



The Sweep July 2019

NOTES FROM THE PRESIDENT

The hot days of summer are finally here and I hope you are enjoying the season.

Timberline and Skibowl are finally in full operation. Take the opportunity to get those last few days of your commitment level completed and have some summer skiing and riding fun in the sun. And if your commitment is completed, then take some time and dispatch anyway to let the areas know that we love them year round.

The summer is almost half over and thoughts of training should be setting in. Hopefully, you have already completed your **ICS-100** training requirement from NSP. If not, our Training Director, heather Van Houten will be reaching out to you.

CPR renewal classes are also in full swing. The June dispatch for classes left most seats unfilled but that's not too unusual for June. For those who need it, there are only four renewal classes left on Dispatch and they will probably be very crowded. See Ed Taylors article below.

And finally for some get-away-fun activity, I encourage you to attend the Pacific Northwest Division Conference in Eugene this August 9th, 10th, and 11th. This is where you go to meet and make new friends with Patrollers from throughout the great northwest states of Washington, Idaho and Oregon.

These are the folks you'll meet and train with in Senior OET, Senior OEC and any of the many NSP Instructor and Leadership courses to advance you along your MHSP and NSP career.

Friday the 9th is a special social and fun day with activities to tempt you such as:

- **McKenzie River Raft Trip**
- **Tokatee Golf Club - 0830 Tee Time**
- **Bicycle Tour (perhaps Wine Country)**
- **GPS Brew Pub Tour**

Saturday will be a day of fun classes, continuing education courses and just getting to know new patroller friends. Saturday night there's a Banquet and Awards Ceremony recognizing friends and patrols you may know.

Here's the Convention Link: <https://www.eugene Cascades coast.org/pnd-nsp/>

So, whatever favorite flavor of summer activity you prefer, I hope that you enjoy it safely with family and friends and I look forward to seeing you soon!

James Schuler, MHSP Council President



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Area Operations/Showtimes:

<u>Skibowl:</u> Open Weekdays 1100 – 1800 Weekends 1000 – 1800	<u>Timberline:</u> Open 0715 Arrive at FAR 0745 Booted Up 0800 Out the door 1400 Final Sweep July and August	<u>Meadows:</u> Closed	<u>Summit:</u> Closed	<u>Teacup:</u> Closed
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NO JULY GENERAL MEETING

NEXT GENERAL MEETING OCTOBER 14, 2019

COMMITTEES OVERVIEW

Matt Wood, Council Vice President, HC/HP 1768

Happy summer, fellow patrollers! I hope you're getting some fun days in on the hill, either skiing ice-then-corn-then-peanut-butter at T-Line or doing wound management and litter patrol at Da Bowl. Summer patrol is Good Times!



This "Article" is just a quick overview of our committees – what we have, who leads them, and what needs we have as we prepare for the 2019-20 season.

As VP I am an "Ex Officio" member of all committees (that's Latin for "Nosy Busybody") and my mandate is to provide support to all committee chairs and members as they need it.

I'll borrow a line from our Mike Levis – "If it ain't broke, don't fix it." That's my approach to committees, even as all committees have a substantial amount of work ahead of them.

We encourage participation in committees from any and all patrollers who are willing to help. If you are a rookie or second-year patroller, your voice needs to be heard too, but concentrate on patrolling for a year or two before you choose a committee to latch on to.

We absolutely welcome your input, but we want you to have a good introduction to patrolling before we heap stuff on your plate!

Clothing Committee – chaired by the fabulous and highly motivated Kelly Ambrose, with assistance from Lisa Smith, Bruce Harris, and others. We have seen some excellent work from the Clothing Committee recently and we can expect more in the fall! Coming soon – more uniform coats!

Communications Committee – Patrick Cummings, Chair. The ComCom, as it is commonly known, has a lot of stuff on it's plate and will be responsible for some transformational work this year. The ComCom will also address work of the Public Relations Committee and Social Media group.

We need help from seasoned patrollers here, as there is a HUGE body of work to address, including especially a new dispatch system, cleanup and organization of the Wiki, and standardization of documentation and best practices.

Fundraising – chair position is currently vacant. We are blessed as a non-profit patrol to have a solid financial footing, but we can always use help with fundraising. If you are interested in helping, please contact Matt Wood/VP.

Banquet – There are not enough superlatives in the dictionary to rave about the work done by Courtney and Mike Walsh, along with Zoe Lynn Powers. There's also plenty to do, so if you like event planning or just want to lend some muscle on May 16, 2020 for the next banquet, contact Courtney!

Computer and IT – Joel Stevens is our stalwart, but if you are of a mind to help, contact Joel!

