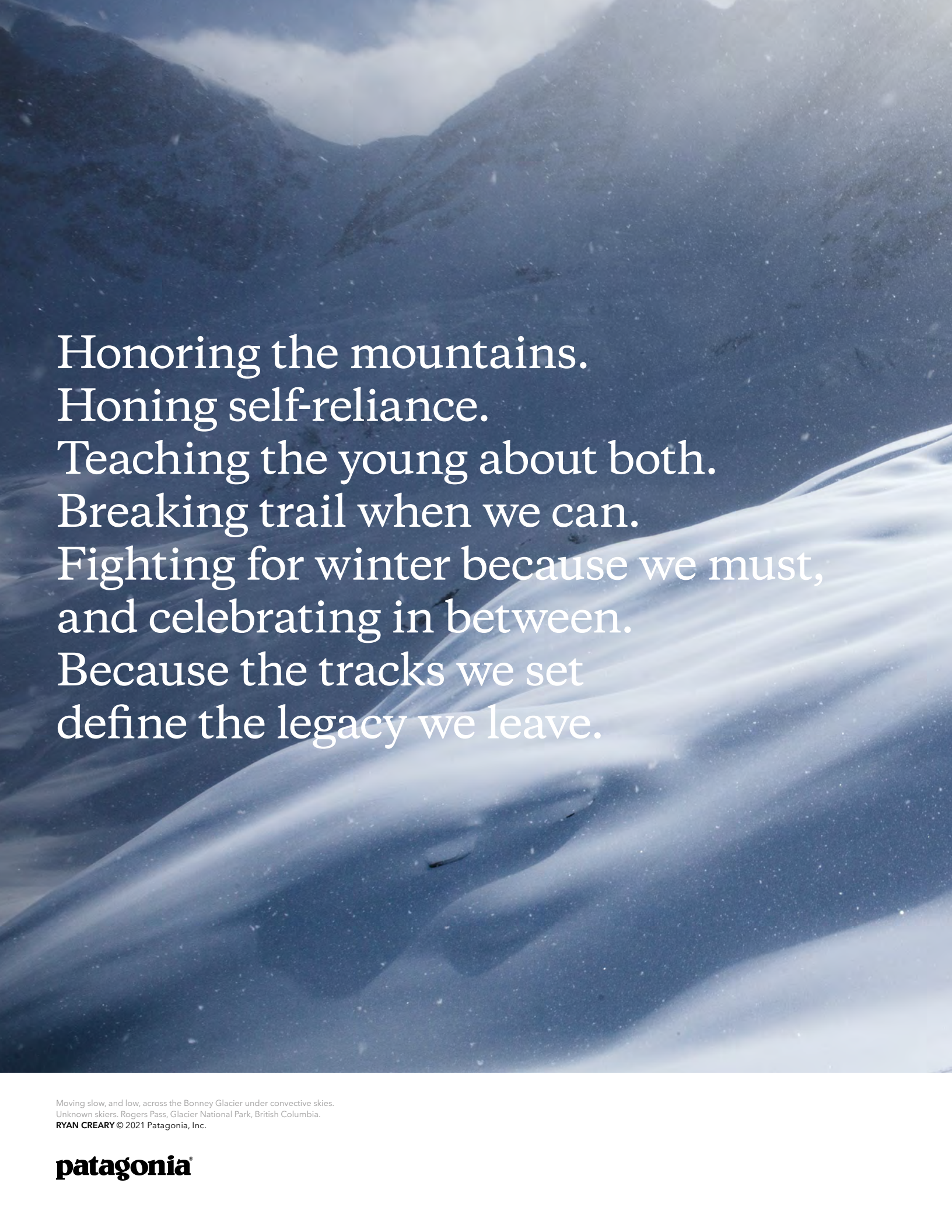




ski patrol

Official Publication of the National Ski Patrol
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**PATROLLING IN A PANDEMIC
SIERRA-AT-TAHOE MOUNTAIN HOSTS**



Honoring the mountains.
Honing self-reliance.
Teaching the young about both.
Breaking trail when we can.
Fighting for winter because we must,
and celebrating in between.
Because the tracks we set
define the legacy we leave.

Moving slow, and low, across the Bonney Glacier under convective skies.
Unknown skiers. Rogers Pass, Glacier National Park, British Columbia.
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Cover design: Agnieszka Hansen
Left photo: Diane Neill
Photo above: Sarah Sindo





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BEING FLEXIBLE IN UNCERTAIN TIMES

NSP continues to offer great benefits to our members, who work so hard to keep active sports safe. As we faced uncertainty over this past season, we've worked hard to continue to provide our members with access to great educational programs, great information and great deals.

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SKI PATROL MAGAZINE

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EDUCATION AND PROGRAMS

NSP continues to offer gold-standard training and education to all of our members. Our program leaders are continuing to monitor the COVID-19 situation and provide regular updates at nsp.org.



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ski pa+rol magazine

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Letter

from the Editor

By Candace Horgan, Editor



It's been an interesting season, to say the least. When the first snowflakes started falling back in October and November, the feasibility of a ski season was still in doubt, but with the help of patrollers around the country, ski resorts were able to welcome guests to their slopes for fun days and nights.

Most mountains operated at reduced capacity. COVID-19 still had a say, even as the news broke of the vaccines, which many patrollers were able to access as frontline providers. Whether it was making sure guests were masking up, or closing the classic après ski activities at bars and restaurants due to social distancing guidelines, the challenges of patrolling and offering skiing and snowboarding and other winter activities at resorts were never-ending.

In this issue, Lindsay DeFrates has written an informative feature about patrolling in the COVID-19 era and what challenges, and successes, patrollers faced during this ski season that almost never was. We here at *Ski Patrol Magazine* would also be interested in hearing any stories you might want to share about patrolling in a COVID world after you read Lindsay's article.

The NSP has also looked at ways to grow its membership over the next several years. Two opportunities for growth are mountain hosts and bike patrollers. In our second feature in this issue, Diane Neill has written about the very successful and growing mountain host program at Sierra-at-Tahoe Resort. Mountain hosts can be a very valuable asset to patrols in a variety of ways, and they help to make our seasons successful. The board also recently voted to allow NSP membership to vote on whether hosts can vote in the NSP board of directors election.

NSP recently officially recognized bike patrolling as a program, similar to Senior, Certified, and Outdoor Emergency Care and Outdoor Emergency Transportation. This is the first step in what will be an evolving process as more and more resorts turn to four-season recreation to help their bottom lines. NSP National Alumni Advisor Tim Viall has written a program article on bike patrolling and the different venues where it can be a successful and valued program. We will be featuring bike articles in every issue going forward; if you have interest in writing about

patrolling on dirt or pavement, instead of snow, please email editor@nsp.org with your story ideas.

As more people get vaccinated and the world hopefully returns to a more normal state, it is natural that people will start looking at in-person gatherings again. First, we have a save the date for Powderfall in 2022 at Breckenridge, Colorado. It will be April 6-9, 2022, so start thinking about taking a trip to the Colorado Rockies for an epic four-day gathering for skiing, boarding, and education. Powderfall is always an outstanding event, and NSP will have a lot to offer you at this event.

The National Ski Areas Association is also considering returning to in-person events after holding its annual National Convention, Winter Conference and Trade Show, and Fall Education Seminars virtually this past season because of COVID. What many patrollers might not know is that these events are open to them as well. Further, through NSAA's Mountain Foundation, there is financial assistance available to patrollers who might want to attend an NSAA event. We have an article in this issue that talks about this special program and how to take advantage of it.

Also in this issue is an article on the NSP Hall of Fame, whose inducting classes have been growing in recent years, as well as an article about the NSP Angel Pin, an award given to spouses of NSP patrollers who have provided the support of patrolling and NSP that often goes unrecognized.

Also back in this issue are our regular contributors. Eryka Thorley interviews Sugarloaf Patrol Director Ben Defroschia about the challenges and rewards of patrolling in Maine, while Kim Henneman writes about joint supplements for our furry friends and Brett Gehrke shares more of his twisted artistic takes on patrolling with two new cartoons.

As the days get longer and warmer, we'll hopefully have much to celebrate. Here's hoping that we don't experience a fourth COVID wave before the vaccination program can assist in controlling the disease.

Until then, stay safe everyone! +



p. Mark Welsh



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Letters

to the Editor

Print versus digital

ed. note: We received a lot of feedback on the digital-only issue of the winter 2021 issue of Ski Patrol Magazine. Overwhelmingly, you told us that you prefer the print version. The reasons varied, but over 80% of you expressed a preference for print. We have informed the NSP board of the responses and preference and thank all of you who wrote to tell us how you feel. Below are just some of the many responses we received.

Although it is awful for the environment to print the magazine ... this digital format was not at all what I wanted, and I hope that this is not the way the NSP is choosing to go regularly.

I spend countless hours at the computer for both my healthcare profession and my real estate profession. Reading this on the computer not only did not appeal to me, but between the magnification and going through the magazine I gave up.

Yes, a physical magazine is bad for the environment, but that is what I prefer.

On a side note, I use the physical publication to recruit new members to my local patrol as well as the NSP.

Please do not repeat this fiasco.

Bernard Thoma
Sugar Mountain Ski Patrol, North Carolina

While I understand the financial reason for the winter digital issue, I much prefer the hard copy.

The digital magazine type font if you want to look at a full page on the screen is too small. If you enlarge the font, then you constantly have to scroll up or down or across to keep reading. In short, I view it as much less user-friendly than the hard copy of the magazine.

Thanks for soliciting feedback on the digital version.

Dick Rosston
Alyeska Ski Patrol, Alaska

I do not like this at all. I like to take my *Ski Patrol Magazine* with me on my travels and read it on the plane, in a restaurant, etc. I get a lot of interest from people who see me read it and have recruited patrollers this way. I can only view the online version at home and like other online magazines, I will not read them. I'm on the computer so much with work I do not want to be on it more than that. I have a life.

Thanks for listening.

Deb Allison
Chestnut Mountain Ski Patrol, Illinois

You asked for feedback on the digital published magazine issue. Let me be the first in line to say I don't like reading *Ski Patrol Magazine* (SPM) online. I get why you are publishing this particular issue this way for COVID accommodation reasons — that won't be my "issue" (no pun intended). I hope it is just a one-time thing.

I enjoy the hard copy magazine for several reasons:

1. Because I can rip out pages and file them. I don't own a printer and don't want to have to buy one just for SPM.
2. I find it a lot more time-consuming to have to move cursors around a screen to read an article [and] find articles quickly since I cannot dogear pages or put index tabs on pages themselves before I extract them.
3. I can no longer quickly use multiple highlighter colors to mark points in my own style of marking in the text or write important points in the page margins.
4. I read fast, and moving cursors slows me down when I have to blow up the screen to read such a small part of an article. I have "senior" patroller eyes now at my age. So, there is no more quickly fanning the pages to get to somewhere in a magazine section that I want to read first.
5. I would most likely stop reading it if it goes digital like I have for many other journals I used to read.
6. Lastly, please tell us all how much of our national dues that goes for printing and mailing SPM will be refunded. Other organizations have done the digital publishing thing without

discounting the dues and I have immediately departed the organization permanently. When I asked before departing them about this dues point, I had the feeling they were laughing at me. Go ahead and try me at my word.

BOTTOM LINE: I hope you don't join the digital crowd but rather continue to publish in hard copy format! And please don't tell us that we have to change with the times.

Glenn Minuth
Mt. Lemmon Ski Patrol, Arizona

I just wanted to let you know that, personally, I prefer a hard copy magazine. I know that makes me a dinosaur, but with an electronic copy, I have to read it at my desktop computer, which I already spend too much time at, or on my smart phone, which is kind of small to get large enough font to read and still get the whole sentence on one screen.

I find the *Ski Patrol Magazine* to be an excellent publication which I generally read cover to cover, and I prefer to do that from the comfort of my sofa.

Just my two cents worth.

Dave Boboltz
Independence Oaks Nordic Ski Patrol, Michigan

Medical Alert Bracelets

On page 83 of the "Basic Pharmacology" article in the latest issue, a Patroller's Pearl was listed. In it, patrollers were made aware to look for a medical alert bracelet. I would like to remind patrollers that many people wear RoadIDs. Mine is on my watchband, others are on bracelets or necklaces, and some on shoes. These will have information on them, or some have a phone number or web page with pin to access the wearer's medical history.

Thanks for your attention.

Pete Vance, Alpine Mountain Host
Boyne Highlands, Michigan



FOR THOSE THAT RISE.

To live, is to rise.

And whether you like it or not, adventures don't fit conveniently into a 9 to 5.

So wipe that sleep out of your eyes.

Wake up. Gear up. Click in.
Now, fly.

It's a new day, and there's daylight to burn.

It's time to rise.

 **Black Diamond**

BD Athlete Hillary Gerardi 📸 Dan Patitucci



**SHOP THE
DISTANCE
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 **13**



Lindsay DeFrates

Lindsay DeFrates is a freelance writer and mom of three who lives in Glenwood Springs, Colorado. She and the family adventure on the slopes, trails, and rivers of Western Colorado and Eastern Utah. She can be reached at www.roaringforkwriter.com.



Brett Gehrke

A pro patroller at Belleayre Mountain Ski Center in New York, Brett Gehrke serves as Mountain Travel and Rescue advisor and gondola evac instructor. He doesn't look far for inspiration and thanks all the patrollers lucky enough to be depicted, who will remain forever anonymous in his illustrations. He has worked as a mountaineering/climbing guide and trapeze instructor/catcher. Other seasons are spent fly fishing, sailing, golfing, and kayaking. He volunteers as a guide for Sam's Point Preserve, an EMT for the local squad, and an operator for invasive species eradication on the river. He lives with his wife, Dale, who is his art director and a patroller, on the Hudson River in New York. See more illustrations at Patrol Penguins on Facebook or contact Patrolpenguins@gmail.com.



Kim Henneman

Dr. Kim Henneman is a Utah Wasatch Range native. She moved to the Midwest to get her veterinary medical degree from Purdue, but quickly moved back to Utah for the outdoor life. She became certified in acupuncture and chiropractic in the early 1990s and worked on her first avalanche dog shortly thereafter. She has helped form the new specialty discipline of canine sports medicine and rehabilitation. As a veterinarian who is board-certified in both dogs and horses, Dr. Henneman currently writes and gives workshops all over the world, consults regularly with avalanche and SAR dogs, and helps canine athletes competing in numerous disciplines, including as a multi-year Iditarod trail veterinarian. Her goal is to bring knowledge from every discipline to help active dogs everywhere.



Douglas Hill

Doug Hill has served for 35 years on the Big Bear Ski Patrol in Southern California. He is the current Instructor Development Program administrator for the Southern California Region and serves on the NSP National Instructor Development Committee. He is also an Instructor Development instructor and instructor trainer. He served as the patrol representative at Snow Summit for six years. Hill, a contributor to *Outdoor Emergency Care*, 4th ed., was the Outdoor Emergency Care Program supervisor for the Far West Division for five years and the OEC Program administrator for the Southern California Region. He received an NSP Distinguished Service Award in 2007.



Kathy Megyeri

Kathy Megyeri is the wife of Les Megyeri, a ski patroller who has served at Ski Liberty in Pennsylvania for 35 years. During that time, she has witnessed first-hand patrollers' dedication to NSP, the camaraderie and affection that patrollers develop for one another, and their total commitment to serve and aid fellow skiers. Kathy and Les live in Washington, D.C., but spend patrol and ski time at their slope-side chalet, where she bakes cakes for the A-2 shift and manages the couple's ski equipment. Kathy writes a monthly column for a Florida magazine, *Lifestyles Over 50*, and contributes to the *Chicken Soup for the Soul* series.



Diane Neill

Diane Neill is the patrol rep for the Sierra-at-Tahoe Mountain Host Unit in the Sierra Nevada mountains of California. Diane joined NSP as a host in 2010 and is beginning her third year as the lead rep for the unit of 90 hosts. She taught her son, Samuel, and daughter, Marina, to ski and they grew up racing in the Tahoe League and for their high school. Diane's love of skiing began in the early '70s at the Mt. Shasta Ski Park and Mt. Bachelor, and she remembers her father lacing up her boots and her mother helping her onto the rope tow. In addition to skiing, Diane is the executive director of Forestry Educators Incorporated and is an avid backpacker.



Steven Thompson

Steven Thompson joined the Missoula Ski Patrol in 1960 at 16 and attained Senior status two years later. Following graduation, the U.S. Air Force sent him to New York, where he patrolled at Hunter Mountain. In Italy, he and his wife, Cheri, helped organize ski patrols at Livorno, Vicenza, and Aremogna. After leaving the Air Force, in 1972 he and Cheri returned to Missoula, where they joined the SnowBowl Ski Patrol. In 1975, he received National Appointment Number 4668. He and Cheri still actively patrol at SnowBowl, and Steven is also Northern Division historian. In 2019, he was inducted into the NSP Hall of Fame.



Eryka Thorley

A native of Michigan's Upper Peninsula, Eryka Thorley first headed to the mountains for college at Montana State and has since hailed the West as home. She started patrolling at Big Sky Resort in Montana and recently retired from patrolling at Eldora Mountain Resort. She lives with her husband, Jake, who is currently a ski patroller, and daughter, Wynter, in Nederland, Colorado. Thorley teaches avalanche courses in the Rocky Mountains and organizes hiking trips in the Alps for Alpinehikers, a U.S.-based company.



Tim Viall

Tim Viall is a 38-year veteran as an alpine patroller with the Mt. Spokane Ski Patrol in Washington and the Dodge Ridge Ski Patrol in California. He is active in patrol leader, assistant patrol leader, and communications advisor roles and received National Appointment Number 9650. He moved to alumni member five years ago and has been the Far West Division newsletter editor for 13 years. After attending the April 2019 Powderfall bike patrol session, he brought that insight to the American River Parkway and worked to found the new American River Bike Patrol, where he now serves as a bike host. He recently joined the NSP Bike Committee.

Chatting with the

A special thank you from NSP's Board of Directors

We did it. We made it through this season unlike any other season. For the most part, areas stayed open and worst-case scenarios for COVID outbreaks were not realized thanks to smart area management, good prevention practices and protocols, and lots of hard work and attention from ski area staff.

Ski patrols and patrollers made all kinds of adjustments, starting with Outdoor Emergency Care courses and refreshers in the fall. Instructors and patrols came up with creative ways to deliver good instruction remotely. Locker rooms were eliminated, and patrol facilities had to be rearranged and overhauled to provide for adequate social distancing. Many patrols created outdoor locations to provide basic care and assessments.

New protocols called for doing initial patient assessments at a distance and when and what kinds of personal protective equipment (PPE) were required. Patrollers with facial hair had to make special, very personal grooming adjustments to accommodate N95 masks, and these adjustments were covered by the New York Times.

Along with other resort employees, we took on the added responsibility to remind guests to wear masks and wear them properly. Most of these requests were accepted with pleasant compliance, but some met with angry resistance. These experiences were not the highlight of any of our working days.

Some of us had to make painful personal adjustments as well and take the season off from patrolling because of health concerns or requirements.

As we all made these adjustments, we missed perhaps the best part of patrolling and being on the mountain — sharing the experience with our friends and colleagues. A morning meeting outside the patrol hut, 6 feet away from each other, is not the same as being huddled together inhaling breakfast or coffee. Taking off your boots alone at your car is not the same as sharing the day's highs and lows with your colleagues.

But we made it, and our hard work allowed many people to get out of their houses and into the outdoors safely to enjoy time with their families and have a little respite from this difficult year.

Many NSP members also found ways beyond their patrolling work to serve their communities. In Michigan, 38 members volunteered over 550 hours of their time and expertise to assist at vaccination clinics. These volunteers served in the post-injection observation area at mass vaccination clinics so that nursing and medical staff were available to give more shots.

NSP's volunteer leaders, from patrol directors to program advisors and directors to committee members and the board, shifted with much of the rest of the desk-bound world to Zoom. They conducted what would have been congenial, face-to-face meetings with directed, virtual conversations. These virtual meetings lacked valuable personal interaction, but also allowed NSP to maintain pared-down spending during this uncertain year.



No doubt this season taught us many things. We learned new ways to do the things we have done out of tradition and habit. We carefully examined how our physical spaces are arranged and organized and saw those spaces with fresh eyes. We had to rethink the way we respond to and treat injured guests. We found new situations our training has prepared us for that we might not have known about otherwise. As leaders, we have had to address situations none of us could anticipate or plan for, to provide direction and support even when we could not foresee what the situation might be in a week or a month.

We will carry many of these lessons into next season and many more. We will evaluate how what we learned can change or update what we do in areas like OEC classes, refreshers, patient care, and on-hill protocols.

We have a new appreciation for the work that all our members do, for your flexibility, your hard work, and your willingness to contribute in all kinds of ways. We also appreciate how much all of us lost this season — our camaraderie, our assurance of our own health and safety, and, yes, some of the joy and fulfillment in the work we do.

