended the Nuts and Bolts three-day clinic in June, put it on your calendar to attend this year. Jeffrey Weitz has expanded the clinics to include many more classes for Instructors and patrollers. You don't want to miss it! Senior ski and toboggan (S&T) courses will be offered throughout the season and are open to all those hill patrollers who want to advance their skills and techniques in the transportation disciplines. Emergency Medical Management (EMM) is open to all patrollers (associate, hill, Nordic). We will also be offering Mountain Travel and Rescue (MTR) and a variety of avalanche courses as well.

Looking forward to seeing everyone at the training events and on the slopes this season! Let it snow!

Nordic Director

By Brett McLane, Nordic Director, HP/NP 1603



Believe it or not, ski season will be here soon. Are your legs ready? Here's a quick workout that my high school cross country ski coach used to have us do in the pre-season before there was any snow on the ground. Shuffle this into your workout regimen once or twice a week and you'll be ready for anything from long downhill to big hill climbs.

Hill Bounding

1. As with any good workout, start with a bit of a warm up. A light jog for 5-10 minutes will work to get the lungs opened up, the heart rate elevated a little, and the muscles ready for some real work.
2. Bring an old set of ski poles or perhaps your adjustable length hiking poles.
3. Find a hill. Any hill will do, but ideally something that takes about 3-4 minutes to cover at your typical pace. Check out hills in your neighborhood or head over to Forest Park and pick a trail such as Saltzman Road, Holman Lane or any of the steep fire lanes.
4. Starting at the bottom of the hill, pop off of one foot while extending your opposite arm (and planting your ski pole), lunging both forward and upward at the same time. The goal isn't to have the longest stride, but rather to have the best technique, so only lunge forward as much as is practical. The rest of your energy is devoted to exploding upwards. This upward jump will give your muscles a workout on the way up AND on the way down as you absorb the energy into the next stride. Keep this Nordic striding or bounding motion for the length of the entire hill, alternating right foot, left foot, just as if you were skiing in the classic Nordic technique.
5. Recover by walking back down to your starting point. Perform this process about 3-4 times to begin, working up to 6-7 reps by the start of ski season.

A quick tip: If you find your later reps are significantly slower than your first few, stop the workout and pick it up another day. The goal here is speed and explosiveness so if you are getting tired and sloppy, you're not getting any benefit from the workout. Also remember that this is supposed to mimic skiing, so try to keep your feet and legs moving forward in a straight line (don't cross your skis).

FIRST AID

Off-Duty First Aid Kudos

By Cleo Howell, First Aid Chief, AS 1444



Kimberly Remsing and Eric Granning

On June 12 Kimberly and Eric provided first aid for five patients involved in a one vehicle rollover crash on Hwy 26 west of Warm Springs. They did an initial triage, stabilized the injuries and then assisted local paramedics extricate the patients from the vehicle. Three of the patients had to be placed on backboards. Kimberly and Eric

had completed the triage and SAMPLE before the paramedics arrived and then they handed that information over to the paramedics.

In an unrelated incident at the same location Kimberly and Eric also witnessed the suspect vehicle in a high speed police chase crash into another vehicle at the initial crash site and then continue down the highway with the police still in pursuit. That suspect vehicle had caused another crash further down the highway. Yes, Kimberly and Eric went to that crash site and checked the people in that car, but found no injuries.

Cliff Leighton

On June 5 Cliff treated two severely injured teen-agers in a very steep canyon in northern Clark County, Washington. A total of four young people tried to hike down a steep trail near the bungee jump bridge where Cliff works. Two of the people fell about 25-30 feet landing on hard rock. Cliff checked on the two people who did not fall and determined that they did not have any injuries.

Cliff got to the injured patients and determined that their injuries were:

Patient #1 lower back pain and deformity, deformed right wrist, no feeling in left leg

Patient #2 deformed right wrist, large laceration below right knee (that wouldn't stop bleeding), poor circulation in the right leg.

Both patients were hypothermic. Cliff assessed and treated both patients until local rescuers arrived. Cliff continued to treat the patients and helped to load both patients into a stokes litter (one at a time) for extrication. One patient had to be placed on a backboard and the other had severe bleeding that was difficult to control.

Cliff spent a total of six hours treating and rescuing these patients from very difficult and dangerous terrain. For a large amount of that time Cliff was alone with the patients and had only minimal first aid supplies to treat the patients.