Recruitment – Glen Anderson has graciously agreed to step in as chair of recruiting after several amazing years with Rachel Leiber and Dave Winterling at the helm. Things will really get rolling for Glen in the fall and winter season as we prep for tryouts in March, so stay tuned!

Safety – this is currently an inactive committee but we are interested in firing it up again. Contact Matt Wood if you're interested, particularly if you have a background in safety management.

Audit Committee and Finance Committee – we have some longstanding members without a "chair" at this time. Details are developing so "stay tuned for more" as we recruit folks into the vital role of financial management of patrol.

MOUNTAIN OPERATIONS UPDATE

Rachel Leiber, Patrol Chief, HC 1687



Summer patrol is on - come up and enjoy the great weather! As we kick summer into high gear, I want to take a moment to acknowledge our **Area Patrol Chiefs** and **Training Director**, who help make the mountain hum. Please thank them: **David Winterling and John Howard** (Timberline APCs), **Roger Meier and Kat Moore** (Mt. Hood Meadows APCs), **Matt Harms** (Skibowl APC), **Dave Nead** (Summit APC), **Steve Potter** (Nordic Director), and **heather Van Houten** (Mountain Training Director).

Area Updates

Timberline: Summer operations are in full swing with camps, races, and events. Please see John Howard's June email with the full camp schedule. Please mentor new members and Rookies and help them learn best route selection for responding to cases.

Skibowl: We are hitting high season this week, packed with weddings, parties, and mountain bike races. Big thanks to **Steve Barnett** for organizing operational expectations for MHSP patrollers. The area has also implemented the same eIRF system as Timberline.

Team Sign Up Update

As you think back on your winter, or ahead to your next season, please ask yourself **if joining a team is right for you**. We need full teams to continue to meet our area commitments. Please keep the following in mind as you make your decisions next fall. Please contact the area's APC, (see names above) if you are interested in joining a team.

1. Joining a team is a big commitment; please do not take signing up lightly.
2. Rookies: Don't overcommit yourself. Remember to give yourself lots of opportunities to continue to learn from different leaders and areas.
3. Patrollers must be in good standing with MHSP and have had completed all 2018-2019 patrol day requirements by September 31, 2019.
4. All returning team members must have completed their 2018-2019 team commitment in order to be considered as a returning team member.

"The Bowl's start is later too, which may be more to your preference." Steve Eversmeyer, MHSP Newsletter, May 2006

Skibowl Summer Operations

Steve Barnett, MHSP 1858

Operations at Skibowl are now in full swing, and they will be open daily through Labor Day weekend. After Labor Day, operations will be limited to weekends only till the end of September.

We have lots of available "GP" dispatch slots this summer- both on weekends and weekdays. For those patrollers that haven't been up this summer, here is a quick refresher:

- Weekend shift hours are 1000 to 1800
- Weekday shift hours are 1100 to 1800
- When you arrive on site, just head to the West Side First Aid Room (WFAR), sign a summer waiver, grab a radio (located in the WFAR), and check in with the Paid Patrol.
- Our uniforms are MHSP patrol t-shirts or sweatshirts, with shorts or pants. Closed toe shoes will be needed if you are on a mountain bike or need to hike up one of the trails for a 10-50.

- Mountain bikes are optional, but are a great way to travel back and forth from the east and west sides or get a few rides in. Helmets are required.
- You will need your patrol pack anytime you are outside of the first aid rooms.
- Chits are good for one-year and can be used for summer or winter activities.

We have several large events coming up later in the month for which Skibowl could really use our help (we have 8 dispatch slots available for each of these days):

- Saturday, July 27
- Saturday, August 10
- Sunday, August 18
- Saturday, August 24 (private event – use the shuttle from Govy)
- Saturday, September 7 (private event – use the shuttle from Govy)
- Sunday, September 8 (private event – use the shuttle from Govy).

Dispatch is open for the summer, so grab your bike, hiking shoes, and sunscreen, and head up the mountain for some great summer patrolling. Please do not hesitate to contact me if you have any questions.



ASSOCIATE OPERATIONS

John Howard, Associate Director, SS 196

Once again I would like to thank everyone for the opportunity to serve as Associate Director.

I would like to thank Matt Wood for his leadership and skill in his post as Associate Training Director. Glen Anderson has agreed to become the new Associate Training Director. Thank you Glen.

As you read this, Summer is in full swing. There are many opportunities to patrol at this time of year. I hope you have an opportunity to patrol in some capacity this summer.

Please keep in mind that if you are a Team member, you need to put in two days at your designated area.