We are grateful for our leadership's hard work and perseverance through a year of constant challenge. We appreciate our instructors' and instructor trainers' ability to rapidly create new ways to teach and practice practical skills. We are also grateful to the national office staff, who managed an expanded schedule of virtual meetings, digital publications, and member questions and concerns, all from hastily assembled home offices.

Finally, thank you to all our members for everything you adjusted, worked through, added to your duties, and approached with flexibility and good humor. We are grateful for all of you. We look forward to next season when we hope we can experience more joy and most importantly, more time together. We are currently planning on holding Powderfall on April 6-9, 2022, at Breckenridge Resort, Colorado. It would be wonderful to see many of you there celebrating the camaraderie that makes patrolling such a joy.

NSP's Board of Directors

**For more discussion about the way many patrols got through the season, check out a spring episode of the Ski Patrol Radio podcast where two patrol directors share what their season was like. +*

Patrol Penguins

BY BRETT GEHRKE



CENTRAL DIVISION

Connecting Women on Patrols

Meili (pronounced like “Emily,” but without the “E”) Engebretson, the new Western Region (Central Division) Women’s advisor, has come up with a way to connect with women on patrols throughout the region in this crazy year of COVID-19. She has been traveling throughout the region to deliver her “Sunshine Box of Good Cheer.”

What is a “Sunshine Box of Good Cheer,” you ask? This is an “Empower Women Patrollers” initiative to check-in, check-on, say hello, and encourage women patrollers to look forward to the 2022 season when we can all get together face to face once again. When you open the decorated box, you find a small treasure, with things like hand sanitizer, a stress ball, candy, cards, and chocolate, of course! The box is covered inside and out with positive messages and encouragement.

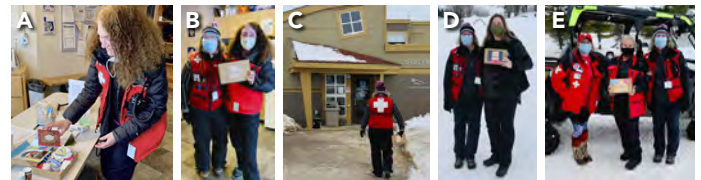
This is an extremely creative way to connect with the women patrollers in the Western Region, and Meili’s energy is contagious! Meili is a patroller and toboggan instructor at Welch Village Ski Area in Welch, Minnesota, near Red Wing. She has been a patroller since 2016, a toboggan instructor since 2018, and is the newly appointed Western Region Women’s advisor in the 2020-21 season, when all events were canceled.

Her ultimate goal is to make positive connections with women patrollers and encourage them to get involved in the Western Region Women’s Clinic, hold mini-clinics of their own at their local patrols, to encourage them to pursue leadership, and continue to advance their training.

Meili’s efforts have been very positively received, and she’s had fun doing it!

Kerstin Hammarberg

Central Division Women’s Program Supervisor



A: Jeannine Mogan of Giant’s Ridge Ski Patrol checking out the contents of “the box.”

B: Meili Engebretson (L) with Jeannine Mogan (R), the area risk manager at Giant’s Ridge.

C: Meili Engebretson delivering a “Sunshine Box of Good Cheer” to Giant’s Ridge Ski Patrol.

D: Meili Engebretson (L) and Ashley O’Rourke (R), patrol rep at Hyland Hills Ski Patrol/Three Rivers Parks.

E: From L-R: Roxie Permuth of Buck Hill Ski Patrol, Kristen Bowers of Afton Alps Ski Patrol, and Meili Engebretson of Welch Village Ski Patrol/Western Region Women’s Advisor.

2021 Central Division Women’s Event (virtual)

Greetings from the Central Division Women’s Program! This season has been a challenge for all of us! Last March in the Midwest, all ski areas abruptly closed down due to COVID-19 and the beginning of the pandemic. EVERYTHING came to a halt! Everyone thought it would pass over by summer. Not so. In fact, fall came and still it was no better. The division leadership made the difficult decision to cancel all in-person events and activities. What about January 2021 and the annual Women’s Clinic, however? We had great plans! It’s a big anniversary year (20th) for the Central Division Women’s Clinic!

The first thing to do was to reach out to the Central Division Women’s staff to talk about plans A, B, and C. Plan A was face to face as we have done every year for 20 years! Plan B was a bit smaller version of Plan A with limited participants, and Plan C was a completely virtual event. By October, it was clear that we would be going to Plan C. The division leadership canceled ALL in-person events for the season. How would we do a virtual ski/toboggan clinic? You can’t touch a toboggan virtually! You can’t learn to flex, bend, or pressure virtually! What to do next? A virtual training event had not really been done in our division before, so we started brainstorming.

The staff of the Central Division Women’s Program started coming up with ideas. They were crazy and simple, complex and serious. Now what? One of the division Women’s Program staff has been involved in social media with the division, so we tapped her technical expertise (and pushed it!) to help us put this together. We billed it as the Central Division Women’s Event 19.5!

Meetings online became the norm for the world, so we started meeting every 3-5 weeks to put things together. A photo scavenger hunt was developed with 15 categories that allowed all abilities of patrollers to participate. Someone else came up with the idea of doing a “Stuff Patrollers Say” video with short snippets of funny things being said, done, or happening. Someone else came up with the idea of doing short videos of skills or equipment demos.

Assignments were doled out and dates set for completion of tasks. More frequent meetings were scheduled as time grew closer.

Google Drive folders were set up to collect videos, photos, and shared information. A first run-through was scheduled one week out. A final run-through was scheduled three days out. On the day of our event, MANY emails were sent around with last-minute details. The countdown was on!

The event started on Zoom and live-streamed on Facebook. Of course, we had some technical difficulties; what virtual event doesn’t have them? Our webmaster handled all the snafus, and the event went really well! With 92 on Zoom and 93 on Facebook and multiple watch parties happening, we had amazing attendance! We had region Women’s Program advisors, division staff members from six different divisions across the NSP, and some national representation. We were also joined by NSP National Women’s Program Advisor Tanya Bruce Thomas. It was a hit!

The staff of the Central Division Women’s Program were amazing! They are Amy Arnold, Kathy Brennan, Linda Barthel (former NSP National Women’s Program advisor), Linda “Murph” Jacobs, Anne Blaedow (Central Division assistant director), Cheryl Raudabaugh, Loretta Cobble, Darcy Hanley (Central Division webmaster), Sue Brann, Erica Krol, Kris Liebau, Lauren Wroblewski, and Kerstin Hammarberg (Central Division Women’s Program supervisor). Each person contributed to the success of this program, and it could not have been done without them.

Kerstin Hammarberg

Central Division Women’s Program Supervisor



Participants in the virtual meeting.

Being Social While Distant



From L-R: Patrollers Trey Wildman, Avery Laitala, Colin McGuinness, and Logan Ostaszewski practicing social distancing for 10 points.

“Social Distancing.” I remember first hearing the term in March 2020 and chuckling, thinking, “How can you be social, yet distant?” Little did we know that within just weeks, this term would come to dictate nearly all aspects of our life, including ski patrol.

As fall approached, it became more and more clear that the pandemic would continue to be with us and would be leaving its mark on the 2020-21 ski season, and our mounting cravings for a resemblance of “normalcy” would have to wait to be satisfied. With that realization came significant questions about the plans for patrolling. After all, a normal ski patrol season is the antithesis of social distancing — working closely with patients, cramming into summit patrol huts, and, my favorite, traveling to clinics and events to work with patrollers from all over the division. So, what would the marks of the pandemic be on this season? Would there be training? Would patrollers be allowed out of state to patrol? Would vaccines be available for patrollers?

With uncertainty everywhere, one thing was resoundingly certain: the Eastern Division Young Adult Program was as dedicated as ever to achieve our mission — to speak the “language” of the young adult patroller. We had a major advantage on our side: young adults are on the cutting edge. They are masters of technology, they can use social media to create amazing content, and they can unite multiple generations through their enthusiasm and use of modern communication skills. So, we allowed ourselves to be inspired by their example and committed to “meet them where they are” (metaphorically!) as we planned how to provide programming in such unconventional times.

The Eastern Division Young Adult Program started this season with our new series, the “Everyday Heroes Live Broadcast.” With our first episodes airing over the summer, we streamed live interviews with guests from within the NSP on the

EDYAP Instagram, Facebook, and YouTube channels. We had some truly thoughtful conversations about many NSP topics, and the best part was that our viewers played an integral role in the direction and quality of the interview as we fielded their questions and comments on the various platforms during the live stream!

As early winter turned into the full ski season, mountains continued to open more terrain and people were having the chance to ski some sweet snow conditions! That meant one thing for us: It was time for our first “virtual on-snow” event, the **#EDYAPAllOverTheMap** Scavenger Hunt! This week-long scavenger hunt convened over 100 participants from multiple divisions and produced over 675 pictures posted on social media, including some of the funniest patrol pictures we have ever seen! (Seriously, pause your reading to go check out our young adults making waffles, wrestling snow snakes, and selfies with patrol directors! Just search **#EDYAPAllOverTheMap** on Instagram.)

Of course, in true EDYAP fashion, swag was up for grabs, and the three winning teams found themselves decked out in new goggles, helmets, and other gear mailed directly to their house!

Building off the energy of our scavenger hunt, we launched our first-ever Ski-A-Thon in mid-February! Both adult and young adult patrollers teamed up to see who could ski the most runs and vertical feet in a single day. In total, about 65 people were up for the challenge, and many teams were made up of patrollers from different regions and divisions who chatted online and used social media to hype each other up! The result? Some pretty wild stats! Cumulatively, Ski-A-Thon participants skied 741,398 vertical feet and 828 runs in a single day! As a reference point, that’s like skiing from the summit of Mount Everest to sea level over 25 times! While all the submissions were impressive, we’ve got to give a special shout-out to young adult Matt Farrante (Killington), who skied 73,592 vertical feet in one day! While the winners in our small, medium, and large mountain categories won bragging rights and some more free swag, everyone who participated had a great time competing against themselves and their peers, as patrollers always love to do!

As the season nears a close (how did that happen so fast!), the Eastern Division



From L-R: Patrollers Avery Laitala, Trey Wildman, and Logan Ostaszewski making snow angels for five points.

Young Adult Program is continuing to push forward to plan future virtual events and to engage with patrollers around the world through our social media channels. If this year has taught us anything, it is how resilient our young adult patrollers are and how adaptable they are to overcome a challenge like their generation has never faced before. Our young adult patrollers absolutely won this season. They showed up to a season of limited training and without the prospect of the mountain, region, and division events they look forward to year after year and turned it into a season filled with events we’ll all remember for years to come!

As a member of the Eastern Division Young Adult Program, I’ve never been prouder of the young adult patrollers in the Eastern Division and across the country. As our organization continues to grow and evolve, it gives me great hope to know that our future is strong in the hands of these incredible individuals full of attitudes of perseverance and positive energy that they put on full display this year! They are the future leaders of the National Ski Patrol, and the future is bright!

Chris Tota

*Eastern Division Youth Protection
Policy Supervisor*



Patroller Nate Jablonski earns a bonus 50 points “skiing” in his best Hawaii tourist garb.

FAR WEST DIVISION

Tri-Advisory Conference Held

“Free Range Tri-Advisory.” As the name suggests, there would be no restrictions, and you could roam where you would like. This is the result of the COVID-19 restrictions and the possibility of fire closures.

A tradition in the Far West Division is the gathering for a conference of the Mountain Travel and Rescue, Avalanche, and Nordic programs. The conference is called the Tri-Advisory (see “Wilderness Learning,” *Ski Patrol Magazine*, vol. 30, issue 2). The location has been in various spots in Yosemite National Park; for the past 10 years it has been held at a secluded and special campsite in Yosemite Valley. This campsite is a special group site the National Park Service keeps for volunteer groups and is along the shore of the Merced River away from all the other campsites and lodging, certainly a special and quiet site!

Tri-Advisory was founded in fall 1978 for the exchange of information, policies, and procedures so everyone could keep up on refreshing their skills and learn new information. Yes, this has been continuously held every year the first or second weekend of November. This year, Tri-Advisory was held the weekend of Oct. 30–Nov. 1.

This past summer saw the worst fire season ever in California. Just outside of Yosemite was the Creek Fire; even though this fire never entered the park (it stayed in Sequoia National Forest bordering Yosemite just to the south), the smoke entered Yosemite Valley, causing the closure of the valley prior to our arrival. The valley was opened upon our arrival, with some light smoke obscuring a perfect view of Half Dome.

COVID-19 restrictions proved to be a bigger challenge. The park had a limit to the number of attendees allowed in for day use, but with our reservation came a “gate pass” with a date of entry and exit, so this reservation was our entry. A note was given to all attendees to be sure to bring it, as the senior or annual passes would not work for entry without a reservation. Luckily, everyone did remember to bring the gate pass!

The planning due to COVID restrictions started long before entry. The reservation for Tri-Advisory weekend is made during January, so it was well before COVID-19 restrictions started. Event planning or activities start during the summer; there were some activities and presentations in the preparation and planning stage, but as COVID restrictions developed the park service imposed a severe restriction on the number of attendees allowed. This was the greatest obstacle to

putting on the Tri-Advisory as it had been in the past.

In normal times, Tri-Advisory is a registered course for MTR, Avalanche, and Nordic instructor continuing education (ICE) courses, along with an MTR Enhancement Seminar. With the restriction of attendance imposed by park management, along with the notice of the possibility of cancellation at “any time including the last minute due to fires and/or COVID,” this would make it difficult to plan any activities or fulfill requirements and likely prevent the conference from meeting the instructors’ needed ICE credit.

To continue the tradition, and having a record of 42 continuous years, it was decided to continue the event in a

scaled-down version and to abide by all restrictions. With the attendance number reduced, no mass emails or invites were sent out. Only a few long-term attendees and supporters of the event were invited, and they were informed of the restriction and schedule being planned. There was much interest from this group to also bring their families (they are always invited).

The schedule planned for everyone to arrive Friday, Oct. 30, at the campsite, pitch their tent, and have dinner either at the campsite or at a food service in the park (at this time, food service was open for take-out or sitting inside at reduced occupancy). On Saturday morning, everyone made their own

breakfast with proper distance in between.

In the morning meeting to greet everyone, the title of “Free Range” was revealed. Everyone had already figured this out and was in support of the idea for this year’s event and keeping the event going. “Free Range” meant there would be no planned activities, but as a registered MTR Enhancement Seminar there must be an MTR and NSP component, so everyone was to explore an area of Yosemite Valley they had not hiked before or one they had always wanted to visit. In the late evening, they were to report back to the group and present what activity was done and what the conditions were.

Mirror Lake Trail Loop and Four Mile Trail (to Glacier Point) were the most popular. This writer chose the Mirror Lake Trail Loop and discovered many downed trees and branches caused by a big windstorm that had come through the park about one week earlier. Mirror Lake was also almost dry, as no rain or storms had been in the area for quite some time. The smoke mostly cleared out of the valley from the previous day, giving everyone a nice view of the valley’s majestic scenery. The hike ends at the historic Ahwahnee Hotel, where this writer and others also taking this hike stopped for a beverage to review the day’s event.



Maintaining social distancing of 6 feet or greater while hiking in Yosemite.

FAR WEST DIVISION



Maintaining masks while cooking.

Usually on Saturday evening, a group dinner is planned with Dutch-oven dishes. With everyone bringing a dish to pass around, this would be quite a smorgasbord and feast! Due to restrictions on group meals, everyone prepared their own, maintaining a safe distance in accordance with all the policies. Campfire restrictions were lifted by the park on Saturday, so a fire was allowed for all to enjoy.

On Sunday, as agreed with the park in return for them allowing us to use the campsite, a volunteer project is performed. However, with this being at the end of the season and with several public campsites already closed due to attendance restrictions, there were no projects, so everyone was free to again explore.

In the end, everyone in attendance agreed this was a successful Tri-Advisory. Good weather cooperated, and good friendship was enjoyed by all.

The policies reviewed and used for to this event were the Far West Division; National Ski Patrol; Mariposa County, California; and Yosemite National Park ones in effect at the time. It was also

required that everyone self-certify as negative of any COVID symptoms prior to participation. It was a big advantage that this event was 100% outdoors, as it is easy to keep the social distance of plus-6 feet when outside, and everyone wore a mask and followed guidelines when indoors. At the end, the Yosemite National Park management was pleased.

Karl Chulski
Far West Division Mountain Travel and Rescue Supervisor



Proper masks were worn per COVID protocol.

PACIFIC NORTHWEST DIVISION

The COVID season

Happy one-year anniversary COVID-19, I give you the gift of paper.

I didn't know it at the time, but the end of my shift on March 14 was the last day of the 2020 ski season. We had all heard rumors about COVID-19, but really didn't give it too much attention until we received an email the following morning that the mountain had closed until further notice.

The word "pandemic" now had my attention; the Mt. Bachelor ski season ended with a flip of a switch. Other ski resorts were closing, too. Mt. Bachelor liquidated its food and beverage and gave 10 Barrel Brewing gift cards to their employees the following week. Thank you, John McLeod, for the generosity to those Mt. Bachelor employees and volunteers who did an outstanding job. Then, we waited to see what happened next.

The COVID-19 pandemic had morphed into its own type of mountain, to include curves, graphs, and forecasts, much like a snow report. Over the next year, we learned about social distancing, N95 masks, the all-hated Zoom meeting, and Zoom fatigue. Bars closed, food carts opened, there were food shortages, toilet paper was rationed, restaurants went out of business, friends lost jobs, home schooling was in vogue, parents became

teachers, and people died.

Today, how we patrol has changed. COVID questions, N95 masks, assessments from 6 feet away, one patroller to enter the hot zone, decontaminate everything you touch, avoid your fellow patrollers, two to a chair only, the list is endless.

As we celebrate this new year together, I'm thankful for my COVID shot, arranged by Mt. Bachelor. While our patrol perks have been reduced, the skiing has been epic and our patrol bond is still strong.

Hopefully by fall 2021 (TBD), we can kick COVID-19 to the curb and look forward to the Outdoor Emergency Care mountain refresher BBQ, enjoying our midwinter party in the warmth of a heated building, and celebrating our good health at the 2022 spring banquet, masks optional.

Happy anniversary, COVID-19; you suck!

Paul Mandel
Mt. Bachelor Ski Patrol, Oregon



ROCKY MOUNTAIN DIVISION

National Ski Patrol Quilt

While my husband was busy with his Outdoor Emergency Care class and volunteering hours to become a patroller with the Bryan Mountain Nordic Ski Patrol in Boulder, Colorado, I needed a project to fill my time. I turned to quilting and decided to make a gift for Brett to give him when he completed and passed the training required for candidates to become patrollers.

Bryan Mountain Nordic Ski Patrol consists of an all-volunteer patroller and candidate membership. The patrol area includes the Boulder Ranger District of the Roosevelt National Forest and Devil's Thumb Ranch Resort in Tabernash, Colorado. BMNSP patrols more than 40 trails in the ranger district. Brainard Lake Recreation Area is popular for snowshoeing, hiking, and skiing in the winter and spring seasons and is part of the Boulder Ranger District patrol area. Many BMNSP patrollers put in hours at this national recreation area. It was an obvious choice for photographic background when we ventured out on a photo shoot for the quilt (shown in the summer).

For the design of the quilt, Laura chose the

white cross in a field of red as a representation of what patrollers wear while on patrol. The white cross is made up of many small white crosses in multiple types of fabrics. There are also some contrasting red crosses within the field of red. The quilt is hand-quilted in a modern, big stitch style with a motif of a mountain range. The back of the quilt features a fabric illustrated with skiers.

The quilt has been included in a gallery show, "Unoccupied: The Importance of Negative Space," with Boulder Modern Quilt Guild at The Collective Community Arts Center in Lafayette, Colorado, November 2019 through January 2020. It has also been featured in the magazine *Curated Quilts* ("Pluses," issue 14, January 2021).

Local and international representation from the quilt being shown is helping to



advocate positive relations between ski patrol and community members. Educating the public about how the ski patrol serves the community is an important objective to help keep everyone safe during their own personal winter sports activities.

To view more images and details of the quilt and the process behind making it, please view [#laurasnpquilt](#) on Instagram.

Laura Loewen
quilter

Brett Loewen
Bryan Mountain Nordic Ski Patrol,
Colorado

Bike patrolling in Iowa

I hope everyone had a great winter season and stayed well during these strange times. I would like to address the efforts of the National Ski Patrol outside of skiing and snowboarding. Inside the world of skiing and mountain sports, 90% of people know who we are and what we do. Outside the organization, they hear the name and see the white cross on our backs but have no information on how we are trained.

During the coronavirus pandemic, many patrols were able to volunteer with relief efforts, which allowed local communities to see and hear about the NSP outside of the winter season. We need to be on the lookout for other opportunities to volunteer in our community. Not only does this get us known, it can also open doors to ask for a donation or fundraiser.