John Roshell

On June 4 John assisted a patient in Welches on Hwy 26. The patient was riding a motorcycle and struck a deer that was crossing the highway. John assessed the patient and got other motorists to divert traffic and protect the scene. John determined that the patient had an injured humerus or shoulder. Local EMS personnel arrived before John could provide any further treatment.

Jodie Jeffers, Jim Trett, Larry Cahill, Kathy Lee, Margaret Usher, Terry Neidermeyer

On Saturday, June 4, at about 0530 Jodie Jeffers was taking her dogs for a walk near the Mt. Hood Inn prior to attending the OEC Seminar at the Nuts and Bolts Conference. Jodie was near the Hwy 26 side of the inn when she witnessed a car crash. Jodie asked the inn employee to call 911 and she later asked the inn employees to notify other MHSP patrollers staying at the inn to help her at the crash site. Jodie also called other patrollers staying at Collins Lake to come help at the scene.

At the crash site Jodie found two patients who had been ejected from the vehicle, with one of the patients still in chest deep water. She checked the first patient and determined that he had no life threatening injuries. She went to the patient in the creek and with the help of bystanders removed this patient from the water. Jodie continued to assess the patient and to monitor his ABCs. She made arrangements for a backboard and then assisted in placing the patient on a backboard.

The other patrollers (listed above) came to the scene and helped assess and treat both patients. Patrollers from other ski areas also assisted at the scene. This was truly a team effort and all of the first aid training and experience paid off for these two patients.

As I have said many times you never know when your first aid skills will be needed by someone else. Always carry first aid supplies with you and be prepared to help.

OEC 5th Edition is Now Available

The Outdoor Emergency Care 5th edition textbook is now available and many people have already purchased it. Many of our OEC Instructors attended training regarding the new textbook at the June All Discipline Instructor Conference, which was held in conjunction with Nuts and Bolts.

You are not required to purchase the book, however the OEC Refresher for 2011 will be based on the OEC 5th edition so the book may be a big help! There will also be an assignment for the Refresher that is based on the OEC 5th Edition. The new textbook includes some new first aid techniques. The OEC 5th edition includes the student workbook so there is no additional book to purchase.

The MHSP will not purchase OEC 5th Edition textbooks for members. The 4th Edition lasted over 10 years so that works out to around \$6.00 per year for the textbook. Cheaper than a lunch!

You can purchase the textbook by going to Members Services on the NSP website <http://www.nsp.org/>. Follow the instructions for ordering the 5th Edition. Make sure that you enter the code NSPM just above your credit card information to get the discount. The cost of the book is \$65.60 plus sales tax, if applicable. There is no shipping charge. An electronic version of the textbook will also be available on a subscription basis.



OEC 5th Edition Exercise

All patrollers must complete the OEC 5th Edition exercise prior to attending the OEC Refresher.

You can get the exercise online at:

http://www.nsp.org/EduPrograms/documents/OEC5E_Orientation_Exercise.pdf

This exercise is in addition to the regular refresher study guide. If you did not get the study guide in your Ski Patrol magazine it is available online at

<http://www.nsp.org/EduPrograms/documents/RefresherStudyGuideCycleA2011.pdf>

Summary of Changes in OEC 5th Edition

To assist in your review of the changes to the OEC 5th edition there is a summary of the changes on the wiki at <http://www.mthoodskipatrol.org/wiki/>. Click the OEC link in the left navigator.

The current issue of Ski Patrol magazine also has an OEC article based on the 5th Edition. page 58.

OEC Fall Refresher Dates

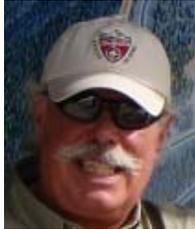
- September 24, Saturday
- October 23, Sunday
- November 5, Saturday

There is limited space in each refresher. Dispatch now for your choice of dates. Sorry, but walk-ons cannot be accepted into any refresher.

MOUNTAIN HOST OPERATIONS

From the Director

By Bill Johnson, Mountain Host Director, HS 60001



Thanks again to everyone for their participation and commitment to the MHHP.

Orientation Day

The 2011-2012 season is approaching and the MHHP orientation on Saturday, 10/1/2011, is in the final planning phase.