Have a great summer.



MOUNTAIN HOST OPERATIONS

Jan Silagi, Mountain Host Director, HS 60054



Hello Fellow Hosts!

I hope you are all enjoying these early summer days! The snow is waning on the mountain, but we are still a very active patrol this month!

This is the last week to order uniforms for next fall. If you need to order a coat, vest, hat, or logo fleece, please contact me right away! We are placing our uniform order now to get ahead of end-of-summer training for the coming winter season.

SUMMER DISPATCH OPPORTUNITIES

Mt. Hood Ski Patrol has gradually grown to be a year-round patrol, supporting summer skiing/riding at Timberline, fun and biking at the Summer Adventure Park at Skibowl, and supporting community events around the Portland/Vancouver metro area.

A shout out to Chris Able, Lydia Fusetti, and John Silagi for dispatching to help with the Grateful Dad Run on June 15th.

This is one of several running or biking events that MHSP supports during the summer months by providing race support and first-aid care. Our participation in these events promotes MHSP in the community and generates donations that support our annual budget.

If you are interested in dispatching for a summer event, consult the patrol calendar on the Home page of the Members Dispatch, or under the heading Community Event on the Master Calendar.

There are also weekend opportunities to dispatch at the Summer Adventure Park every Saturday and Sunday throughout the summer.

These dates on the hill will count toward your 10 minimum shifts on the mountain. There are two shifts available every Saturday and Sunday.

MB-shift is from 1000 to 1600, and MC-shift is from 1200 to 1800.

More details about procedures, expectations, and summer uniform are available in the 2019 Mountain Host Summer Manual that was an attachment to a message that you all received from Pat Adamosky on June 6th.

TRAINING REMINDERS FOR MEMBERSHIP RENEWAL

There are two training requirements for all Hosts before membership renewal in the fall.

One is a **BLS/CPR** certification and the other one is attending one of the **HOST FALL REFRESHER** training sessions.

Time slips by in the summer very quickly, so please make sure that you have dispatched for a BSL/CPR class this summer if you need to be certified

You can dispatch for a CPR Full Class to certify for the first time, or a CPR Card Renewal class if your certification is expiring. Check the dispatch for available classes or Ed Taylor's article on the next page. There are two CPR Full Classes and two CPR Card Renewal classes scheduled both this month and in August.

There will be two opportunities to attend a Host Fall Refresher this fall, one date is on a Saturday and the other one is on a Sunday. The dates for our training will coincide with the patrol Chair Evacuation training dates and will be announced soon. Please keep an eye on the dispatch as well as look for an email detailing the dates.

Hope you all have a great 4th of July! See you soon on the hill!

BLS/CPR CLASS OFFERINGS

Ed Taylor, BLS/CPR Liaison, AP 1830

BLS/CPR Class offerings for Hosts and Patrollers are on the Dispatch for July and August sessions. Please dispatch sooner rather than later to avoid a surge in participation in August.

Dates and times are shown below; please refer to the June edition of The Sweep for additional information on BLS/CPR Class offerings for this summer.

- **The Four-Hour Class** is for those who do not have a current BLS card. This class is intended for Hosts and New OEC Apprentices who have not certified at this level previously.
- **The Two-And-A-Half-Hour Renewal Class** is for those who are current cardholders expiring soon or whose cards have recently expired.
- **The Skills Demonstration** is for current cardholders expiring next year and the sessions are held following each Renewal class.

Dates On The Dispatch

Full CPR Class (4 hour)	Card Renewal (2.5 hour) / CPR Skills Demo
0830 - 1230, Open at 0800	<u>Card Renewal</u> 0900 - 1130, open at 0830 <u>CPR Skills Demo</u> 1130 - 1300 (*participant duration is 15 minutes, drop-in basis)
Saturday, July 13, 2019	Sunday, July 14, 2019
Sunday, July 28, 2019	Saturday, July 27, 2019
Saturday, August 10, 2019	Sunday, August 11, 2019
Sunday, August 25, 2019	Saturday, August 24, 2019

Course Fee is \$25

The Location for all scheduled July and August classes:

Clackamas County Fire Station #5 Mt. Scott, located at 9339 SE Causey Ave, Happy Valley, OR 97086. This fire station is located near the Clackamas Town Center a block east of I-205 between Sunnyside and Johnson Creek exits.

AVALANCHE PROGRAM UPDATE SUMMER 2019

Nicole Gaines, Avalanche Training Director, AP/NP 1779

Big shout out to everyone who helped out with the avalanche program last season. Thank you for your commitment and contribution to the patrol!