A few years ago, the National Ski Patrol created a program that can help to further these efforts with the bike patrol category. Since that meeting between the NSP and International Mountain Bicycling Association in February 2019, area bike patrols have organized new patrols and/or increased their membership. Ski and bike patrols provide the same services, just in

different environments.

The Mt. Crescent Ski Patrol has been lucky to use its bike patrol to help in fundraising efforts. Volunteering with local events and businesses has made it possible to increase donations. We partner with a local athletic event company and a national disease organization event. The patrol has been able to provide the medical and safety staff for events in the eastern half of Iowa. Our patrol provides medical staff for three of these events, including two to three aid stations, two mobile units, one course swipe, a utility terrain vehicle, and a medical tent at the start/finish line. To get this done, up to 12 volunteers are needed at each event. Since our ski area closed the last weekend of February, we were able to use our area's

AEDs, STAT pack, backboard, and litter. We meet with all groups in the fall to find out what they are looking for the next year and what we can provide. We ask for a flat donation rate per event.

We are able to make friends with other volunteer groups and event participants. Many of these also organize their own events where we could be of help.

We all go through training every year, so why not use it year-round instead of just the winter months? The more practice we get, the better our patrol. If you have questions on our patrol donation program, just let us know.

Bob Schmill
Mt. Crescent Bike Patrol, Iowa



A: After an early morning of following runners and walkers and taking care of their injuries, we got our reward of Square donuts with blue frosting.

B: Quick photo of the volunteers that morning before packing up and going home.

C: When all bike patrol members were on the course for the 730 a.m. start, riders were off for 10 miles of fun.

TIPS *from the* VET!

UNDERSTANDING JOINT SUPPLEMENTS

HELPING YOUR PET DEAL WITH ARTHRITIS

STORY AND PHOTOS BY KIMBERLY HENNEMAN, DVM, DACVSMR (EQ, K9)

Keeping an avalanche dog healthy and working to the max involves a balance between having a good dog and good human management of training, nutrition, and health. It's always easier to prevent than it is to correct, especially regarding the onset and development of arthritis. I'm a firm believer in prevention, preferring to anticipate the when, where, and how of arthritis (either from repetitive work and/or from traumatic events) rather than waiting to treat only after the joints and bones have degenerated to the point of being visible on X-rays.

By the time you see bony changes, it's too late to have much of an effect on arthritis progression. The stretches and core conditioning approaches already discussed in this column can be effective ways to help in terms of total body structure, but what more can we do at the joint level? Do all the joint supplements pushed by veterinarians, websites, and pet stores really do anything? If they do, how does an avalanche dog handler know what is right for their dog?

Let's try to shine a light on all the stuff that's out there, but starting at the beginning by taking a quick look at arthritis and its possible causes.

Arthritis is a progressive disease — that's pretty much the big takeaway. Sometimes, it's tough to tell what stage any one animal and any one joint are in. I often hear clients say, "He can't have arthritis, the X-rays were clean." I hate to break the bad news, but that's a big misconception. By the time you see changes on an X-ray, you're in the start of the final and often irreversible phase of the disease.

The word arthritis just means inflammation (itis) of the joint (arthr) — a structure that has bone (and all its parts), cartilage (and all its types), ligaments, tendons, joint capsules, and fascia. When any of these tissues sustain an injury, whether a sudden, one-time stress or a low-grade, repetitive unzipping, the process of arthritis can start. While dogs can get immune-mediated arthritis, it isn't as common as it is in people. If you live and work in

“Waiting until a gait change is present, and then only throwing an anti-inflammatory drug at it, means there have been many missed windows of opportunity to alter the progression of the disease.”



Performing various indication responses in the dog means all joints need to be flexible and able to work painlessly.

an area where there are Lyme disease-carrying ticks, those ticks are one of the most frequent causes of joint-based immune reactions in dogs.

The most common manifestations of arthritis are pain and swelling, but pain itself can have different levels — from mild stiffness to sharp, stabbing pain that prevents full weight-bearing. As we know with our high-drive working dogs, pain is not a metric that is a reliable indicator in dogs that tend to ignore a lot of body warning signs (and it's not a good metric in many dog handlers either). So, if there's been an event (or series of events) such as an awkward landing off of a lift or punching through crusty snow or running three times more than the handler on hikes or walks, waiting until a dog starts limping means that you have probably started addressing the problem well after the inflammatory and degenerative processes have started.

Waiting until a gait change is present, and then only throwing an anti-inflammatory drug at it, means there have been many missed windows of opportunity to alter the progression of the disease. I remind people of the smokejumper saying — every fire starts small. It's the same with arthritis.

The easily seen symptoms of arthritis come from tiny, unseen



An X-ray of a Labrador retriever hunting dog showing three bone chips/spurs in a shoulder.



Bone chips removed out of the shoulder of a Labrador retriever hunting dog. Notice how many more chips are actually present than what can be seen on an X-ray. These are degenerative pieces of cartilage caused by severe arthritis. The bottom chip in the photo is the same as the bottom chip on the X-ray. The dog was maintained afterwards on a combination of a joint supplement with HA, glucosamine, MSM, and boswellia combined with monthly Adequan® injections.

changes in signaling chemicals (peptides, neuropeptides, cytokines, nutrients, and atomic building blocks), connective tissue structure (flexibly normal to rigid scarring), and even blood and nerve supply (too much or too little). All these changes come about due to changes in epigenetic (gene signaling) connective tissue messaging due to a ruptured blood vessel here and frayed fiber there. The presence of this signaling indicates that damage and destruction are occurring to the basic building block compounds of the joint. The most commonly known of these foundation substances are glucosamine, chondroitin, hyaluronic acid, ascorbic acid, MSM (methylsulfoxymethane), and collagen.

There are many supplements on the market that use one or more of these particular joint substances to try and replace those being damaged, to hopefully slow arthritic changes down, and to treat the negative side effects caused by the inflammation. Unfortunately, there are more claims and anecdotes than there validated research. However, I like to say, “What do you call many, consistent anecdotes? Data.”

The fact that these supplements seem to be standing the test of time and use tells me that there is probably some kind of beneficial response there, even if we don’t have tons of data. While research is important to have, I also think the best data point I can get is a dog that seems to be moving better and seems more comfortable after a joint supplement is started. So, how to know what to give?

Let’s look at what IS known about the different supplement components that are often found in joint support supplements. Hopefull with that knowledge it’s a bit easier to decipher what things are in joint supplements and how to pick the best one for any working dog at any age and level of work or training.

Chondroitin (sulfate) is an important chemical component of cartilage. It helps cartilage absorb the shocks of landing and movement by retaining water in the intercellular matrix. Water is noncompressible and pushes back against squeezing. It also is lubricating. Chondroitins are part of a family of substances called glycosaminoglycans (GAGs). GAGs that have sulfates in them (chondroitin and glucosamine) are called polysulfated GAGs (PSGAGs).

As guessed from the name, GAGs are compounds made up of proteins and sugars. Chondroitins in supplements come from both land and marine sources; the most common land sourcing comes from bovine trachea cartilage, while the marine sources are green-lipped mussels (who really do have green lips) and shark cartilage. [NOTE: I, personally, will not use a product with shark

cartilage as shark cartilage over-harvesting has led to profound drops in many shark populations, thus putting them in threatened or endangered status.] Although, bovine trachea cartilage isn’t always coming from clean sources, the good thing is that cartilage is fairly inert and doesn’t tend to act as a repository for toxic chemicals. So for now, it’s considered a fairly clean source of chondroitin.

Research has shown that chondroitin ingested orally does make it into joint fluid tissues, leading to a variety of known responses such as anti-inflammation, stimulation of other proteoglycans and hyaluronic acid (HA), and protection of cartilage cells and stabilization of their metabolism when stressed. Stabilizing stressed cartilage cells blocks the continuing production of inflammatory substances harmful to joint tissue (nitric oxide, proteolytic enzymes, reactive oxidative species, inflammatory cytokines).

Collagen is the most common protein in the body. It serves as the connective tissue scaffolding that holds everything together, including joints and cartilage. There are many families of collagen, and when one sees it listed as a supplement, rarely is the type listed. Also, the sourcing is usually not listed either. Technically, boiling out horse hooves or hide will get collagen, so these supplements can be full of all kinds of contaminants. A recent evaluation of various collagen products has shown that the majority are high in the heavy metal cadmium. Isolated collagen must also be broken down to make it digestible by the carnivore gut, so the product needs to be cooked or “hydrolyzed.” The majority of current research shows that taking collagen may help skin and wound healing more than cartilage and joint problems. That being said, if you want to give your dog collagen, it’s best that it come from natural sources and be extracted to a digestible form. I recommend if people want to give an aging animal collagen, that they do it in the form of bone broth. If you are going to use a commercial liquid or powdered product, then make sure it is non-GMO, organic, the animal sourcing is treated humanely, and the company tests for contaminating toxins and heavy metals.

Glucosamine is a natural compound made of sugar and protein — another sulfated GAG. It is found in bones and the cartilage and fluid of joints. Like chondroitin, it is thought to help cartilage hold onto water, thus helping with both lubrication and shock absorption. Commercial supplements come in many forms (sulfates, HCl, N-acetyl), and human research has shown that they are not interchangeable, with each being absorbed by the gut differently. Even less is known regarding how the different glucosamines are digested in dogs. There are numerous anecdotal stories in both humans and animals where relief of arthritis stiffness was either felt



or seen, but, once again, not much is known about how or why oral glucosamine might work.

Injectable forms of glucosamine are available for animals in the form of either acetyl-d glucosamine or a particular product of polysulfated glycosaminoglycan (PSGAG) called Adequan®. Studies using injectable PSGAGs have shown positive results in terms of slowing down cartilage damage, stimulating the production of cartilage, decreasing inflammation, and inhibiting the enzymes that work to break down bone and cartilage. Both the oral and injectable versions of glucosamine are considered safe, even at high doses, but there have been the odd reported cases of increased bleeding or gastrointestinal upset.

Hyaluronic acid (HA) is similar to chondroitin and glucosamine, except it doesn't contain a sulfate molecule (SO_4^{2-}) and it's distributed in more places around the body. In fact, it is one of the most important components of the body's extracellular matrix (all that space between fixed structures and cells). It is found in skin, nerves, and connective tissue, including joints. With glucosamine compounds, it is part of the water-holding part of joint cartilage, thus making it important for tissue lubrication and resistance to compression (shock absorbing). Not only is HA important for joint structure, but also wound healing of the skin.

MSM (methylsulfoximethane) is found in most joint supplements, where it is used for its anti-inflammatory properties. MSM, a cousin to nasty-smelling horse DMSO liniment, is found naturally in the brain and blood of animals and also in many plants. When combined with glucosamine and chondroitin, it not only enhances pain relief but also makes it happen faster than when just using glucosamine and chondroitin alone. There have been several studies, including a few in animals, showing that MSM supplementation helps decrease inflammation and pain, as well as diminish oxidative stress and allergic symptoms (in humans), and improve immune function.

Vitamin C is considered one of the water soluble vitamins, along with the B-family of vitamins. Its chemical name as listed on labels is L-ascorbic acid or ascorbate. In all animals except humans, apes, monkeys, guinea pigs, and fruit bats, vitamin C is made in the liver and kidneys from glucose. Vitamin C acts as an antioxidant (protecting the body from too much or too little oxygen) and a free-radical scavenger (sucks up those extra, pesky electrons that can cause genetic damage). It stabilizes white blood cells, helps in the production of both interferon and antibodies, and plays an important role in many aspects of joint health, not the least of which is producing collagen, the most common protein in the body and one that is critical for structure. It is that last role in making and strengthening

connective tissue collagen that makes vitamin C something to consider in joint supplements in working dogs.

The common thinking is that only apes, humans, and guinea pigs need supportive supplementation of vitamin C. However, this research, which dates to the early 20th century, doesn't take into account increased consumption when the body is faced with decreased production and/or intake. In fact, a paper from 1942 found that dogs with chronic skin issues tested low for serum vitamin C. Other research has found that dogs with fevers have low-to-no levels of serum vitamin C. Now, consider the fact that most dog food manufacturers don't add vitamin C to dog food.

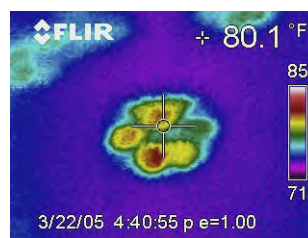
An average healthy dog has been shown to make about 18 milligrams per pound per day of vitamin C. That's in a healthy dog. While an injury probably stimulates the liver to ramp up production, meeting the demand would depend on the health of the liver, the health of the gut and its microbiome, the health of the pancreas, the amount of supplementation in the food (pretty close to nil with most foods), and the presence of enough glucose (not a given in a dog that is exercising in training or on deployment). Now, add into the picture the increased demands of any particular injury for increased production of collagen, the potential for infection, the oxidative stresses by tissue damage that must be cleaned up by the body, and the stressors on other joints by a limping, high-drive dog, and you probably have a dog that is below optimum with vitamin C.

On a side note for working dogs that have been given a fluoroquinolone antibiotics (Baytril – enrofloxacin, Cipro – ciprofloxacin, orbifloxacin and marbifloxacin), first, handlers should be aware that these antibiotics should NEVER be used except as a last resort in growing puppies. Damage to growth plates has been shown in all species of animals. Second, this family of antibiotics has been linked to impairment of collagen formation in the body and specifically to Achilles tendon rupture in humans. While I have never seen an Achilles tendon rupture in a working dog while on or shortly after finishing a round of one of these antibiotics, I have seen racing sled dogs have chronic, low-level ligament, tendon, and joint issues for several weeks after dosing. Many veterinarians are not aware of these potential antibiotic side effects, which could be profound in working dogs. So, whenever I prescribe or find out a dog has recently been on one of these antibiotics, I always load the dog up on vitamin C afterwards due to its role in making collagen. Avalanche dog handlers should always consider supplementing vitamin C (and even treating the dog as if it has had a minor ligament or tendon injury) after antibiotic treatment.

Anti-inflammatory herbs are found in many joint supplements.



A deviated toe on an agility dog caused by chronic injury and arthritis of one of the knuckle joints.



Thermal imaging showing inflammation in a toe — arthritis can be a suspected culprit.

These herbs have been shown to have some medicinal effects on inflammation and joint pain. The common herbs used are yucca (usually the root), devil's claw (not to be confused with devil's club), white willow (the bark), ginger root, turmeric (from the curcuma plant), and boswellia (Indian frankincense resin). All these herbs work via chemical compounds that act as nonsteroidal anti-inflammatories (NSAIDs), such as the aspirin-like salicylates in white willow. Stopping inflammation can preserve damage and loss to the GAG compounds in cartilage and joint soft tissue. Longstanding histories of traditional usage, including in animals, have led to ongoing anecdotes of positive responses. As said previously, all these anecdotes over decades add up to some pretty reliable clinical use data.

That being said, research is growing with a recent paper showing that boswellia and turmeric together worked synergistically. However, buyer beware; a study in 2019 on dog supplements and boswellia showed that there is wide variety between what is on the label and the actual ingredients. I'll address the use of anti-inflammatory herbs in scent-based dogs in a later column.

Just a couple comments about using turmeric. Turmeric is definitely the herb of the month, and it does have quite a bit of research on its anti-inflammatory and immune-boosting effects. Because of its popularity, many handlers and dog owners are putting their dogs on either homemade "golden" paste or turmeric (curcuma) supplements; sometimes, dogs are put on multiple turmeric supplements. Be aware that one of turmeric's effects is to block clotting. I have seen a number of dogs who have started to have bleeding problems because they are getting too much turmeric. So, be cautious using turmeric, and if you have any questions, get some advice and guidance from a veterinarian that knows how to use herbs.

SO, HOW DO YOU PICK A SUPPLEMENT?

First, get a good diagnosis from your vet if your dog has had a musculoskeletal injury or is possibly starting down the arthritis road. If your dog has an issue with arthritis, use X-ray or ultrasound imaging to determine if the arthritis is still in the soft tissue phase or if it has progressed to bony changes. Don't just accept a hasty, generalized diagnosis of "arthritis" followed just as hastily by a prescription of an NSAID (carprofen, galliprant, Metacam, etc). Many NSAIDs over time actually damage the very joint cartilage that they are sold to protect.

Realize that anything else that might be going on, such as recovering from an infection, a recent vaccination, or recent hard training or work may cause different compromises and stresses in various tissues responsible for joint structure and function. These other stressors may affect your decision to get a supplement with just glucosamine and chondroitin or to choose one with herbs, MSM, or vitamin C.

Second, read supplement labels. If a dog has had a cartilage/interior joint injury such as a torn cruciate ligament and/or meniscus, you might want to find a supplement that is higher in ingredients that target cartilage (glucosamine, chondroitin, HA). If you have an injury that involved a traumatic event to many structures such as muscles, tendons, ligaments, AND the joint, you may want to find a supplement that includes higher levels of MSM and vitamin C.

Avoid supplements that use inert fillers and sweeteners such as maltose, dextrin, "natural flavors," or grain flours as add-ons. As a general rule, especially in younger working dogs, I usually tell people to avoid soft chews because of the added ingredients needed to make the soft and chewy texture.

Third, make sure that the supplement is sourced properly and responsibly from clean animal, marine, plant, or agricultural resources, and make sure the supplement actually has in it what the label claims. The best way to make sure you have a good product is to either go to human products that are verified (make sure no sugars or xylitol), or use a product that has the NASC label (National Animal Supplement Council) or is from a company that will provide a certificate of analysis upon request.

I usually recommend that handlers, owners, and trainers find two products made by different companies that are similar but not exact. Then, in order to prevent any body acclimation, I recommend that handlers alternate between the two products — first by using up one container and then going to the second, then back to the first. Not only does it keep the flavor fresh with the dog, but also fresh with the body. Consider starting with simple supplements such as vitamin C, MSM, and glucosamine or HA early in a dog's career. There isn't much research that joint supplements can help prevent arthritis, but there is a lot of logic to guess that they might.

If you are already giving your dog Adequan® (injectable PGAGs) or are thinking of it, that does not preclude the use of oral supplementation. I actually prefer to start a dog on an oral supplement first and then add injectable treatment. PGAGs are excellent support in a dog with arthritis, but they don't contain the other helpful compounds such as vitamin C, MSM, and herbs.

By being knowledgeable about supplements, their ingredients, and their different uses, you have a greater chance of finding the right products to help a hard-working, aging canine athlete. +

FROM THE *Director's* CHAIR

WITH BEN DEFROSCIA, PATROL
DIRECTOR AT SUGARLOAF RESORT

BY ERYKA THORLEY

PHOTOS BY SARAH SINDO

Talking with Ben Defroscia makes you want to hurry up and plan your next visit to Sugarloaf. It may be its remote location, wedding cake rimed top of the mountain, or the fact that Ben moved up to the mountain 26 years ago with his then girlfriend, now wife, and raised his kids skiing at this family friendly resort. Whatever it is, Sugarloaf is special, and I'm ready to visit.

SPM: *How long have you been patrolling? And how long as a director at Sugarloaf?*

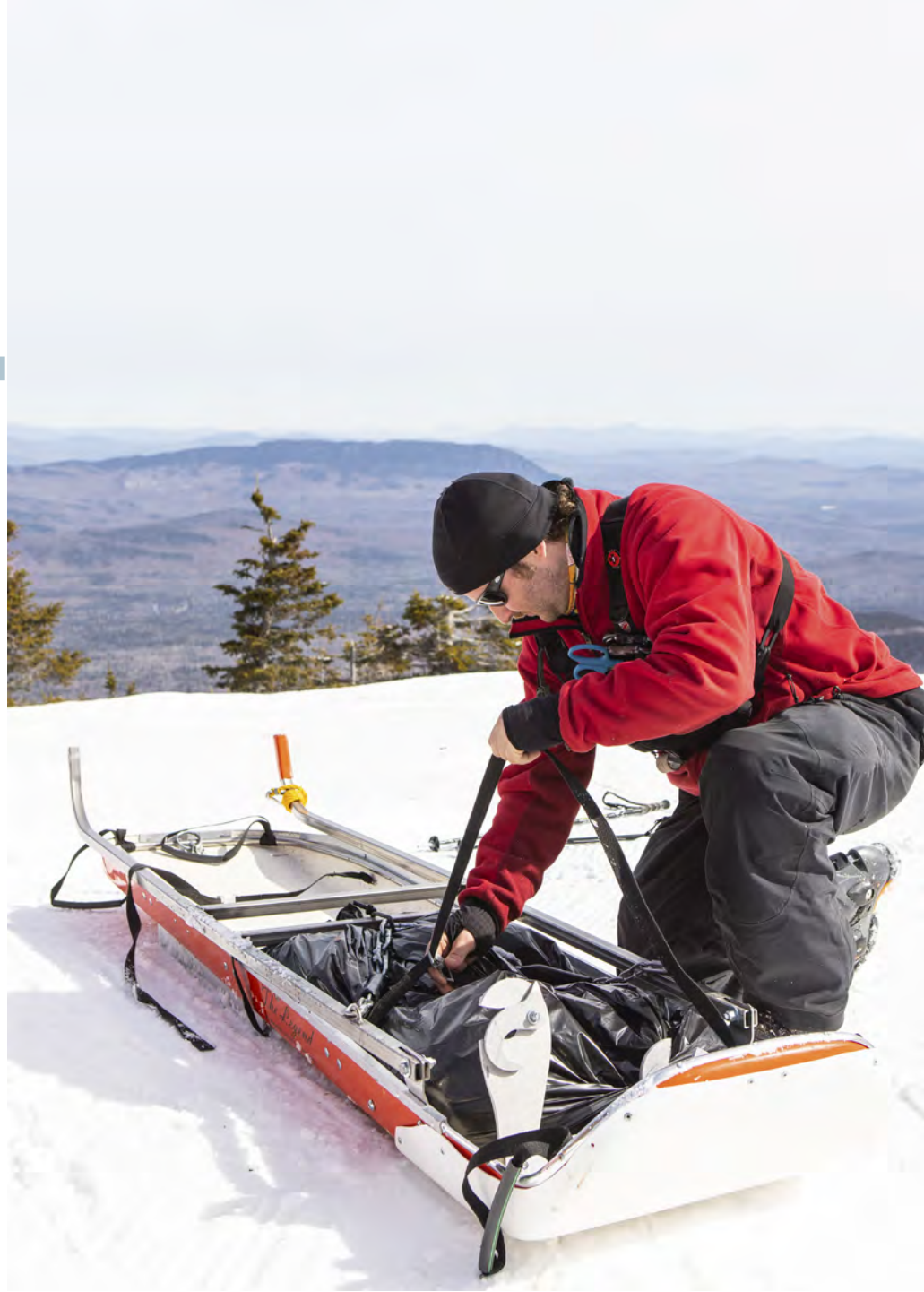
Ben: This is year 26. I started in 1994. I think I'm officially the second longest running director here, behind Stub Taylor, who was here for over 50 years. [He's] An absolute local legend.