As part of our host orientation session, Timberline's marketing director, Brian Reed, and Jeff Kohnstamm, area operator, will be conducting a special presentation on the lodge's upcoming 75th anniversary celebration. History of the lodge, along with providing an overview of all the special events and marketing plans for the year will be discussed. This will be a very significant meeting, and should be attended by our host group as well as the new apprentice class. In addition to the presentation, dues and paperwork will be collected, High Gear vests and jackets distributed, and this past season's qualifiers for the Silver Ski Award pin will be presented.

The coming orientation session will be exactly that - not a training meeting. Your dues and release paperwork need to be in no later than 10/1/2011...more detail to follow.

Silver Ski Award

Congratulations to our latest members to achieve 20+ shifts in a season:

60002 Clifford Ash
60155 Tammy Barry
60179 Sue Bishop
60195 Judy Bice
60181 Marlene Dietrich
60182 Richard Dietrich
60113 Lorely French
60186 Shawn Haddock
60196 Marilyn Hanson
60020 Greg Hulbert
60116 Felder Pace
60152 Gery Schirado
60193 Dave Webber
60194 Ted Zurcher

Membership

"How's our program doing as far as membership?" There are 107 active hosts returning for the 2011-2012 season. Currently over 30 potential apprentices are being contacted to confirm their interest in moving forward and face-to-face interviews will begin no later than early September.

Car Pooling

Carpool parking at Hillcrest Sports begins at the east end of the north lot - facing Burnside. For those who take I-205 you can also use the west side of the parking lot at the Corner Saloon on Borland Rd, West Linn. We'll see how it works.

Swap

The West Linn HS Snowboard Team and Mt. Hood Ski Patrol's 4th Annual SnoSport Swap is Friday, October 14 through Saturday October 15' with teardown on Sunday, October 16. Everyone's help is needed to make the swap successful. Get on the swap dispatch site and commit to a shift. The event is a great deal of fun and the primary fundraiser for the MHSP.

ADMINISTRATION

MHSP Diamond Jubilee (75th Anniversary)

Next season (2012-2013) will be the 75th year of MHSP operations.

Are you interested in helping to plan the celebration? Contact Lisa Hargrave ASAP, we'd like to have an initial meeting in late September.

We need:

- Event planners
- Lost patroller trackers
- Writers and editors
- Historical researchers
- Photographic researchers
- Endowment fundraisers
- Graphic artists
- Someone who knows about on-demand publishing
- Someone who know about internet sales and order fulfillment

Members, alumni, and family are all welcome to join the planning committee. Contact the committee at mhsp@okelydokely.com.

Got Artifacts?

MHSP recently received this 1970's vintage patrol hat.

Do you have old patches, buttons, uniforms, etc that you would donate or loan to the MHSP museum collection? We are especially interested in rosters from before 1984 and any newsletters. Contact Lisa Hargrave to make your donation.

Are you interested in curating patrol museum items? Contact Lisa Hargrave to volunteer.



OTHER NEWS

In Memoriam: Garvin Lovejoy, #1061

Garvin Lovejoy, HP 1061 passed away after a long illness. Garvin was a dentist, who joined the MHSP in 1986 and skied with us until about 1991.

MHSP Patrols the Vancouver Marathon

MHSP provided first aid on the course and in the first aid tents at the Vancouver Marathon on June 19th.



Front: Beth Rice, Ike Anunciado, Dina Peganoff.
Middle: Kathy Lee, Kim Remsing, Jodie Jeffers, Gail Rapf. Back: Eric Granning, Larry Cahill, Warren, Mike Anderson, AMR crew.

Snojob Deadline is the Third 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.

September

- 7 Council Meeting
- 11 OEC Instructor Refresher (dispatch required)
- 17 OEC Instructor Refresher (dispatch required)
- 18 Chair Evac (dispatch required)
- 19 Snojob Deadline
- 24 OEC Refresher (dispatch required)

October

- 1 Chair Evac (dispatch required)
- 1 Host Orientation
- 5 Council Meeting
- 7 General Membership Meeting
- 14-16 Mt. Hood SnoSport Swap (dispatch required)
- 17 Snojob Deadline
- 19 Hill Captain & Associate Supervisors Meeting
- 23 OEC Refresher (dispatch required)
- 25 Alumni Luncheon, 1 pm at East Moreland Golf Club
- 30 Apprentice Work Party

November

- 5 OEC Refresher (dispatch required)
- 9 Council Meeting
- 14 General Membership Meeting
- 18 Instructor Development Class
- 20 Nordic Training Day
- 21 Snojob Deadline
- 30 Instructor Development