2018-2019 Avalanche Level 1 Students

Thank you for a great class! You should see credit for your completed courses now on the NSP website. Get in touch if you do not see these courses.

2019-2020 Rookie Patrollers

Avalanche Level 1 is required during your Rookie year as a Hill Patroller and optional as an Associate Patroller. This **4-day course** includes one classroom day and three on-hill days. Mark your calendars for these dates if you plan to take Level 1 this year:

- Day 1: December 15
- Days 2 & 3: January 11-12
- Day 4: February 15 or March 8

If you have Avy 1 through another provider, you must still take the NSP Organized Rescue day (day 4, which we call the "Refresher").

Everyone Else

If you are a Hill, Nordic, or an Associate Patroller with Level 1 training, your refresher course is due every 3rd season.

Check your ski history.

If you don't have a "Basic Avalanche Refresher" day in 2017-2018 or 2018-2019, then you are due for a refresher this year. At the request of patrollers and Council members, we have included several earlier season dates to get up to speed sooner. Dates are:

- January 25, January 26, February 15, or March 8

If you are over 65 or are an Associate, you are only required to have Avalanche Awareness level training.

You are, of course, welcome to take the other classes. Check your ski history for 2017-2018 and 2018-2019 to see if you have attended a class.

If not, join us for an update along with the new apprentices at Providence St. Vincent Medical Center on Thursday, October 17th.

Avalanche Level 2

If you are interested in a Level 2 course, please email Nicole ASAP. Prerequisites for Level 2 are at least one season of experience in avalanche terrain since taking the Level 1 course, plus the gear and stamina to travel on foot in avalanche terrain over several days.

We Need You

The avalanche program needs a few more people to help our classes run smoothly. If you are interested in helping with classes or in becoming an instructor, please reach out to me with an email at cicada.nicole@gmail.com.



MOUNTAIN TRAVEL AND RESCUE

Steve Potter, Nordic Director, AP/NP 1630

Mountain Travel and Rescue (MTR) is the National Ski Patrol's Educational program to train ski patrollers in the knowledge and skills needed to serve as assets and leaders in search and rescue operations, especially those conducted in winter or in the mountain environment.



The MTR program provides training at three levels:

- Mountain Travel and Rescue Fundamentals
- Mountain Travel and Rescue 1
- Mountain Travel and Rescue 2

Mountain Travel and Rescue Fundamentals (MTR F) is a basic course for those who cannot participate in an overnight campout.

This course is not recommended for Nordic Patrollers as they may need to spend a night out in a search for or with a patient.

MTR F is presented in four three-hour classes: 1-Survival, 2-Travel, 3-Back Country Considerations, and 4-Search and Rescue. There are two eight-hour field days. The ICS IS-100 and IS-700 classes are required.

Mountain Travel and Rescue 1 (MTR 1) is a basic course for those who serve as strike force or task force members on a search and rescue operation. MTR 1 is presented in four three-hour classes: 1-Survival, 2-Travel, 3-Back Country Considerations, and 4-Search and Rescue.

There are two eight-hour field days. The second field day extends as an overnight campout.

The ICS IS-100 and IS-700 classes are required.

Mountain Travel and Rescue 2 (MTR 2) is an advanced course for patrollers who will serve as team leaders. MTR 2 is required for MTR instructors and serves as the platform for instructor mentoring.

The MTR 2 students assist in the presentation of the four three-hour classes:

1. Survival
2. Travel
3. Back Country Considerations
4. Search and Rescue.

There is an additional three-hour class prior to the Start of MTR 1 and three eight-hour field days. The second and third field days extend as a two-day, two- night campout.

The ICS IS-100, IS-200, and IS-700 classes are required.

In preparation for the MTR 1 classes MTR 2 students review the materials for MTR 1 and expand their knowledge in preparation for instructing MTR 1 topics and a comprehensive exam.

We make these classes open to all Patrollers and Hosts. Watch the calendar for a February start date; we will close around March 1st.



Summer Race Support

2019 RACE SUPPORT

Mike Anderson, Race Support Coordinator, AS 1510

The Council is continuing to support our partnership with Terrapin Events to provide race support for seven races in 2019. We have not yet heard from the other groups for which we have provided support for in the past few years. As soon as we do we will let you know which other races we will be involved with.

It's important to remember that if you are a member of a team at Timberline, Meadows, or Skibowl you must complete your team obligations and also provide 1-2 days during the summer at Timberline or Skibowl. All patrollers are expected to get eight days of active duty on Mt. Hood in addition to all of the required training.

That being said, here is the remaining Terrapin schedule for 2019.

- **The Grateful Dad Run** was a huge success.