SPM: *Did you move up the ranks at Sugarloaf, or start at a different ski mountain?*

Ben: I started here in 1994, and I worked as a line patroller for about five years. I was promoted to operation foreman and then was promoted to director. This is the only place that I've patrolled.

SPM: *What got you first involved with ski patrol? Perhaps skiing in general?*

Ben: I graduated college in 1993, and I had worked at Sugarloaf at restaurants when I was in college and I loved to ski. The restaurant where I happened to be a dishwasher was a popular hangout for the ski patrollers. I got to know many of them. When I graduated, myself and my girlfriend at the time, now my wife, moved up to the mountain full time. I participated in the patrol tryouts and was hired. I figured I would do the job for a few years, [but] fell in love with it and have been here ever since.



Luke Disilvestro prepping toboggans for the day's operations.

SPM: *What is Sugarloaf like? Is there a village or town nearby?*

Ben: There is, but we are very isolated and in a rural area. Despite that, the town is very self-sustained. Sugarloaf is one hour from Farmington, a medium-sized town by Maine standards (hospital, Walmart, those things). Our biggest cities, Bangor, Lewiston, and Portland are a few hours away. We are definitely a destination resort. Because of this, we are very popular for weekends or week-long vacations.

The resort itself has one main peak and village. Everything you need is right there. Tons of restaurants, retail areas, and a grocery store, things like that. The

remoteness of the resort is definitely one of the draws for people to come here

SPM: *Where are you from originally?*

Ben: I was born in Pennsylvania, and my family moved to Maine when I was 2 years old. I grew up in Bangor, Maine, which is two hours from Sugarloaf. We skied local areas around Bangor, and I started skiing Sugarloaf regularly when I started at college.

SPM: *What is the thing that keeps you coming back year after year to patrolling?*

Ben: I love the place. I like the people that I work with a lot. I enjoy the mountain. Many of my responsibilities are



Patrollers Matt Bateman and Luke Disilvestro beginning morning operations.



Luke Disilvestro and Mitchell Stapleton at the top of the Skyline lift, which is the primary on-mountain coverage point for patrol.

now administrative. There is challenging terrain and weather. You never know what you're going to get. We make plans a week out or month out and almost every day you do something flying by the seat of your pants. It's entertaining and exciting, and I appreciate that.

SPM: *Can you give me an example of flying by the seat of your pants?*

Ben: I'll give today as an example, and today is just one of many. It was supposed to rain, and it did. We closed the

place down this morning and figured out what we could reopen. We moved all our signs and ropes and communicated with the public that despite the one-hour shutdown, we were doing the best we could to make better skiing. We made a plan as best we could. We work very closely with snowmaking and grooming operations and are in constant communication. Despite flying by the seat of our pants, we came up with a very smooth plan and executed it as needed.

SPM: *What makes your program unique?*

Ben: Having only worked at Sugarloaf, it's hard for me to answer that but I know patrollers that have come here from other areas, and I've learned differences from them over the years. Unlike other resorts, our ski patrol is the go-to department for whatever needs to get done. We do all the pre-maintenance, and it's not uncommon at all for someone to ski around with a chainsaw or a ladder. When people think patrol, they generally think patient care and customer service. Considering the size of our mountain, we don't have a lot of skier visits and so patrol is always working on other projects that need to get done. It keeps the job very interesting and makes the day go by quickly.

SPM: *Can you describe your program and operations for those of us not familiar with them?*

Ben: On the day-to-day level, lift maintenance checks lifts for us very early in the morning. Then patrol goes to operate and check lifts on our own, but there are often lift operators present to support us. We run our trail checks from the top of the mountain or as close as we can get due to the weather. We are always in very close communication with lifts and grooming to figure out what the plan is for the day. Patrol is usually operating on the mountain by 7:30, and that gives us an hour or so to enjoy the place, but it's often very,



Ben Defrosia



Max McKendry organizing and checking first aid equipment.

very busy. We settle in to where we are going to work for the day and then check off the list of things to do. Late morning or afternoon we often see injuries or other challenges that we can help with around the mountain.

SPM: How many patrollers do you have at Sugarloaf? Full-time, part-time, volunteer?

Ben: I have 26 on my pro patrol. I have 45 on my volunteer side, and four of my pro staff work part-time, 2-3 days per week.

SPM: How do patrollers become involved with your program?

Ben: Generally, we get inquiries the season before. People will ask me what patrol is all about and then let us know if they are interested in doing it. We try to ski around with interested people the spring before as we do all our training in-house but don't teach people how to ski or snowboard. The only thing that we require is that you are a solid skier or snowboarder before joining the team. Everything else we train in-house and can make happen. We are strictly OEC [Outdoor Emergency Care]. We have people that bring more to the table, but as far as how we operate at the mountain, it's strictly at the OEC level.

SPM: Being so remote, do you have medical pros on your staff?

Ben: We don't. We have a couple of doctors, EMS, firefighters, and a few paramedics. We used to have a clinic back



Evan Spencer, a candidate professional patroller, in front of the patrol "white board." This is an informational sign that informs guests of what areas are open to non-lift-serviced, hike-to areas only. It is updated daily.

when I started, but for the past few years we offer strictly ski patrol services. We train our people to assess immediately if people are going to require additional care. Our ambulance service is 10 minutes away, and it's something that all of our staff needs to be aware of as it's a critical factor when something more complex is required.

SPM: What does your rookie training typically entail?

Ben: We have a pro class that starts at the beginning of December. They are 40 hours a week and it's a combination of OEC and operations training. They typically start to test out by late December, ideally before Christmas. With our volunteer staff, we finish training on Martin Luther King



First view of the mountain for a 7 a.m. start. At this point in the day, patrol supervisors communicate with all other operations departments so that the crew can navigate the mountain safely.



Patrollers doing the "safety talk-up" at the dropoff point for Burnt Mountain cat skiing.

weekend, training weekends until then, but that's strictly OEC training and the rest comes later.

SPM: How many rookies do you typically see each year?

Ben: Our average is 3-4 rookies on the pro side. On the volunteer side, we try to get at least six.

SPM: How has the pandemic affected your operations?

Ben: We closed mid-March last year when everyone else did. It was helpful that we had the entire spring, summer, and fall to figure out how we were going to operate this year. I can't say enough about how much the company has committed to us

operating safely. You can't walk through here without [seeing] a sanitation station. I was just approved to develop a separate patient building to keep my patrol staff safe. We made a lot of sacrifices this season, including masks full time, but also no friends or family in our patrol spaces. We certainly lost a lot of the social aspect of patrolling. We spread our coverage areas, which we've never done before. When the weather is challenging and we can't get around, that's nearly impossible. My two foremen have done a wonderful job implementing all our changes this year.

The community has seen a lot of support from the mountain this year as well. There are department managers out most days doing mask patrol. They are making sure that people have their masks on to keep everyone safe. It's a great way to see the mountain supporting the local community to keep everybody safe.

SPM: Who's the longest-running patroller in your group?

Ben: I don't know, but I can tell you that there are a lot of people on my volunteer side that have been here a long time. Pat Murphy passed away a few years ago. He had a volunteer career that pushed close to 60 years. I've had several on my volunteer side who have been here for over 30 years.

SPM: What's the average years of experience in your program?

Ben: For our pro staff it's probably 5-6 years average. Training-wise, expectations-wise, qualifications-wise, there is basically no difference between our paid and volunteer staff. It's a very tight group, which is wonderful and great for group unity.

SPM: Do you have young adult patrollers in your program?

Ben: We do. Generally, 2-3 a year, but we don't limit that number. A lot of them are legacy patrollers with parents involved. Last year was the first winter in many years we were sending our group to the young adult patrol seminar for their annual training and competition. Unfortunately, we had to pull the plug due to the pandemic. One of our pro patrollers is responsible for managing this program, and these young patrollers are held to the same schedule and requirements. We formalized this program a couple years ago, and we are hoping to continue for years to come.

SPM: How else do you engage with the local community?

Ben: We do many things with the local community. I would say getting back to the young adult group, the biggest one is this program. We also have four schools in our local district within an hour of the resort. We have a ski program, and every school district brings kids up to the mountain for the afternoon to snowshoe or skate or ski. Everything is free, including rentals and instruction. My kids were involved in it when they were in school. A lot of the community is based on the ski resort, but there are families that don't have the resources to purchase equipment or tickets, and this helps them access skiing as well as introduce kids to the sport whose parents may not ski.

SPM: This sounds like an amazing program. How many kids are we talking about?

Ben: The kids come up one afternoon a week for each school throughout the winter. There are 20-60 kids that come up and take part in any of the programs that they want to. Family, volunteers, and staff from the school will come up and help. It's generally free and works out great.

SPM: What is your annual snowfall?

Ben: About 200 inches per year.

SPM: Do you have snowmaking?

Ben: Oh yes, I forget the exact percentage, but it's got to be close to 90%. We have a big snowmaking system.

SPM: What's the elevation for the resort?

Ben: The resort is just over 4,200 feet.

SPM: I noticed rimed objects in your website photos. Is this a common weather pattern?

Ben: Rime is very common. The top of the mountain looks like a giant wedding cake. This formation is not specific to weather events, but any time there is cold water vapor in the air it generally happens to the top third of our mountain.

SPM: When is typically the best time to ski at Sugarloaf?

Ben: For me, March and April. March is our snowiest month of the year. Historically speaking, April is our second largest snow month of the year. It's nice when you have more daylight at the end of the day. Plus, the weather is friendlier, and it's snowy. If friends are inquiring about coming up to ski with me, I suggest March or April.

SPM: What's your latitude?

Ben: 45 [degrees] north. I remember this offhand because that's the name of our restaurant at the base. We're right about halfway up there.

SPM: You must have some pretty dark winters?

Ben: We do. Usually, we open in November. From when we open to the middle to end of January, we are skiing down at the end of the day close to dark.

SPM: What is the most significant call or challenging call that your group has recently handled?

Ben: Getting away from medical, our two lift accidents are probably the most impactful. From 2010 on, we've had two lift accidents in the course of five years. One was a slow rollback that ended up being controlled. Each of those had a small number of people that required medical attention and evacuating the entire lift. Both came in at under two hours for the full evacuation. One of the challenging things was after-the-fact media attention. Because these were both significant incidents, before the end of the day there were news vans at the bottom of the lifts asking questions. We spend a lot of time practicing evacuations, and we're very glad that we did.

SPM: What are some of the traditions in your organization, or what's the funniest tradition?

Ben: If you're out patrolling and you make a significant mistake, the crew is going to call you out and let you know that you owe beer at the end of the day. That's been going on long before I arrived at Sugarloaf but hasn't been as big of a thing with the pandemic.

SPM: They need to deliver beer for that same night?

Ben: Heck yah. There is a local grocery store to pick up beer from.

SPM: How much time is spent on medical calls for your patrol? How many calls do you typically run in a year?

Ben: We do about 600 calls a year, and that is against roughly 300,000 skier visits per year. Percentage-wise, medical calls make up a fairly small amount of our time. We sit up high on the mountain ready for something to happen, but in reality the crew spends much more time doing other things. This year, we're tracking 30% behind on calls. This may be from chairlift



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Loading lifts with the terrain park crew, 7 a.m. daily.

ride limitations, as we are only loading 1-3 people per chair, or other factors. We are asking guests to ride with people that they came with or have quarantined with before.

SPM: *How are your skier visits looking this year?*

Ben: We haven't tracked ski visits this year. Our parking lots are still filling up, which is usually our best gauge. A lot of people have moved here to work remotely since the pandemic. Skiing is a pretty safe

activity as far as COVID goes, and people are ready to get outside. Certainly mid-week we're pretty steady with numbers, likely from the boost in the local population with people that have moved here and are able to work remotely.

SPM: *Do you have summer operations that you assist with?*

Ben: We do. We run our super quad for scenic lift rides on weekends. We offer rental paddle boards and bikes and offer zipline tours. These operations didn't run

this past year due to the pandemic, but hopefully this summer they'll be operational. Our bread and butter here is our golf course.

SPM: *Do patrollers work year-round to help with these summer operations?*

Ben: We don't have any actual full-time, year-round ski patrollers. I work for the mountain all year, but half of that time is working at our golf course. My assistant director, Roddy [Ehrlbach], is in charge of mountain operations during the summer, and he employs four others for in-bounds trail maintenance; in the past it's included cutting new glades for the new cat ski operation on Burnt Mountain.

SPM: *Cat ski operation? Tell me more.*

Ben: Burnt Mountain is our adjacent mountain. I think we might be the only place in the East that has a cat skiing operation. It's only open on the weekends or for private events. You can access it from the summit of Sugarloaf, or you can skin up from the bottom to earn your turns.

SPM: *Do you have an uphill pass?*

Ben: Uphill has become tremendously popular at Sugarloaf, similar to everywhere else. We have designated routes depending on the day and based on where snowmaking is. The uphill pass is included in your season pass if you have one. If you don't, it's \$10 per day. Downhill travel is pretty much unrestricted as long as you stick to open terrain.

SPM: *Do you see climate change impacting your resort and operations? If so, how?*

Ben: I don't know specifics about local record tracking, and Maine is a pretty patchy place so it's hard to say exact changes. I can think of three or four years since I've been here that have been bone dry and miserable, but I can also think of three or four years where there was so much snow that we didn't know what to do with it. The mountain has brought on someone who is responsible for our carbon footprint. We are a Boyne [Resorts] resort, and they have made significant goals for their 2030 plan. Looking forward to the sustainability of the industry is a huge focus of the company. I see genuine efforts being done with my work on the golf course and at the resort. +



THE MOUNTAIN FOUNDATION SCHOLARSHIPS

Dan Fisher.

PROVIDING FOR INDUSTRY EDUCATION OPPORTUNITIES

BY CANDACE HORGAN
PHOTOS C/O NSAA

Patrollers know that the heart of being an effective provider on the slopes is staying atop education, whether it's Outdoor Emergency Care, Outdoor Emergency Transportation, Mountain Travel and Rescue, or Avalanche. For those looking to climb the ranks, taking advantage of other education opportunities can be just as important.

The National Ski Areas Association holds its NSAA National Convention, as well as the NSAA Western and Eastern Winter Conventions and Fall Education Seminars, annually. These events bring together people from throughout the mountain sports industry to learn about important industry news and developments.

In 2019, NSAA launched the Mountain Foundation, an initiative that offers scholarships that cover the cost of registration, as well as some of the costs of travel, to these events and other NSAA-sponsored events like the National Avalanche School. The scholarships are open to people who work for ski areas that are members of NSAA, as well as NSAA affiliate and associate members.

"This whole concept of having a nonprofit that is focused on ski industry leadership and education came from Blaise Carrig, who retired in 2018," said NSAA Director of Marketing and

Communications Adrienne Saia Isaac. "He started his ski industry career in the late 1970s and worked for Vail Resorts since 2002. Over the course of his career, he had always said how much



Carrie Wood-Grillo and her husband, Dean.



Dan Fisher patrolling.

going to the shows really helped him. He started talking to Kelly [Pawlak, NSAA president] about it like, hey, what do you think about this idea? He also gave one of the first founding donations, which was extremely generous. Finally in 2019, we were able to get that off the ground.

“What the Mountain Foundation does is it provides scholarships to cover both the cost of registration and some of the travel expenses associated with industry education events. The goal is to get intro to mid-level managers exposed to not just the education, but all the networking that happens at these events. The goal, too, is to retain the best and brightest in our industry by giving them this access to education and the opportunity to make those connections that are so important in a small industry like ours.”

In a press release from NSAA in 2019, Carrig explained his support of the program by saying, “I was lucky someone gave me the opportunity to attend the NSAA annual conference when I was just getting started in the ski business. I made personal connections that were inspirational to my career and leadership journey. [My wife] Leslie and I want to give back to the industry by helping provide other ‘up-and-comers’ the opportunity to experience education and events to help them grow into the future leaders of snowsports.”

While COVID-19 changed the nature of in-person gatherings this past year, NSAA is hopeful that next year it can return to in-person events after holding them virtually the past season, something that Isaac acknowledges changed the dynamic of applying for scholarships and using them. Regardless, scholarship recipients have been very grateful for the opportunity, according to Isaac.

“It’s very cool to see people in our industry get this opportunity. We get testimonials from scholarship recipients after the events and get to hear from them about the difference it’s made, even just in the short term of their careers. The Mountain Foundation events that you can get scholarships for are open to several different facets of the industry. So, not only is it our national convention and our winter shows, but National Avalanche School

is part of it, [as is] RMLA — the Rocky Mountain Lift Association. So, it can be patrollers, lift mechanics, marketing folks, administrative assistants, ops guys and gals. Any ski industry position has an opportunity to learn something.”

According to Pawlak, the program has seen a lot of support from the industry. “At NSAA, we are grateful to see the Mountain Foundation funds grow due to the generosity of so many leaders who want to give back to the industry that has given them so much. The Mountain Foundation gives us a tool to assist the next generation of industry leaders, and we encourage ski areas to share grant information with their team.”

Patrollers have taken advantage of Mountain Foundation grants as well and have found it to be a very valuable tool to further their patrolling careers. Leslie Carter, a patroller and supervisor



Leslie Carter

“The goal, too, is to retain the best and brightest in our industry by giving them this access to education and the opportunity to make those connections that are so important in a small industry like ours.”

at Massanutten Resort in Virginia, was able to attend an NSAA Fall Education Seminar at Appalachian Ski Mountain in North Carolina. She said, “Because of what I learned listening to the attorneys this past August, I am able to provide knowledgeable responses, and we are now working on how to effectively address the multiple concerns raised.”

Dan Fisher, a ski patrol team lead at Snowbasin Resort in Utah, took advantage of Mountain Foundation scholarships to attend the National Avalanche School in 2019 at South Jordan, Utah. He said, “The educational experience of the NAS will be invaluable to my future in the industry. The level of instruction was top notch from the avalanche community in the United States. The lessons learned will be forever on my mind as I move forward within the ski industry and in doing what I can to help keep snowsports fun and safe. Thanks again!”

The NSAA events are so valuable because they bring together a wide variety of leaders. For instance, Carrie Wood-Grillo is the general manager and executive director at Mount Ski Gull in Minnesota. She attended an NSAA Fall Education Seminar

at Grand Geneva Resort & Spa in Wisconsin in 2019 and said of her experience, “The difference the conference makes, and the grant provided, is the education and the awareness. And the magic of education turns a job into a career.”

As *Ski Patrol Magazine* was going to press, NSAA still had not firmed up plans for summer and fall events as far as whether they will be in-person or virtual; unfortunately, COVID-19 may still have a say through the rest of the year. However, those interested in learning more about the Mountain Foundation and how to apply can visit the NSAA website and the Mountain Foundation page at <http://themountainfoundation.org>.

To learn more about NSAA events and shows, visit the NSAA event webpage at <https://nsaa.org/events>. It lists information about the NSAA National Convention and Tradeshow, both the East and West Winter Conference and Tradeshow, the Fall Education Seminars, the Mountain Technology Symposium, the Downhill Bike Park Summit, and related events that NSAA supports. +



Leslie Carter patrolling.



Dan Fisher at an NSAA event.



PATROLLING (AND SKIING) IN THE COVID ERA

PATROLLERS ADAPT TO COVID CHALLENGES WHILE HELPING RUN THEIR MOUNTAINS

BY LINDSAY DEFRATES

WHEN THE LIFTS STOPPED SPINNING IN MARCH 2020, THERE WERE NO POND SKIMS, NO RAIL JAMS, AND NO SHARING OF BEERS ON A SUNNY DECK ON CLOSING DAY. FOR MANY MOUNTAINS, THE DECISION TO END THE SEASON WAS HANDED DOWN LITERALLY OVERNIGHT AS STATES ENACTED VARIOUS LEVELS OF LOCKDOWN AND QUARANTINE. SKI PATROLLERS WHO HAD EXPECTED TO GO IN TO WORK THE NEXT MORNING FOUND THEMSELVES UNABLE TO EVEN RETURN TO THEIR LOCKERS TO RETRIEVE THE LAYERS, GEAR, AND BOOTS THAT HAD BEEN LEFT OVERNIGHT. THE COVID-19 PANDEMIC INTERRUPTED THE SKI SEASON AND THE WORLD SO ABRUPTLY AND SO THOROUGHLY THAT NO LIFE WAS LEFT UNTOUCHED.

Yet, in fall 2020, after a year of wildfires and wild politics, amid a pandemic that seemed to be trending in the wrong direction, patrollers across the country began to prepare for a season about which they only knew one thing for certain: it would not be like any other.

Fortunately, every successful patroller shares at least two common traits: resiliency and flexibility. The harsh weather, long hours, longer drives, and the constant need to hike uphill in the snow are all part of the job description. Without resilience, a patroller would not finish their first season, let alone their seventh. The other trait, flexibility, is key even in a normal season when facing a constantly shifting spectrum of natural conditions, the whims of guests and mountain management, and the fact that somehow a day just never goes as predicted during the morning meeting.

It is because of these traits — resilience and flexibility — that, somehow, ski patrols across the country successfully reached the end of a very, very long season. While solutions looked different on every mountain, and the volunteers may have walked a different path than the paid patrollers, the ability to show up every day in the middle of a global pandemic is proof that the men and women on patrol are the unsung first responders of this, ahem, unprecedented season.

COVID FROM THE GROUND

Training

Before the lifts even started spinning, many patrollers faced one of their greatest challenges ever. This challenge was not found in the rugged pitches of their mountain or the most brutal trauma scene, but rather, on the computer screen. When NSP decided to cancel all in-person Outdoor Emergency Care refreshers, ski patrollers ended up face to face in a wilderness most had never dreamed of exploring: Zoom.

“We had about 45 patrollers on Zoom, and what was funny was that I had to instruct people ahead of time. Our patrol is somewhere between 18 and 80 years old. Some were using their kids’ and grandkids’ accounts. It worked,” says Jennifer Glenday of Bear Valley Resort in Northern California.

Virtual trainings, refreshers, and lots of alternate plans began to pop up. After six months of pandemic protocols, some were hoping for a level of certainty in operational expectations that just wasn’t there at the time. COVID cases began to spike in late fall and once again derailed the best-laid plans of patrollers and patrols.



Signs announcing chairlift policies at Bear Valley. Photo by Jennifer Glenday.



Sunrise patrol hut. Photo by Kristin Gunckel.

For example, Kristin Gunckel, who is in her 13th season at Sunrise Park Resort, a small mountain operating on White Mountain Apache Tribe land in Arizona, said that they had to make some very last-minute plans to a lift evac refresher.

“We had it all planned out. All socially distanced, patrollers in small groups of six with two instructors. We were all ready to start the next morning, but the tribe has a protocol where after a certain number of new cases for three days, they automatically go into full lockdown. They announced they were going to start the lockdown at noon the day before the training. There were already patrollers on the road, heading to the mountain — it takes some of them five hours to get here.

“The director and I had to get the word out right away with texts, email blasts, and individual phone calls. We even had to call the families of some people who were driving or out of reception, but we got a hold of everybody.”

While some plans for in-person trainings came to fruition, they looked somewhat different. Bob Zande, who is finishing his 20th year at Whiteface Mountain in New York, describes the one class they managed before the lifts started up.

“We taught an in-person OEC class (with NSP approval) this fall. Full PPE and knowledge that if even one student had symptoms it was all over. In pods of four people for the day. It was a challenge

trying to talk and teach with a mask on. Things aren't explained as well. We went outside as much as we could."

As patrollers and trainers have gotten used to the unique challenges of PPE, the trainings have begun to feel a little less constrictive, with more options arising as the spring progressed.

According to Brendan Wall, who has patrolled at Cascade Mountain in Wisconsin for 43 years, "We are starting an OEC class in April, and we had to turn people away. We feel like we are far enough along in understanding the protocols to make it work. Instructors feel safer now."

The Great Beard Extinction

"On Northstar, you didn't work until you got fitted for an N95," says Karen Trolan, a patroller at Northstar California Resort. "Our mountain made sure we had all the critical PPE, not only for us, but also for the patient".

The need for fitted N95 masks was acknowledged on most hills, but the perfect seal, against bare skin, had the unintended side effect of massacring the facial hair of thousands. On ski hills across the country, countless beards fell to the demands of the N95 mask fit test, and new strains of mustaches quickly arose.



Karen and Steve Trolan of Northstar Ski Patrol.



Sunrise Ski Patrol in masks. Photo by Kristin Gunckel.

Changing the Scene

Another change visible from the boots on the ground level was the COVID screening protocols implemented by most patrols. Patrollers had extra PPE to put on, often including at least two layers of masks, and more questions to ask to determine the risk of exposure to a COVID-positive patient.

“Sure, things were a little slower,” says Trolan. “But I’ve been in search and rescue for 20 years, and scene safety is drilled into me. You never put the rescuer at risk. This year it just meant masking up, staying six feet back, and asking questions before jumping in. We’d even give [the patient] a mask if they said they didn’t have one.”

Northstar patrollers also worked on only initiating care on patients who really needed that direct intervention.

“If it’s a minor injury, now we recommend they help themselves,” says Trolan. “Hard for an EMT, recommending ‘go rest, go ice it’ and we would stay with them if they said they were OK with us staying 6 feet away, and then we haven’t rendered care.”

Trolan also shared what she felt was the hardest part of wearing masks all the time. “You miss people’s expressions,” she says. “As a rescuer, the hardest thing is that you can’t watch their grimaces; there is so much you can’t see without seeing their full face. That’s so ingrained in me and I watch them, and I’ve lost that. Eyes will tell a lot too, though.”

Back east on Whiteface Mountain, Zande pointed out the inherent difficulty in giving good patient care to a guest with a significant injury when a mask is involved. “One patient this year had collapsed lungs and broken ribs, and I had to ask him to put on his mask. ‘You can’t really breathe right now, but can you put your mask on?’ is hard for a rescuer to say.”

At the first aid room at Cascade Mountain, patrol added a sign which read “Looking for Patrol? Ring Bell.” According to Wall, “Whoever was on duty inside would answer via PA system to quickly triage the needs of the guest outside. Mountain management had put up a tent, and most simple ailments were addressed there. Only two patrollers were allowed inside with a patient after the patient had passed the COVID screening questions.” Wall believes that the bell might stay next season.

Copy That

Radio transmissions were another interesting change for some mountains. While quite a few patrols admitted that they never had to deal with a COVID-positive patient, even speaking the name of the virus on the radio was frowned upon.

At Snowmass Mountain in Colorado, Casey DeFrates, a 10th year patroller, mentioned that because other people can pick up their

radio channels or are standing close enough to hear the transmission, the patrol was discouraged from mentioning if a patient was a possible exposure.

“We would use the phrase ID positive, or infectious disease positive, to advise others coming on scene to use the highest level of PPE and distancing.”

At Granite Peak, their code phrase was “Category 1,” and on Whiteface Mountain, according to Zande, the phrase was simply “PPE advised.”

GUEST RESPONSE

Overwhelmingly, patrollers reported that guests responded as positively as could be expected to all the new requirements on the ski hill.

“People still want to ski and snowboard, and we can still make that happen in a way that makes people feel safe. I think that’s industry-wide; this is a place where people can get out and do something. The importance of outdoor recreation, and the fact that we can offer that to our communities while still making it safe,” says Gunkel.

Glenday agreed, saying, “If you say it positively, everyone’s there to enjoy what they love.”

At the beginning of the season, there were a few more hiccups as guests came expecting, or at least hoping, to have an experience identical to years past. For the most part, it was just a case of better aligning those expectations to the reality on the slopes.

“Early in the season, people were really rude about it. They’ve been overall good. Everybody knows. People respond to ‘Put your mask on.’” Zande explains. “These are the rules. We can’t close because guests aren’t responding.”

Some patrollers mentioned that staff such as lift operators on larger mountains suffered the most from serious mask fatigue since they were often the ones tasked with ensuring mask compliance throughout the day. Only a few reported having to remove guests who were noncompliant.

ZOOMING IN: UNIQUE SOLUTIONS AT BEAR VALLEY

The Bar

The first aid room was a little too small for the socially distanced needs of multiple patients, so when the weather drove care indoors, the patrollers of Bear Valley moved their patients into the Monte Wolfe Saloon. The bar had not opened for the season due to restrictions on restaurants in the county, so there was plenty of room to spread out.

One Step Ahead

In California, there are five different colors used for the COVID lockdown and quarantine protocols. Bear Valley always chose to operate one tier above the recommended protocol for their county's suggestions. Levels would change overnight and affect the capacity of every building and lift on the mountain, so mountain management prepared by always operating at the next highest one so that there was no scramble or misaligned expectation if the level was raised without notice.

Maze Algorithms

Based on the projected attendance and the current level of COVID restrictions, Bear Valley created an algorithm for the shape and size of the lift line mazes. The lines were differently constructed on a weekday versus the weekend. Every other lane was blocked off, and there was always blue dye on the snow to show people where to keep their ski tips.

Road Signs

In order to help align guest expectations as early as possible, the mountain posted enormous road signs along the single road that approaches the ski hill.

"At one point we had a road sign, 'COVID Protocols Ahead,'" says Glenday.

Protocol Ambassadors

"Then we had ambassador tents with signing, masks, extra masks. The tents were manned on the weekend, and everyone was helpful and positive," says Glenday.

Vaccines

Vaccines have become widely available across the country, and in many places patrollers were some of the first in line. Big patrols like Snowmass and Jackson Hole had offered second doses to all interested patrollers by the end of February,



Patrol awards at Cascade Mountain, with patrollers maintaining social distancing. Photo by Brendan Wall.

and nearly every patroller across the country who wants one has at least received their first shot by now.

This was not without some controversy, however. In New Hampshire, for example, the National Education Association of New Hampshire was frustrated when the governor added ski patrollers to the list of first responders. Teachers complained that ski patrol was a volunteer position serving a non-necessary luxury recreation and that as such patrollers did not deserve precedence over the classroom leaders. As a designated first responder however, patrollers were still able to receive the vaccine. Teachers in that state began receiving them just a few weeks later.

In other places, location and county lines played a big factor in who got vaccinated and when, such as at Cascade Mountain. Wall expressed his frustration, saying, “There was not a clear line of communication as we were told to wait for NSP to dictate how the rollout should go. Eventually we got tired of waiting, but we didn’t want to take priority away from other frontline workers. Then there was the difference between the two counties, which basically split our patrol in half. People in Dane County were able to register quickly as first responders, but Columbia County had a turnover in management and took a while to get their act together. We ended up having two vaccine clinics right on the hill, and now everyone who wants one has one.”

For patrollers like those who work for Sunrise Park, they were eligible for the vaccine along with other first responders, but the clinic site was almost five hours away for many of them.

Yet once again, everyone I spoke with seemed grateful for the opportunity to get vaccinated, despite the potency of those second-dose side effects. Glenday explains. “I will feel safer patrolling. It’s just one more level of protection for the rest of this season and hopefully the start of the next.”

Big Challenges

Despite the resilience and adaptation of so many patrols, the year was still exceptionally hard, and some mountains paid a bigger price than others. For example, Hunter Mountain in New York closed on January 5th because “a number of ski patrollers” were exposed to or contracted COVID, and there were not enough to staff the mountain safely. The mountain opened again a few days later. Winter Park Resort in Colorado was declared a COVID outbreak site on January 23rd when it reported 109 employees tested positive; the resort did not shut down, however. Multiple COVID outbreaks were tied to Colorado ski resorts as of February, though none closed for business.

Several patrollers shared stories of COVID exposure, and more than a few actually contracted the disease through close contact with COVID-positive patients.

Aaron Zavesky, a patroller at Brian Head Resort in Utah, said he was helping a patient in early February. The man told Zavesky

that he wasn’t feeling well. “He told me that he never had a COVID test and he could have been exposed. A couple days later, I had a headache and body aches. I got tested, and I tested positive.” After testing positive, however, he said he was paid to quarantine for two weeks and allowed to return when his tests were negative.

There was also a general sense of frustration among patrollers that even though the vast majority of guests were very responsible, it only took a few to expose a huge number of people. A patroller who would prefer to remain anonymous said that a co-worker helped a patient with a major injury for almost 30 minutes before the patient told him that he was actually COVID-positive. The co-worker had to quarantine, but he did not contract the disease. Other staff such as lift operators experienced “mask fatigue” after dealing with daily retorts and attitude from guests when they were asked to pull up their mask.

Staffing

Perhaps the biggest day-to-day challenge was scheduling staffing. As first responders, ski patrollers knew that they could easily have multiple exposures to COVID. With an average age of 50, half of all volunteer ski patrollers are aging into the high-risk category for serious complications for the disease. Because of this, NSP offered a grace year for membership, allowing volunteer patrollers to opt in for the season without needing to spend a single day working on the mountain.

Glenday shared her very real concerns about personal exposure, stating, “We have an aging population of volunteer patrollers. I am one of the two instructors who was not in a high-risk category. But even though I came in on opening weekend, I realized that I couldn’t bring [the virus] home to my husband, who would expose his 86-year-old mother.”

For small mountains who rely on volunteers, even a small number of patrollers opting out of the season was a significant percentage of their workforce. Zande said they lost just 10 or 11 patrollers, but with 30 paid and 60 volunteer patrollers on the roster, that made it difficult to stay staffed. Re-staffing will be even harder next season. Zande shared that two dozen patrollers expressed their intent not to return for the 2021-22 season.

Even on mountains with a little more depth to their bench, such as Cascade Mountain’s 130 patrollers, the effects were immediate.

Wall explained, “Staffing lost 24 or 25 patrollers. For some, it was the straw to retire early. Then we had some sidelined by their jobs which said they can’t work if they’re going to be exposed on patrol. Some had concerns for family with high risks. And yes, a handful concerned about their own medical conditions.”

Foreign visas staffing was also lost. While that didn’t impact ski patrol directly, it put added strain to many aspects of mountain operations.

About the upcoming season, Gunckel shares the concern about filling the ranks. “I think the biggest question, as a patrol rep, is whether the patrollers who went inactive will come back. Probably won’t say until next fall when we start our refreshers. We didn’t offer an OEC course. We didn’t recruit for toboggan. It means next year we need to do a lot more recruiting and build our patrol numbers back up.”

Unexpected Benefits

On the other hand, COVID protocols, and 2020 in general, did have a few positive impacts. Many ski areas chose to sell a limited number of tickets each day, and people were supposed to get them ahead of time.

Wall saw some benefits to this, saying, “Traffic counts and incident rates were way down. Some weekdays only had six patrollers, but because the group sales were shut down, we had fewer incidents. Bright side that the lift lines were shorter. The hills were less crowded. Didn’t get scraped off.”

Protocols such as sanitizing rigs and packaging blankets and equipment have also helped streamline rescue materials, and most believe that more thorough hygiene protocols will be a long-term change.

Moving Forward

“We are looking forward to things becoming more predictable, maybe not normal, but at least something we can plan for,” says Gunckel about the upcoming season.

March, April, and even May brought about closing days that at least began to resemble some of the normal we were used to. Responsible celebrations will occur despite the paradox, with familiar events plus masks and distancing. Patrollers got to clean out their lockers as expected, which is definitely a plus for public health, and plans will be made for the next season. The variables are still there, but they are named now, and with flexibility and resiliency, they will be met and overcome once again. +



COVID-19 policies on road signs on road to Bear Valley. Photos by Jennifer Glenday.



SIERRA-AT-TAHOE'S MOUNTAIN

SUCCESSFUL, GROWING PROGRAM OFFERS VALUE TO RESORT

BY DIANE NEILL

PHOTOS BY DIANE NEILL (EXCEPT WHERE NOTED)

I TRIED TO SIT STILL AS THE PHOTOGRAPHER CALLED OUT "SAY SKI!" TO OUR UNIT OF MOUNTAIN HOSTS, BUT INSIDE I FELT LIKE TAKING A VICTORY LAP AS THE MOMENT I HAD BEEN WAITING FOR FINALLY ARRIVED. I WAS SEATED FRONT AND CENTER IN THE SIERRA-AT-TAHOE MOUNTAIN HOST UNIT AS THE LEAD REP, PROUD TO REPRESENT THIS INCREDIBLE GROUP OF

NEARLY 90 VOLUNTEERS DEDICATED TO ENHANCING THE GUEST EXPERIENCE ON "OUR" MOUNTAIN. THE REFRESHER, WHICH INCLUDED THIS ICONIC GROUP PHOTO, WAS THE OFFICIAL START TO THE SEASON AND INCLUDED OUTDOOR FIRST CARE (OFC) HANDS-ON ASSESSMENTS, AS WELL AS BASIC LIFE SUPPORT CERTIFICATION AND A BUSINESS MEETING.



Sierra-at-Tahoe mountain hosts.

The journey that led me to this moment began in 2010, and even before that when I noticed hosts in yellow vests on the hill and began asking them questions about how to join. At that time, the group was relatively small, about 30 in all, and joining the program was easy. Although I felt like I was getting in on the ground floor of something with potential to grow, I became a host years after the conception of the program.

HUMBLE BEGINNINGS

Long before NSP created the Mountain Host Program, resorts welcomed and benefitted from volunteer programs with other names. It is no surprise that Sierra-at-Tahoe General Manager John Rice, who supports one of NSP's largest host programs, also supported the spirit of volunteerism from the time he arrived at Sierra in 1993.



Sierra-at-Tahoe mountain hosts.

A native of Southern California who skied a few times as a child at Big Bear Mountain Resort, Rice entered the world of resort work at Disneyland, where he worked his way through the first few years of college.

Rice recalls, “When they interviewed me, they asked what ride I wanted to work. When I told them I didn’t know, they said that if I worked on the Skyway, it could probably get me a job at a ski area someday.”

While finishing his degree in recreation at California State University, Chico, an internship at Squaw Valley evolved into becoming the director of mountain operations at the ripe age of 24. In the mid-’80s, his career took him to China Peak Mountain Resort and then to Snow Summit and Big Bear in Southern California, where just a few miles away were “seven million kids who grew up standing sideways” on a skateboard or surfboard. Rice built the industry’s first dedicated terrain parks and shared what they were doing with the industry, both in the U.S. and abroad. “We wanted to create guest experiences the right way, the safe way. It was trial and error at first, but we watched, and we adapted.”

The visibility he gained landed him three job offers in summer 1993, one of which was the general manager position at Sierra-at-Tahoe, where he’s been ever since. He believes what he’s been told, that, “You have the best job anyone could hope for. You don’t need to wish for something else.”

Throughout his career, Rice has always been awed by the spirit of volunteerism, starting from his early days interacting with the National Ski Patrol at Snow Summit.

“It just blew me away that these people in some cases were more dedicated than paid staff. As I got to know some of the people in the higher ranks of NSP, I realized it’s a great organization. They come and give you a weekend, spending their own money on gas, just to ski and be a part of something. I’m just blown away by that.”

The impetus for a host program came from John but was immediately supported within NSP ranks. Warren Sprague, a Sierra-at-Tahoe patroller, approached Rice and asked to be involved. Relying on a template of docents at state parks and pulling from the ranks of patrollers who had CPR training but whose toboggan-handling days were over, Rice gave Sprague the reins. What emerged from that vision was called the ambassador program.

Rice says, “I thought, wow, from a customer service point of view, the extra edge we can get would be unbelievable.”

That original team became 40 or 50 strong, and all was going well until the local newspaper decided to feature the ambassadors in an article on National Volunteer Day. About a week later, Rice got a call from the California Employment Development Department (EDD). The voice on the end of the line informed him that, based on California labor law, it was illegal for the resort to have volunteers and Sierra would have to cease and desist the program. The ruling applied statewide, so other resorts in the state had to end similar programs.

“It killed all the programs in one day; unbelievable,” Rice says.