We had 13 MHSP members volunteer. The group provided excellent on-course coverage and we actually got pictures this time to prove it!! This will be the same course that will be used for the Country Girl Half Marathon coming up in August. It is a great course to ride, flat with a great view of the river for most of it.

- **Country Girl Half Marathon**

Saturday August 3. 900 runners expected. Meet at Kliever Memorial Armory. Eric Granning will be the Associate Supervisor for this race as I will be at the World Scout Jamboree.

- **Sunset on the Springwater**

Saturday September 21. 900 runners expected. Meet at 1930 at Sellwood Riverfront Park. They swapped the date for this race with Country Girl because of the heat issues over the past few years. It's an evening run.

- **Run Like Hell Half Marathon**

Sunday October 21. This is also a very large race with over 3,500 runners expected. Many runners will be in costume. This is a very fun event. We meet at 0700. They are moving the location out of downtown Portland due to costs, so the location has not been determined.

All Other Races

As I mentioned before, there are other races we did last year that we will possibly do again this year. I have been in touch with the new sponsors of the Portland Marathon but we will not hear back from them for a couple of months as they are still in the planning phase.

I think we did some races out near Hood River as well as the Vancouver Marathon. If you have information on these, please pass it on to me.

Please sign up for these events as soon as you know your schedule. They will fill up fast.



Calendar

July

- 1 Council Meeting, Providence Portland Medical Center, Conf Rm C/D – 1900 – 2200
- 13 CPR Full Class (Apprentices and Hosts only), Clackamas Fire Station #5, 0830 – 1230
- 13 Apprentice Skills and Drills, Timberline, Time TBD
- 14 CPR Card Renewal (Patrollers with expiring cards), Clackamas Fire Station #5, 0900 – 1130
- 14 CPR Skills Demo (Patrollers not expiring prior to Apr 2020), Clackamas Fire Station #5, 1130 – 1300
- 20 The Sweep Newsletter Deadline, 1800
- 27 CPR Card Renewal (Patrollers with expiring cards), Clackamas Fire Station #5, 0900 – 1130
- 27 CPR Skills Demo (Patrollers not expiring prior to Apr 2020),
Clackamas Fire Station #5, 1130 – 1300
- 28 CPR Full Class (Apprentices and Hosts only), Clackamas Fire Station #5, 0830 – 1230
- 30 Alumni Luncheon, Eastmoreland Golf Course, 1300 – 1500

August

- 3 Country Girl Half Marathon, Kliever Memorial Armory, Contact Mike Anderson, mikeanderson3@comcast.net
- 5 Council Meeting, Providence Portland Medical Center, Conf Rm C/D – 1900 pm – 2200
- 9 – 11 PNWD Convention, Valley River Inn, Eugene, OR, <https://www.pnwdcon.org/>
- 10 CPR Full Class (Apprentices and Hosts only), Clackamas Fire Station #5, 0830 – 1230
- 11 CPR Card Renewal (Patrollers with expiring cards), Clackamas Fire Station #5, 0900 – 1130
- 11 CPR Skills Demo (Patrollers not expiring prior to Apr 2020), Clackamas Fire Station #5, 1130 – 1300
- 17 The Sweep Newsletter Deadline, 1800
- 24 CPR Card Renewal (Patrollers with expiring cards), Clackamas Fire Station #5, 0900 – 1130
- 24 CPR Skills Demo (Patrollers not expiring prior to Apr 2020),
Clackamas Fire Station #5, 1130 – 1300
- 25 CPR Full Class (Apprentices and Hosts only), Clackamas Fire Station #5, 0830 – 1230

September

- 2 Council Meeting, Providence Portland Medical Center, Conf Rm C/D – 1900.
 - 10 OEC Class, St. Vincent Hospital, Cancer Center Rooms C/D, 1800-2145
 - 14 OEC Instructor Refresher, St. Vincent Hospital East Pavilion, Stanley Family Rooms, Time TBD
 - 15 Instructor Evac Training, Timberline, Time TBD.
 - 17 OEC Class, St. Vincent Hospital Souther Classrooms, 1800-2145
 - 21 The Sweep Newsletter Deadline, 1800
 - 21 Sunset on the Springwater, Sellwood Riverfront Park, Meet at 0730
 - 22 OEC Instructor Refresher, St. Vincent Hospital East Pavilion, Time TBD
 - 24 OEC Class, St. Vincent Hospital, Stanley Family Rooms 22-23, 1800-2145
 - 28 Self Evac Training, Time TBD
 - 29 Patrol Chair Evac, Timberline, Time TBD
-