The value of the ambassador role led Rice to hire hosts the following year, but, he says, “The tenor of the whole program was different, and the spirit was gone.” Going back to the EDD to ask how to make a volunteer program work, they said the only exemption for volunteer work at ski resorts was through the National Ski Patrol. NSP received Rice’s request for a new host category with enthusiasm, and he says that as the program grew, “We started to get back that feeling that we had before, while still respecting the law in California. I feel we’ve come full circle. Hosts put a lot of hours and personal energy into making it work. It’s about the quality of the people you have. You don’t just let anyone into this program. They’ve got to be doing it for the right reasons.”

RIGHT REASONS, RIGHT STUFF

For Vermont transplant Jim Pratt, being part of the NSP family, patrol or host, is an extension of growing up in a ski family. “I love being up on the mountain. Hosting is a great way to be a part of a group and have that camaraderie with the other hosts and the employees. It’s a great way to spend my weekends away from my desk.”

Pratt’s patrol career started at a small resort, Donner Ski Ranch. He enjoyed patrolling there because there weren’t many pros, so the patrol director wanted all the volunteers to be Senior patrollers because the NSP patrollers had a large role in running the program. Senior patrol certification led to taking over the skiing and toboggan training for a period of time, training being “a huge part of being a national.” After stints at Sierra-at-Tahoe as a patroller and then an instructor, Pratt found hosting to be a way to continue serving, provide passes for his kids, and fulfill his desire to “do new and different things.”

For Pratt, hosting is less stressful but equally satisfying. “When you’re in a situation where you feel like you really helped out and made a more positive outcome, you know you’re had a good day hosting. From helping a guest on the Plaza looking frustrated that



Niranjan Pawar greets a guest.



Jim Pratt helping direct traffic at an accident scene. Photo by Kevin Johnson.



Solange Schwalbe talks with a guest. Photo by Kevin Johnson.

you can make smile again to helping with scene safety at an accident in a high-traffic area, that feels good.”

As a former patroller, he can relate to the fear of being run down while on scene. “I know from experience that it’s a great relief to have someone competent directing traffic or securing a toboggan, someone who’s got your back making sure no one runs into you so you can focus on the patient.”

Keeping current with his instructor’s certifications, Pratt is a valuable member of the host unit, as he teaches the OFC course. He says, “It’s an additional way to contribute something that other people can’t or aren’t in a position to. Also, there’s always the possibility that I might go back to patrolling, so keeping my OEC [Outdoor Emergency Care] current means I won’t have to start from scratch.”

HOLLYWOOD IN TAHOE

One veteran host who has lived the brand through the many iterations of the program is Solange Schwalbe, also known as “Hollywood.” Like Rice, Schwalbe is Southern California born and raised, a gifted motion picture sound editor who has 172 feature films to her credit.

“I am from Los Angeles. I had never seen snow until I was 19. In 1989 when my husband suggested we move to Tahoe I was skeptical, but marriage is compromise and sacrifice, so I agreed as long as we could still travel south to work in the film industry. We visited Sierra and within a few weeks I had a job as a cashier. At Sierra, everybody knows each other, and everybody is family, and it’s just a joy to be there.”

Schwalbe was in a financial position to leave her cashier job to become a volunteer and was one of the original three members of the Sierra-at-Tahoe Ambassador Program. “I was very proud to be a part of the process, and the program grew from three to 20-something to over 70 in a matter of a few years.”

According to Schwalbe, when the state stepped in and ended the program in 2000, Rice was instrumental in going to the National Ski Patrol with managers from eight other resorts to request a new category for hosting. It was his long-time relationship with NSP that facilitated NSP working with the managers to implement their vision.

A MARRIAGE MADE AT SIERRA

More than working relationships, personal relationships are built at Sierra-at-Tahoe. Niranjan Pawar and his wife spent their courting days at Sierra. He says, “Every weekend, she would drive up from Fresno, and that’s how we built our relationship. She was a far better skier than me. I was just a person from a desert (India), but I caught on.”

Passionate about his newly learned sport, he started organizing meetup groups and bringing them to Sierra, and the numbers quickly grew to 70 or 80 every weekend. The resort management quickly noticed, and Pawar was approached by Rice, who says, “It was brought to my attention that we had a senior official from Hewlett-Packard at the resort who loved Sierra. I was amazed at his reasons for being here, that he wanted to give back and do something he was passionate about. When he saw the host



Morning briefing for the mountain hosts.



Mountain Host Kelly Matthews spreads holiday cheer on the Plaza at Sierra-at-Tahoe.



Sierra-at-Tahoe Mountain Host Rep Diane Neil (L) with Sierra-at-Tahoe GM John Rice (R).

program, he thought, “This is something I can give my time to and really put my heart and soul into, something meaningful. I know that I’m making it a better world.”

Married in 2010, Pawar and his bride spent their honeymoon skiing at Sierra and now have three children that are all learning to ski courtesy of the family pass option offered to hosts at Sierra.

“When I arrived at Sierra, I saw the yellow vest and was intrigued, and then saw how cool it would be to be part of the host team,” says Pawar. “The more experienced hosts took me under their wing, and I’m very grateful for that. My family comes from the warrior class in India, and we believe in serving.”

HARNESSING THE SPIRIT

It is quite an undertaking to capture and direct the volunteer spirit of a large host unit. The backgrounds and personalities are diverse, and the goal of every leader should be to inspire each individual to rise to their own brand of excellence. A glance at the NSP website shows that there are relatively few host units in NSP, yet host units are great assets, not only to the resort but to the patrol units, both paid and volunteer.

My advice for creating a host unit is to start with a few retired or auxiliary patrollers, as those individuals are familiar with NSP and resort protocol. If allowed by NSP and the mountain, a patrol unit could purchase a few yellow vests for patrollers to wear on days when there are plenty of patrollers on duty or on days when some patrollers can assume different duties. The idea is to generate interest among the season pass holders, people who love the resort and want to devote some volunteer hours to it.

Most NSP divisions have a recruiting chair who can help set up an event at the resort to recruit both patrollers and hosts. It is

important when recruiting to make clear the certifications required and the needed commitment and to minimize promoting the benefits. Our host unit has a selection committee that screens wait-listed individuals’ responses to an online survey and then selects a few applicants to interview by phone.

It doesn’t matter how small the group is in the first few years. In 10 years, I have witnessed our unit of 30 grow to 90 with a waitlist of over 80. In addition to Rice, many of our hosts are former patrollers. Others heard about the program from friends who are hosts. Our success depends on good communication and organization. In my reporting to my NSP region (Eastern Sierra) within the Far West Division, I have offered up five strategies for success that I’d like to share.

1. Systematic information gathering. Using online surveys to collect information and spreadsheets to summarize the responses helps me stay organized. Every August I send out a survey that asks hosts if they intend to be active in the upcoming season, what certifications they need to renew, and what committees they would be willing to serve on. In my first year as lead host, I asked where they would like to have the refresher and found out that most would prefer it not to be at the resort (as it had been for years), but at a location closer to where most of us live, about an hour west of the resort. One host was even able to secure the use of his church facility at no cost. As hosts get their certifications, sign release forms, and pay their dues, I track it. As they complete their required days on the hill, I track it. As they assume hill captain duties and I collect photos of them, I track it.

2. Regular and detailed communication. The first thing I did



Mountain Host Craig Best assists patrol with loading a patient onto a backboard.

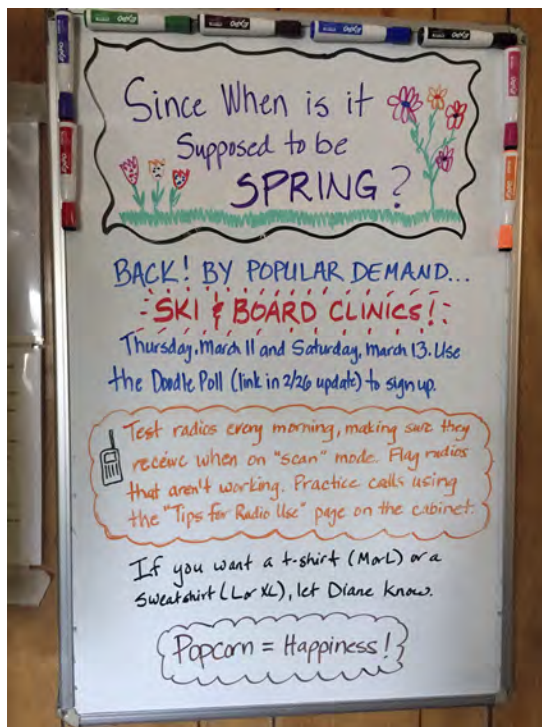


Solange Schwalbe talks with guests.

was create a contact for each host in my NSP email account with all their information and label each host with tags to help me communicate with new hosts, board members, and specific committees. Rice has allowed me to attend the weekly administrative meetings (online this season), and I use the information offered, along with items specific to our program, to create a host update that goes out once a week. Additionally, we have a large whiteboard in the host trailer that I keep up to date with reminders, information on events at the resort, and shout-outs for good deeds.

3. Delegate to promote leadership. Our unit has about a dozen committees that meet at the refresher to set their goals for the season. Many committees work independently from me, such as the new host selection committee and the radio committee. In normal seasons, our social committee organizes monthly coffee and muffin mornings, after-hour socials in the pub, and two lunch barbecues each season. The fundraising committee organized an internal sale of T-shirts and sweatshirts that generated \$800 and will take on the larger project of a public event once we are past the pandemic. Our trailer committee is made up of handy individuals who assemble and disassemble ski and board racks and other items that keep our trailer organized. I encourage everyone to step up to be the hill captain for at least one day, even new hosts who are mentored by a veteran host for their rookie season.

4. Tap into perks and talents. I take time to get to know each host, not just for the sake of establishing a relationship, but to find out what they can offer the program. A host who owns a carpet store was happy to donate high-quality industrial carpet for the trailer and got a few new customers in the process. Our brand-new office chair was donated by a host who



An info board created by the mountain host team.

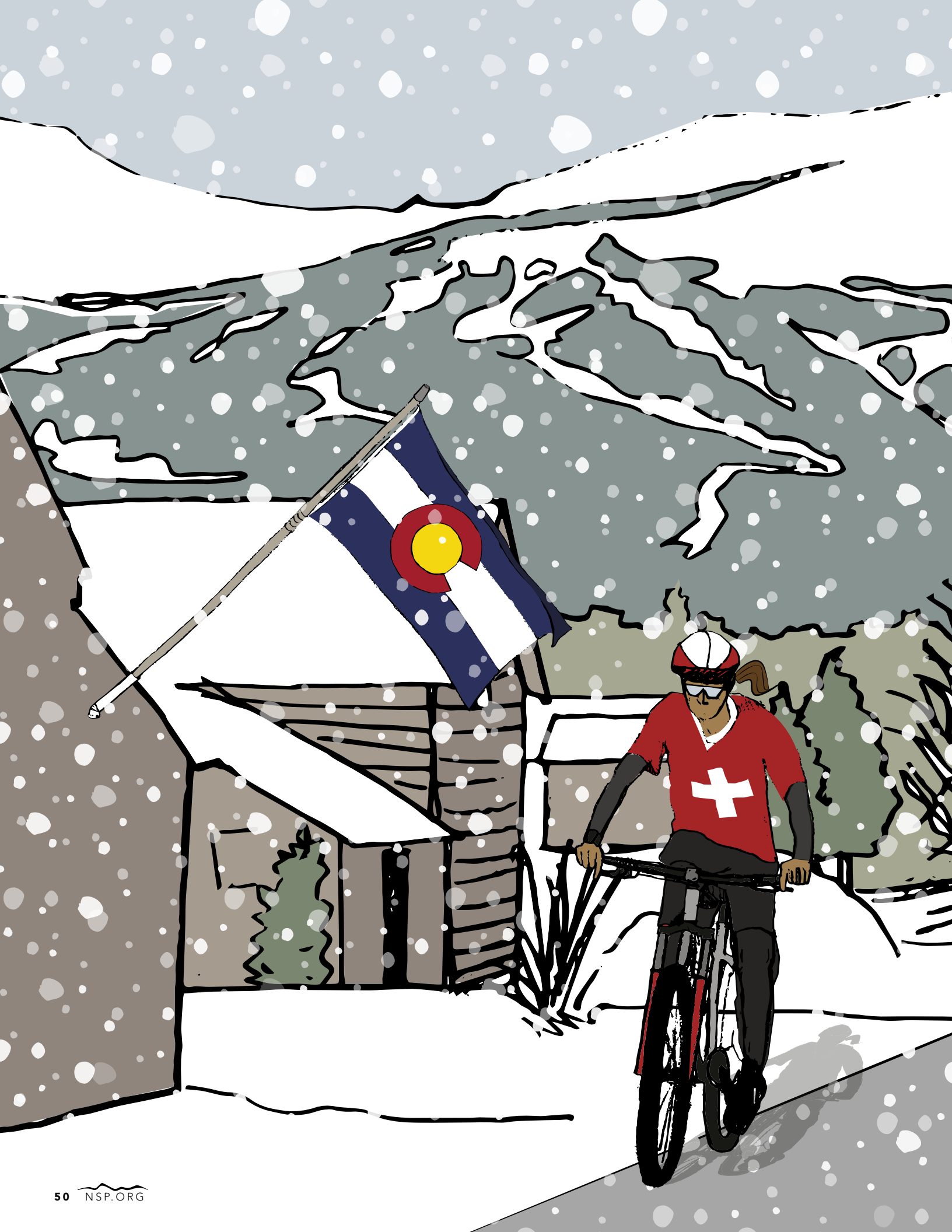
sells office furniture. If the thought of catering a host barbecue or feeding hundreds of people at a public fundraiser sounds daunting, leave it up to a host who runs a catering company and routinely feeds up to a thousand at a time.

5. Spotlight positive behavior. Perhaps one of the best parts of leading such a great group of people is giving them recognition when they do great things. On the trailer wall is a thermometer, and when a host completes the required 12 days their name and the date go on the thermometer and the red center rises, not only to give the individual credit but to show how group effort will bring everyone across the finish line. Ask your resort what incentives they have for employees and maybe you'll find yourself with coupons or gift cards for resort food or merchandise. Sierra's are called "moments of magic." I have learned to keep my phone handy to snap photos of hosts doing good deeds that I have used to create page-size posters titled "This host was caught being amazing." The momentum is infectious for many hosts, who often send me photos of fellow hosts for these posters, getting everyone thinking about the great acts of service going on around them.

Although the pandemic has created some special challenges this season and has necessitated mask wearing, daily sanitization of our equipment, and outdoor morning briefings, I look forward to gathering again next fall for another group photo when I can sit front and center and hear the "Ski!" chorus once again.

Note: Any photos showing people without face coverings are socially distant, of families, or were taken prior to COVID.

Note: Interested in starting a host program? Diane Neill is available to offer points of advice and wisdom. She can be reached at diane.neill@easternsierraregion.org. +





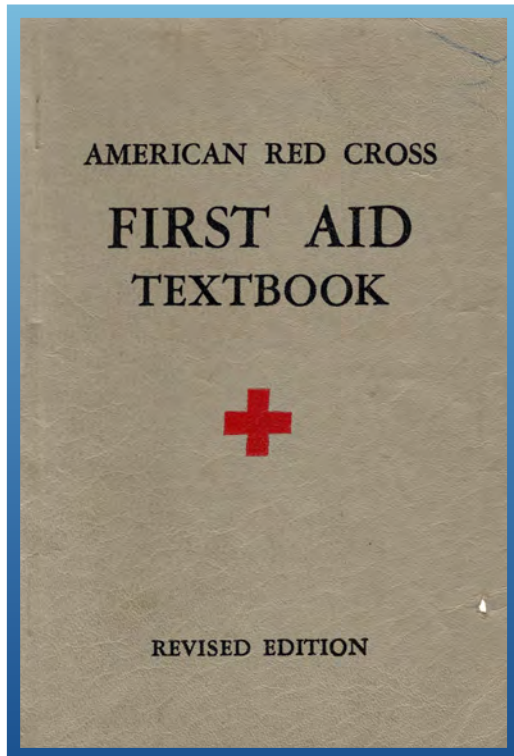
SAVE THE DATE!
POWDERFALL
BRECKENRIDGE, CO
~~APRIL 7-10, 2021~~

**APRIL 6-9
2022**

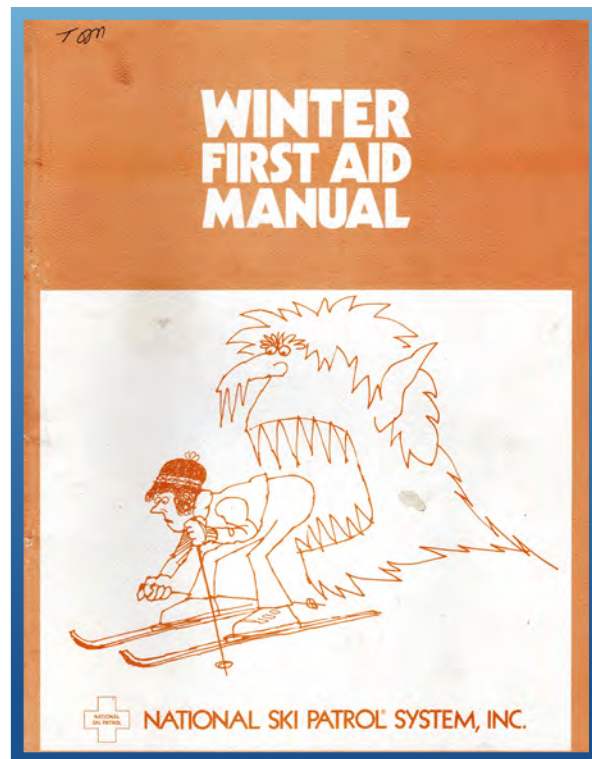
How Did We Get from **ARC** to **OEC**

AN EVOLUTION IN NSP FIRST AID

BY STEVEN THOMPSON, NORTHERN DIVISION HISTORIAN



1957



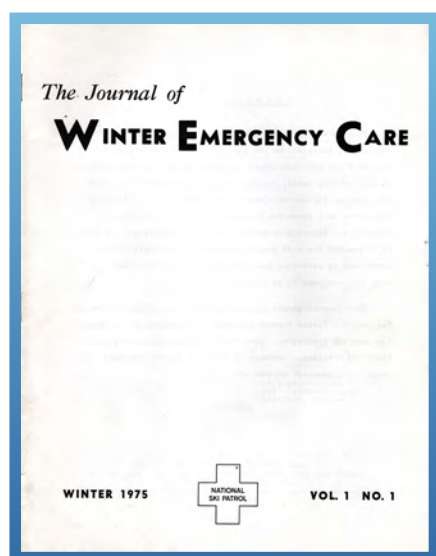
1972

WHEN THE NATIONAL SKI PATROL WAS FOUNDED IN 1938, THE STANDARD OF CARE FOR PATROLLERS WAS THE AMERICAN RED CROSS STANDARD FIRST AID COURSE, A 20-HOUR COURSE THAT NEW PATROLLERS SUPPLEMENTED WITH A 10-HOUR COURSE CALLED THE WINTER SPORTS SUPPLEMENT, WHICH LOOKED AT SKI SAFETY AND FIRST AID. ARTIFICIAL RESPIRATION WAS A PART OF THIS COURSE.

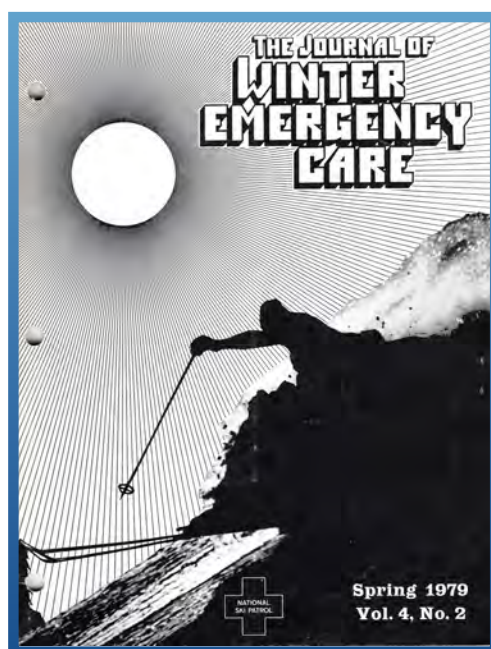
In the 1957 American Red Cross textbook, the preface contained a message from the head of the Federal Civil Defense Administration that read, "...In the event of a nuclear attack on this country, survival may very well depend on what everyone does for himself, one's family or neighbor during the first critical hours following such an attack...A major portion of (the) American National Red Cross (ANRC) responsibility is to train people in first aid." This new textbook outlined a 10-hour standard first aid course and 16-hour advanced course.

In 1972, Dr. Warren Bowman, a patroller from Montana,

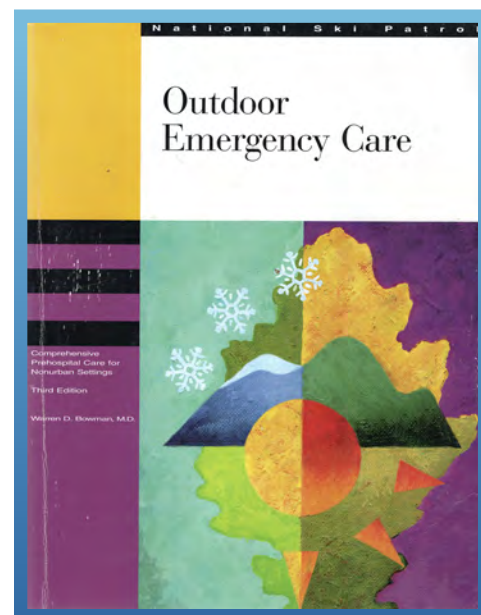
“In preparing this revision, I have had to decide whether to include only what is missing from standard first aid and EMT textbooks, or to design something which would stand by itself as a textbook in winter first aid.”



1975



1979



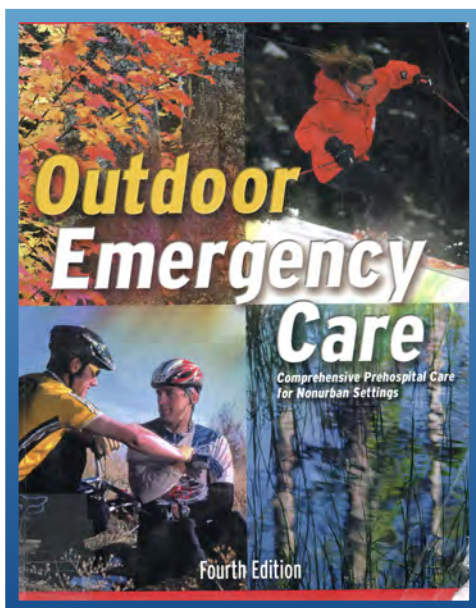
1998

published the *Winter First Aid Manual* (WFAM). In preparing this text, Dr. Bowman had access to first aid winter supplements from the Pacific Northwest, Rocky Mountain, and Intermountain divisions, as well as advice and criticism from the NSP National Medical Committee. Dr. Bowman described the WFAM as, “...designed to bridge the gap between what the Ski Patroller learns in his courses in First Aid and Emergency Medical Techniques, and what he is actually called on to do at the Ski Area.”

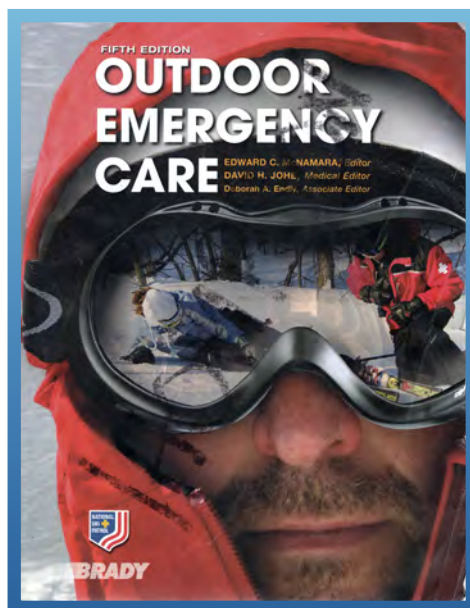
Winter 1975 saw the first edition of *The Journal of Winter Emergency Care*, a publication that addressed winter first

aid. In the introduction, the editors, Dr. Bowman, who was now NSP National Medical advisor, and NSP National First Aid Advisor Gary Bunce stated, “This is the first issue of what we hope will be one of the most useful publications you can receive. Its intent is to provide first aid instructors and medical advisors with a source of information, ideas, teaching and testing suggestions, aids and examples for use in classes and presentations.”

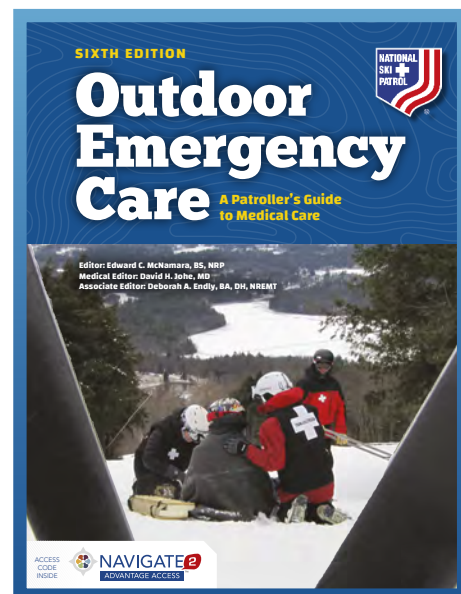
Articles in this journal were submitted by many different people from many different sources e.g., *Off-Belay*, *Tracks And Banners*, *The Physician and Sports Medicine*, and



2003



2012



2020

American Journal of Nursing, to name just a few.

In his opening remarks of this first edition of *The Journal of Winter Emergency Care*, Dr. Bowman also addressed the topic of future training of the patroller, saying, “At the annual meeting in June, 1975, the decision was made to require the ARC Advanced First Aid Course plus a course in CPR of every patroller in the near future.” He further wrote, “...NSPS is now in a position to be a leader in the field of ‘winter emergency care,’ and this new publication can be a major vehicle to maintain and advance this leadership.”

The WFAM continued to be published, first in 1972 and then again in 1976, 1981, and 1984. In his introduction to the third edition, Dr. Bowman stated, “In preparing this revision, I have had to decide whether to include only what is missing from standard first aid and EMT textbooks, or to design something which would stand by itself as a textbook in winter first aid. At the risk of a certain amount of repetition, I have chosen the latter course.” The new text name was *Winter Emergency Care* (WEC).

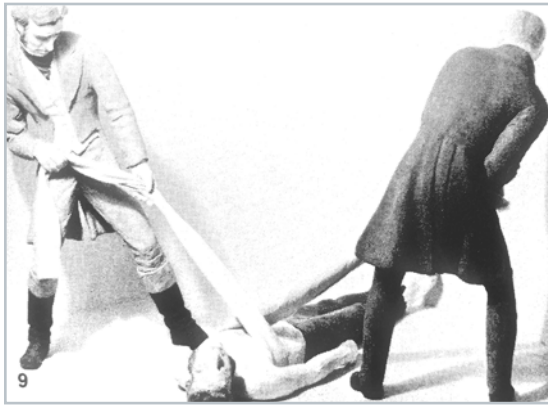
The first edition of WEC came out in 1988. Dr. Bowman put a great deal of consideration into the issue of prehospital treatment and the location of the patient. “The American Red Cross Advanced First Aid and Emergency Care Course was designed primarily for urban laypersons with quick access to the EMS system. EMT training, primarily oriented toward heart attacks and auto accidents in an urban setting, was designed for ambulance attendants and, in some cases, was dependent upon radio support from emergency room physicians. Those issues were significant driving forces behind the development of the *Winter Emergency Care* course. Starting with the 1987-88 ski season, the WEC program will be the emergency care standard of training

for NSP. By the 1989-90 season, WEC and CPR cards will be required for NSP membership.”

Nearly five years later (1993), the second edition of *Winter Emergency Care* was published. With it came updated medical/prehospital care and treatment and continued emphasis on the student. Nonurban aspects of illnesses and injuries continued to form the basis of the text.

Fast forward another five years and *Winter Emergency Care* became *Outdoor Emergency Care*. This third edition of NSP’s medical textbook incorporated revisions from the U.S. Department of Transportation (DOT) National Curriculum for EMTs modified to the OEC curriculum, since the two previous editions of NSP’s WEC were based on the DOT curriculum. The major change was in assessment: previous primary and secondary assessments were renamed “urgent” and “non-urgent.” The “bridge lift” was also introduced in the third edition. One interesting note in Dr. Bowman’s words was that, “This textbook contains a carefully selected, minimal number of medical terms...”

We seemed to be on a five-year cycle for textbook updates. *Outdoor Emergency Care*, 4th ed. came out in 2003 and took the curriculum to a whole new level, adding many additional resources. These included rescuer skill drills, technology resources with included student interactivities, a vocabulary explorer, online refresher guides and chapter pretests, wilderness/altitude/documentation/rescuer tips, “You are the Rescuer” scenarios in each chapter, and instructor and student resources. All these additions gave the text a totally new look and feel. This was the first edition of WEC/OEC that was not written completely by Dr. Bowman.



Dalrymple Method, 1831. Cloth wrapped around chest. Two rescuers pulled cloth, compressing chest, forcing air out, then released pressure, allowing air in.

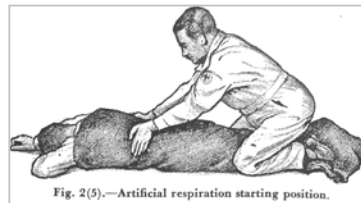


Fig. 2(5).—Artificial respiration starting position.



Fig. 3(5).—Artificial respiration "rock forward" position.



Fig. 4(5).—Artificial respiration "release and rest" position.

Acklen method, 1916. Device strapped to patient, chest walls lifted by suction, then pressure was exerted, forcing air from the lungs¹.



Sling and swaths: top³, bottom².



Sling and swaths: top³, bottom².

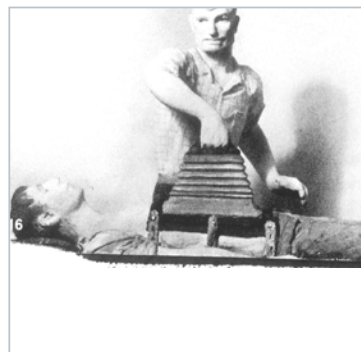


Soft splinting: top³, bottom².



Figure 15-22 Open the airway and simultaneously check for a carotid pulse and breathing for no longer than 10 seconds. Copyright Edward McNamara

Today's direct measure².



And here we are, back at the Lucas Mechanical Pump¹.



Fig. 12(9).—Carry by extremities.



Lifts and carries: top³, bottom².

It was a little longer wait for OEC5; it appeared on the scene in 2012. Several changes were seen in OEC5. Each chapter began with a list of objectives, a chapter overview, and key terms. As in OEC4, each chapter contained a "Case Presentation" that wove through the chapter and wrapped up with the "Case Disposition." Another addition to OEC5 was a small NSP historical snippet at the start of each chapter.

2020 saw the arrival of the "new kid on the block" in the form of OEC6. This edition is an extensive revision of OEC5. New protocols on spinal motion restriction were introduced, pulse oximetry was included, patient assessment was modified wherein life-threatening bleeding was moved to the top of the list, and a new technique for pelvic trauma care was also introduced. In addition to the print form, OEC6 is also available in digital form.

Many things have changed over the years, but interestingly some have not changed that much, as evidenced by the images to the right. +

1. Supplement to The Journal of the American Medical Association, "Standards for Cardiopulmonary Resuscitation (CPR) and Emergency Cardiac Care," Feb. 18, 1974, vol. 227, No. 7

2. Outdoor Emergency Care, 5th ed.

3. American Red Cross First Aid Textbook, 1945, American National Red Cross

4. LUCAS chest compression system website

Angel Pin AWARD

RECOGNIZING THE IMPORTANCE OF
NON-PATROLLING SPOUSES

BY KATHY MEGYERI

Many members of NSP aren't aware of the NSP Angel Pin that is awarded to spouses, organizations, contributors, and supporters of NSP. According to the *National Ski Patrol Policies and Procedures*, "The NSP Angel Pin may be awarded, upon the approval of the division director or designate, to nonmembers of NSP who have provided valuable contributions to NSP."

According to NSP board member Robert Scarlett, the Angel Pin is frequently given and has usually been awarded to spouses of patrollers who are involved in NSP leadership positions. Scarlett says, "It's an award to recognize nonmembers for their behind-the-scenes contributions to their spouses when they are spending time leading NSP. It recognizes the untold number of hours these individuals spend to support their spouses when they work on NSP matters. As anyone who devotes a lot of time to NSP knows, making sure NSP runs smoothly cannot be done without their spouses' or supporters' contributions. It's a tough volunteer job that takes one away from the family for a great deal of time. Without the encouragement from our Angels, the job could not be done well. We need to award it more frequently to recognize the many who devote time and effort in support of NSP."

Hats off to Karen Scarlett, wife of Robert Scarlett, who has supported her husband since he started patrolling while in college and who added her own contributions to the organization.

We would like to profile a few Angel Pin winners in upcoming issues of the magazine. If readers know of one so honored, please send a note to our editor so that we may share this honor and publicly thank them for their service. It's the least we can do in return for their many hours of service and for the many ways they add value to our organization.

JO ANN ARMSTRONG

Jo Ann Armstrong received her Angel Pin at the end of her husband's term as patrol leader. It was noted at the ceremony that she was so patient to put up with all the time her husband, Morgan, was involved in meetings and trips to the mountain as patrol leader.

After she received the Angel Pin, her patience was actually taxed to a greater extent. Her husband took more time, not less, as he worked as section chief, region director, assistant division director, division director, and board member of the NSP. There was one summer vacation at the beach where every night the family had to wait to leave for local restaurants for dinner because her husband, who was an attorney and chaired the Governance Committee, was on conference calls with the national legal advisor on a set of national legal problems.

Angel Pins have a lot in common with the NSP National Appointment and Leadership Commendation Award; the work of taking up the slack for the

missing spouse never lessens, it increases. The Angels of the NSP are the unsung heroes, and the Angel Pin is usually long overdue when awarded and a harbinger of what is yet to come.

KAREN SCARLETT (in her own words)

I have always stayed behind the scenes when it comes to the National Ski Patrol. While skiing is not my forte, I understand just how much it means to my husband and so many others. He joined the NSP while still in college; thus, almost our entire life together has involved him being a member of the organization.

For the majority of his time as a member he has also been involved administratively. He started as a shift captain and the Eastern Pennsylvania legal advisor. Eventually, he moved to the position of national legal advisor. Now, he is a member of the board of directors. He would have been unable to pursue this passion if I had not been handling the home and children while he was either away on ski patrol business or dealing with the NSP's various challenges for countless hours during the evenings and weekends.

I truly appreciate the presentation of the Angel Pin to me by John Shipman because it recognizes the sacrifices my family made that allowed my husband to pursue his passion and desire to help an organization in which he believes so strongly. When we go to the various ski patrol meetings, I wear my Angel Pin with pride, and I thank the leadership of the NSP for recognizing the hours of time that I have spent supporting my husband so that he could spend those same hours helping the National Ski Patrol.



Karen Scarlett

SUSAN SHIPMAN (in her own words)

Being recognized with an Angel Pin at an



Susan Shipman

Eastern Division spring officers meeting a few years ago was a big surprise. I learned that the Angel Pin could be awarded to those who provided a valuable contribution to the National Ski Patrol. My contribution was trying to do my best to help and support my husband, John, to allow him to concentrate on his many duties and leadership positions with his local Wachusett Ski Patrol, Eastern Massachusetts and Rhode Island Region, and the Eastern Division.

John spent four years as the Eastern Massachusetts and Rhode Island Region director and six years as the Eastern Division director. The director's position required him to travel throughout the division's 12 states and 15 regions to

attend refreshers, banquets, and patrol and region program activities, as well as attend ski industry events where he represented the Eastern Division. Also, he traveled to Denver a few times a year to attend national board of directors' meetings and program sessions.

I was often his sounding board for several troublesome issues. Some were difficult and some not so much. I was there to help where I could. Some of our personal and family activities took a back seat at times because of his job and the time and attention those positions required. Now that a few years have flown by, I look back at our NSP activities with fond memories and cherish the friendships we made. +

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BUILDING TO A MORE INCLUSIVE NSP

BY NSP'S DIVERSITY, EQUITY AND INCLUSION TASK FORCE

Starting last fall, NSP members, our industry partners, and our peers have called on NSP's leadership to commit to a more diverse, equitable, and inclusive organization. As a first step to addressing these calls, the NSP board established a Diversity, Equity and Inclusion (DEI) Task Force in January 2021.

The DEI Task Force is composed of board members, division directors, national leaders, and NSP staff. We have spent the first several months of our work focused on several objectives, including:

- Developing our initial DEI position statement.
- Providing communication about our work in several locations, including on the NSP website.
- Establishing a communication channel through which members can easily contact the DEI Task Force.
- Soliciting proposals and interviewing DEI consultants.
- Revising the *National Ski Patrol Policies and Procedures*, NSP Bylaws, and marketing materials to be inclusive.
- Reviewing and digesting messages we've received from our members.

Along with other research we are doing, communications from members help define our work and identify the areas we need to address immediately and in the long term to make significant and lasting change. To all of you who have sent us messages, please know that we have read each one. We are compiling their themes, requests, and other information so that we can understand what our members feel is important, what questions they have, and who among you may have special skills or experience that might be helpful to us as we move forward. We appreciate all the offers of assistance and will refer to them to help define our priorities and establish next steps.

Through referrals from our members, partners, and others in the industry, we identified and interviewed several DEI consultants and facilitators who help organizations like ours implement a DEI framework. By the time of this issue's publication, we will have selected one to work with us, and, we hope, will have begun some of this work. We will seek guidance from the DEI consultant in several projects, including a cultural responsiveness assessment, listening

sessions, and establishing new ways to provide our members with a space for learning and dialogue.

We are amending the *National Ski Patrol Policies and Procedures* and NSP Bylaws to use more inclusive language. As a first step, we are editing these documents so that pronouns are gender neutral and inclusive. We are using writing style guides and DEI best practices to inform our work. We will also be evaluating program documents and educational materials for inclusive language and making appropriate revisions. The NSP staff is also making updates to marketing and recruiting materials to reflect a more inclusive and diverse image of patrolling and patrollers.

Most of our industry partners are also doing similar and important DEI work to ensure that historically underrepresented groups are actively welcomed into the outdoor community. The industry recognizes it has a long way to go, but there is a great deal of good work happening. NSP is committed to being part of these efforts.

We know that this work and our DEI initiatives will be received with a variety of responses. Some of our members have expressed feeling that DEI work is not in-line with NSP's core purpose and that we should not devote resources to it. Others have expressed feeling we are not doing enough, working fast enough, and that we should be making substantial changes to all aspects of the organization — from our governance structure to our education materials. As a Task Force, we know that there is work we need to do, work that will ultimately make NSP a stronger, more diverse, and inclusive organization.

One of the vision themes in the NSP strategic plan 2030 is, "All of our members have compelling stories of patrolling success." To achieve this part of our vision, we need to build an organization where all our members are welcomed and valued. Doing so also ensures that we are living up to our core values of excellence, service, camaraderie, leadership, integrity, and responsiveness.

NSP grew out of founder Minnie Dole's desire to provide service, safety, and education to make outdoor recreation — and skiing in particular — safe and accessible. The DEI Task Force's work is built on the same desire to ensure not only that outdoor recreation is safe and accessible for all people, but that the NSP as an organization is as well. +

NSP HALL OF FAME CLASS OF 2020

BY CANDACE HORGAN

We haven't covered the National Ski Patrol Hall of Fame in *Ski Patrol Magazine* since it was first created as part of the NSP 75th Anniversary celebration in 2013. It has taken a few years for the NSP Hall of Fame to really take off. For instance, after the inaugural class of five members in 2012, 2013 and 2014 only saw one inductee in each year (Donald Page in 2013 and Chuck Herbert in 2014).

The Hall became more active in 2015, with four inductees, while the Class of 2016 saw 13 members inducted, 12 of whom were from Eastern Division. However, classes in recent years have become more balanced among the NSP divisions. Recent classes have included a member of the Alaska Division (Chris Ross, Class of 2018), Intermountain Division (Randy Budge, Class of 2019), Northern Division (Steven Thompson, Class of 2019, see "ARC to OEC," page 52), Pacific Northwest Division (Louis McNabb, Class of 2018), Professional Division (Nelson Bennett, Class of 2018), Rocky Mountain Division (Hartman Axley, Class of 2018), and Southern Division (Richard Thalacker, Class of 2018).

Nominating someone for the Hall of Fame is not a lengthy process, and if you know of a patroller that you think should be honored, you are encouraged to submit them for consideration. Said former NSP Awards Advisor Bill Boulter, "I guess the thing that I would say is that we purposely made the award not difficult to apply for, and if people think back, forward and back, I think there's a lot of people that should be eligible. Some of the people it's hard because a lot of them passed away and it's harder to get information for them, but I would encourage people to dig deep and look around and remember some of the older patrollers that aren't around anymore and some of the patrollers that are really doing fantastic things now and just take the time to do the paperwork and get it done."

The NSP Hall of Fame Class of 2020 has 13 inductees representing six NSP divisions: Central, Eastern, Far West, Northern, Professional, and Southern. The following are the members of the Class of 2020:

- Mark Behan, formerly of Snow Bowl Ski Patrol, Montana
- William Boulter, Watertown Ski Patrol, New York
- Cliff Chewning, Big Bear Ski Patrol, California
- Lawrence Close, Greek Peak Ski Patrol, New York
- Nick Collins, Alumni, Brattleboro Ski Patrol, Vermont
- John Dobson, M.D., Alumni, Wintergreen Ski Patrol, Virginia
- Richard Jacques, Schuss Mountain Ski Patrol Michigan
- Kevin Johnson, Snow King Pro Patrol, Wyoming
- William Lay, Great Falls Ski Patrol, Montana
- Robert Meyers, Marquette Mountain Ski Patrol, Michigan
- Trudy Olsson, Mount Ripley Ski Patrol, Michigan
- Eunice Singletary, M.D., Alumni, Wintergreen Ski Patrol, Virginia
- John Thomas, Central Admin Patrol, Minnesota

These patrollers have helped the NSP grow in many ways. Johnson and Thomas are previous division directors. Boulter is former NSP National Awards advisor, while Jacques is the current NSP National Awards advisor. Lay was the winner of NSP National Outstanding Administrative Patroller in 2020 (see “2020 National Outstanding Awards Winners,” *Ski Patrol Magazine*, vol. 38, issue 2).

MARK BEHAN

Behan served the NSP and the Northern Division for 56 years. He was assistant division director from 1967-68 and then Northern Division director from 1968-72. He also served as the first assistant national chair from 1976-81. He received a National Appointment Number in 1959 and the NSP Distinguished Service Award in 1983. Behan was an Avalanche Level 1 and Level 2 instructor and a member of the American Avalanche Association.

Behan helped create the Arapahoe Basin Ski Patrol in Colorado while attending Denver University. He helped start the Laramie Ski Patrol while earning a master's at the University of Wyoming and patrolled in Washington at Summit at Snoqualmie and Ski Acres while earning a Ph.D. at the University of Washington. After finishing his Ph.D., Behan returned to Montana and patrolled there until his death.

Behan died on June 18, 2008, while jogging on his favorite trail on Blue Mountain.



WILLIAM BOULTER

Boulter has been a patroller since 1983 and most recently served as the NSP National Awards advisor from 2012-2018. Together with then NSP Executive Director Tim White, Boulter was the person who helped create the NSP Hall of Fame in time for the NSP 75th Anniversary Celebration in Denver. In that capacity, he was the presenter for the induction of the first class into the NSP Hall of Fame. That class included Charles “Minnie” Dole and Roger Langley, who cofounded the National Ski Patrol; Harry Pollard Jr., who served as the fifth NSP national chair; Dr. Warren Bowman, who created the Winter Emergency Care and Outdoor Emergency Care programs; and Dr. Gretchen Besser, the first NSP historian. Boulter presented induction plaques to both Besser and to Mint Dole, Minnie’s son. Boulter says that he still doesn’t think of himself in that illustrious company.

“Well, I’ll tell you the honest truth, I kind of was dumbfounded when they gave it to me, and I never pictured myself in that group of people,” said Boulter. “I know I did a lot of stuff, and everything that I did, I really loved. I loved being part of your guys’ life for as long as I was, and I loved the job and the things that I did, but I didn’t do any of those things to do awards, I just did them to do the best I could. I don’t honestly feel myself in that stature, but I certainly am honored. And I was certainly blown away when they gave me the award; I was kind of speechless.”



CLIFF CHEWNING

A patroller since 1970, Chewning has been active as both an instructor and in leadership positions. He has been a Winter Emergency Care and now Outdoor Emergency Care instructor since 1984, as well as an Outdoor Emergency Transportation instructor since 1992. He also took his OET skills to the national level as the NSP national OET Program director for six years. Before teaching WEC, he taught American Red Cross advanced first aid to patrollers. Chewning served eight years on the NSP board of directors.

What Chewning might be best known for is helping to create the Tri-Advisory Conference (see “Wilderness Learning,” *Ski Patrol Magazine*, vol. 30, issue 2). This annual event, held in Yosemite National Park, brings together educators in the Avalanche, Mountain Travel and Rescue, and Nordic/Backcountry programs for three days to teach interested patrollers seminars in each and to help the instructors learn from each other.

“To be included in the Hall of Fame with all the other great visionaries and leaders of our organization, past and present, is a most humbling and honored feeling,” said Chewning. “I feel extremely fortunate to be recognized by my peers for my passion and service to the NSP.”

LAWRENCE CLOSE

A patroller since 1968, Close is a former Eastern Division director who also served for nine years on the NSP board of directors. Close was one of the early Certified patrollers, becoming Certified #99, and in 2001 he was granted lifetime Certified status. Close has also helped inspire the next generation of patrollers, as in 1976 he created and hosted the first “Junior Patroller Event” in the Eastern Division.

“I was honored, humbled and surprised to be inducted into the National Ski Patrol Hall of Fame,” said Close. “It is a very special honor that I will never forget. As an NSP member for more than 50 years and having been presented with several awards, the NSP Hall of Fame induction is by far the most treasured award. I have had the privilege of serving the NSP in many leadership capacities, including four years as Eastern Division director and 10 years on the board of directors. For the past 25-plus years, I have been an everyday patroller not expecting to be honored as an inductee into the NSP Hall of Fame. It is still very hard to believe that I was bestowed such an honor and to be thought of alongside some of the great leaders of our organization.”



NICK COLLINS

Nick Collins gave 73 years of service to the National Ski Patrol, including 36 years as an Avalanche and Mountain Travel and Rescue instructor. He served as the Brattleboro Ski Patrol director for 28 years. He received National Appointment Number 3532 in 1970. Collins didn't let a little thing like serving in the U.S. Army interfere with patrolling; while stationed in Europe, he was on the Garmisch Ski Patrol in 1956-57 and the Berchtesgaden Ski Patrol in 1975-76.

As Eastern Division project coordinator, Collins combined his role as staff engineer at the U.S. Cold Regions Research and Engineering Laboratory in Hanover, New Hampshire, to orchestrate education conferences benefitting the NSP and the 10th Mountain Division. He was able to bring in expert instructors from the National Oceanic and Atmospheric Administration, National Weather Service, International Snow Science Workshop, and American Avalanche Association to these conferences.

Collins died on Feb. 14, 2019.



JOHN DOBSON, M.D.

An orthopedic surgeon, Dobson started patrolling at Wintergreen in 1984 and served as Wintergreen's patrol representative from 1994-98. From 1996-2007, he served on the OEC Refresher Committee, and from 1996-2002 he was a member of the NSP board of directors. In 1998, he was honored as NSP National Outstanding Alpine Patroller. During his patrolling career, he received a National Appointment Number and a Distinguished Service Award.

"Although I was a practicing physician for my livelihood, ski patrolling was my life for 25 years," said Dobson. "I loved it and am forever indebted to the National Ski Patrol! It is a singular honor for me to be inducted into the National Ski Patrol Hall of Fame!"

RICHARD JACQUES

A patroller for 56 years, Jacques is the current NSP National Awards advisor. He previously served as Eastern Michigan Region Awards advisor and Northern Michigan Region Awards administrator. From 2012-18, he was Northern Michigan Region director.

Said Jacques of his induction, "This was the biggest surprise of my NSP career. I never dreamed that my activities as a patroller and administrator could have an impact worthy of this recognition. It's very humbling and very gratifying."



KEVIN JOHNSON

In addition to being an alpine patroller, Johnson has been a big booster of both the Nordic Program and bike patrolling. An alpine patroller at Snow King Resort, he is a bike patroller at Grand Targhee and also helped create the Soldier Hollow Nordic Patrol, serving as its director from 1999-2002. He served two terms as Intermountain Division director and was the spokesperson to the NSP board of directors for the division director team from 2017-20.

Said Johnson of his induction, "Being inducted into the NSP Hall of Fame was truly a very humbling honor. To be included in a group of accomplished individuals that have molded our organization over the years is overwhelming. Thank you."

WILLIAM LAY

Lay, who in 2022 will mark 45 years as a patroller, served two terms as patrol representative for the Great Falls Ski Patrol, one from 1990-92 and one from 2005-07. He was the first aid advisor for the Northern Division from 1986-88. Since 1992, he has served as Northern Division registration advisor. Of note is that Lay patrolled at the 1988 Calgary Winter Olympic Games and patrolled at World Cup races for many years.



ROBERT MEYERS

A patroller for 52 years, Meyers was one of the people who helped create the Winter Emergency Care course when NSP decided to move away from American Red Cross advanced first aid. He taught WEC and later OEC, as well as OET. From 1981-91, he was the director of the North Central Region, and from 1992-2002 he was assistant division director for the Central Division.

“What a privilege it is to be nominated and accepted into the Hall of Fame,” said Meyers. “Looking back over 50 years of service, it has always been great to be able to ski, teach, and help others. Having served at all levels of patrolling, including patrol director, section chief, region director, assistant division director, and national board member, it has been the friends and peers along the way that have made this journey so wonderful. Being part of the team that developed WEC and starting the first Professional Ski Instructors of America ski patroller ski school have really been rewarding. Many Hall of Fame members are truly some of the oldest and best patroller friends I have had over the last 50-plus years. I hope to see more of my patroller family of friends find themselves inducted into the Hall of Fame in the future.”



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TRUDY OLSSON

A patroller since 1978, Olsson received a Purple Merit Star for saving a life in 1984. She has been an instructor for WEC and OEC since 1987 and has been an instructor trainer in those programs since 1989. Olsson served on the NSP board of directors from 1999-2003 and was North Central Region director from 1992-99. She has received both a National Appointment Number and Distinguished Service Award, as well as a Central Division Lifetime Achievement Award.

"I am so thankful that after immigrating to the U.S., I learned to ski, became a patroller, connect with some great leaders in our system, and to ski and yodel throughout the world," said Olsson. "My husband and I wrote and recorded the *Rescue Machine* at Michigan Technological University 35 years ago; the lyrics start:

*Ski Patrol....
I'm cold, I'm hurt, what shall I do?
Don't worry brother,
we take good care of you!*

The lyrics and song reflect my love and pride for the ski patrol, an organization that keeps chugging along, bigger and better than ever!"



EUNICE SINGLETARY, M.D.

Dr. Singletary, whose nickname is "Nici," has been a patroller at Wintergreen since 1978. While patrolling, she completed her internship and residency to become a doctor, serving at the Brooke Army Medical Center, during which time she rose to the rank of major. She served as Virginia Region director from 1993-96 and Southern Division director from 1999-2003. She was elected to the NSP board of directors from 2003-06.

Said Singletary, "To me, being part of the NSP Hall of Fame recognizes the 30-plus years of effort put forth to unite all patrols and patrollers through uniform, high-quality training and courses, and by the sharing of unique approaches, techniques, and ideas — whether a patroller works at a small, 'Mom and Pop' ski area, or at a large ski-industry resort. We are one family of patrollers with the same passion for both snow sports and for helping those in need out on the hill."

JOHN THOMAS

Thomas, whom most people call "JT," started patrolling in 1981. His leadership positions include Central Division director from 2013-19 and Western Region director from 2007-13. He was also patrol director of the Mount Frontenac Ski Patrol from 1994-99. He has been honored with a National Appointment Number and a Patroller's Cross. +



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SPOTLIGHT ON ALUMNI

FINDING WAYS TO STAY ACTIVE WITH PATROLLING

BY TIM VIALI, NSP NATIONAL ALUMNI ADVISOR

With NSP alumni membership recently topping 5,000 members, alumni are enriching the National Ski Patrol and hundreds of NSP member units.

Alumni members offer years of experience, talent, and knowledge. They provide a vast resource of needed skills and expertise to supplement the efforts of the “active” membership. With the COVID-19 pandemic, many have found new ways to remain active, assist their former patrols, regions, or divisions, or take on renewed activity as mountain hosts or bike hosts.

NSP members find many reasons to go inactive: family responsibilities, relocating to a new part of the country, job responsibilities, educational options, health issues, concern for COVID-19, and more. Likewise, the pandemic may cause many patrols to reassess, reconnect, and find involvement opportunities for active alumni, including patrol or division community service events and expanding mountain host and bike host programs across the NSP.

Here we highlight some of our more active alumni and their contributions to NSP!

Alumni help found fast-growing bike patrol in California

Several veteran NSP alumni spent six months making the rounds of Sacramento County Regional Parks in California and nonprofit organization leadership to sell the idea of a bike safety patrol for the active American River Bike Trail. With annual trail usage in the eight million per year range, and growing by 25% or so in the pandemic, rider/walker safety concerns and user conflicts were rising fast. When the county partnered with the new NSP unit, additional alumni and veteran NSP members stepped forward into leadership roles for the new American River Bike Patrol.

All this happened just as the COVID-19 pandemic was unfolding. In March 2020, two public meetings generated 90 attendees, and the patrol went from



From L-R: Tim Viall, Jim Cheng, Carl Dahl, and “Doc” Jim Margolis (all alumni except Cheng) bring 154 years experience to the new American River Bike Patrol.

no members to 75 members from May through the end of the year. Alumni member and Outdoor First Care Advisor Dr. Jim Margolis pioneered Outdoor First Care training in the pandemic era. Jim Cheng, a 48-year NSP veteran, stepped in as patrol representative to head up this fast-growing unit. Founding member and alumni Tim Viall helped recruit others to the leadership ranks. Today, the patrol is working with several other California groups to clone the bike patrol concept in other locales.

Donna Short, longtime Nordic patroller, now active alumni member

Five of Donna Short’s U.S. Forest Service colleagues were some of the first Nordic patrollers at Crater Lake National Park. She started as a volunteer patroller for the 1988-89 season, then took Winter Emergency Care (now Outdoor Emergency Care) with the aspiring patrollers from the Santiam Pass Patrol and took her Nordic skills test, memorable as Donna had to set up the Z-pulley system inside the rim of the crater! Passing all tests, she became a full NSP patroller for the 1992-93 season.

In 1996, the Willamette Backcountry Patrol allowed Donna and several others

to register with that patrol while doing all our patrol days at Crater Lake. A highlight from this period was traveling to Washington, D.C., when the Crater Lake Ski Patrol was recognized as National Volunteer Organization of the Year for the National Park Service in 2003.

In 2006, Donna and her partner decided that driving past Willamette Pass on their way to patrol at Crater Lake no longer made sense, so they began patrolling out of Gold Lake Snowpark with Willamette Backcountry Patrol. She learned all about their ski swap, eventually becoming a team leader, a role she continues since becoming an alumni patroller in 2019.

Notes Donna, “I have also continued to help publish the patrol’s newsletter and help out at the patrol cabin when I can. Patrolling has been such a big and positive part of my life that just stopping did not appeal to me. Being Alumni keeps me connected to my ski patrol friends, new and old, and allows me to still share my skills and serve our visitors. Throw in continuing access to NSP training, education, magazines/newsletters, and pro deals and it is quite the deal!”

Richard Chadick moves to alumni to stay connected with patrol, division

Richard Chadick, the last active founding member of the Wintergreen Ski Patrol in the Southern Division, recently retired from 45 years of active patrolling and joined the alumni ranks. During his tenure, Richard was awarded National Appointment Number 6486, a Purple Merit Star, and a Distinguished Service Award. During his time, Wintergreen won NSP National Outstanding Large Alpine Patrol twice. Richard was Outstanding Patroller of Wintergreen twice and Southern Division Patroller of the Year for the 1971-72 season. He also served as patrol leader twice.

Beginning day one in the 1975 season and throughout his amazing career, he

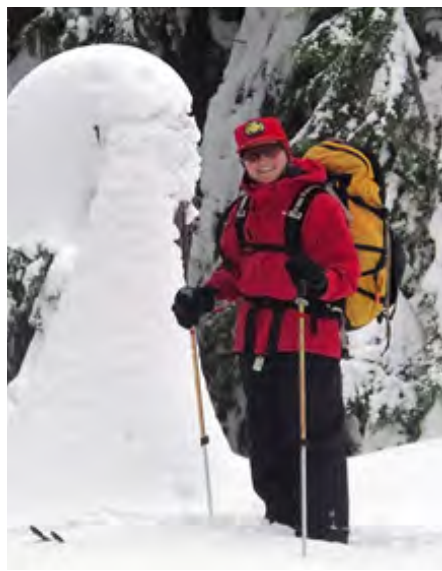
considers himself fortunate to have known so many wonderful patrollers. “I was lucky, and I send a heartfelt thanks to all that served before and to all that will serve in the future.” Richard looks forward to tracking the success of his old patrol and the Southern Division as an active alumni!

For patrol representatives and region or division directors, please keep the Alumni Program and our active alumni in mind. Suggestions for building a dynamic alumni program include:

- Establish an Alumni advisor for each individual patrol (and region and division) to take the lead on building alumni support, activities for alumni (e.g., an “Alumni Celebration Ski Day”) and options for alumni who wish to remain active with their old patrol.
- Advise current patrollers of “life after active patrolling” as an active NSP alumni.
- Encourage patrol leadership to involve and keep lines of communication open to your patrol’s alumni and those “contemplating going inactive.”
- Share your patrol’s alumni advisor’s contact information with your region and division alumni advisor so individual patrols receive ongoing alumni updates and tools!

If you are already an NSP alumni, what are your ideas? With your help, additional value and enthusiasm can be added to a well-established alumni program. Don’t overlook alumni perks such as access to the NSP Online Store and NSP pro deals. Alumni retain their ongoing years of service! If you want more involvement, let those leaders at the patrol, region, or division level know your interest — be the squeaky wheel!

Alumni and families are invited to join in several alumni-friendly events. One is the Sea Otter Bike Classic, recently moved to Oct. 7-10, 2021, at Laguna Seca Raceway and Fort Ord National Monument, next door to Monterey Bay, California, where volunteers receive free camping, a full event pass, lunch, event T-shirt, and their patrol receives a



Donna Short in the backcountry.

financial donation.

Our third annual Alumni Celebration Week at Whitefish Mountain Resort, Montana, has been rescheduled for Feb. 27-March 6, 2022. The lovely Grouse Mountain Lodge has booked a block of rooms for only \$79/night, and this year Whitefish offered day tickets for seniors 70 and over for only \$26, with similar savings for those 64 to 70 — you can



Richard Chadick, founding member of Wintergreen Patrol in Southern Division.

hardly afford not to come to Whitefish! For more information on these two events, see the Alumni page on the NSP website.

To the many thousands of NSP alumni, we welcome your continuing involvement in your local patrol, region, or division. Please share your thoughts with NSP National Alumni Advisor Tim Viall at tviall@msn.com or (209) 969-3875. Thanks! +



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By R. Morgan Armstrong



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URBAN BIKE PATROLS, BOTH NEW AND FORMER IMBA PATROLS, **SHOW DRAMATIC GROWTH FOR NSP**

BIKE NOW AN OFFICIAL NSP PROGRAM

BY TIM VIAL, NSP NATIONAL ALUMNI ADVISOR



Bike patrollers out on the trails. Photo by Scott Bellow.

In recent years, the National Ski Patrol has been increasing its focus on bike patrols across the United States, both those tied to mountain or urban trail systems as well as patrols associated with alpine ski areas. With the accelerated growth in both cycling and hiking during the COVID-19 pandemic, an even greater opportunity exists for bike patrol growth and the birth of new bike patrols.

In March 2018, the NSP and International Mountain Bicycling

Association reached an agreement that IMBA would exit the bike patrol field and help merge IMBA patrols into the NSP, sharing with NSP a list of 50-some mountain bike patrols and 600 bike patrollers.

That agreement triggered the assimilation process into NSP of the Clinton River-Area Mountain Bike Association (CRAMBA) in Southeastern Michigan and the Genesee Regional Off-Road Mountain Bike Patrol (GROC) in upstate New York.

More recently, seeing the rapid growth of cycling on already busy urban bike trails, leaders of the new American River Bike Patrol in Sacramento, California, birthed a new NSP bike patrol, going from 0 to 73 members in seven months and filling a safe-riding void on one of America's busiest bike trail systems. The NSP and its Bike Task Force are contemplating how similar patrols could be developed across the country on existing urban and mountain trail systems and how to assist

growth among already existing NSP bike patrol units.

These three bike patrols are representative of almost a score of NSP urban bike patrols across the country.

CLINTON RIVER-AREA MOUNTAIN BIKE ASSOCIATION (CRAMBA), SOUTHEASTERN MICHIGAN

Just a few years ago, CRAMBA was three separate IMBA bike patrols, each 501(c)(3) organizations, covering 34 trail systems in the suburban Detroit/southeastern Michigan area, spread over 14 public lands plus rail trails, and relating to seven different land managers (cities, counties, state of Michigan).

Patrol representative Jeremy Verbeke

notes, “Our team is dedicated to promoting responsible riding and trail use on our public lands, providing assistance and education to trail users, working with land managers and participating in this mission by riding our bikes.”

Verbeke notes that NSP has brought heightened first aid and CPR training to his patrol, that his members appreciate being an active part of a leading global outdoor first care organization, and they look forward to further enhancements by Primal on uniform options, as well as additional bike patrolling gear options.

In 2020, the patrol posted statistics based on patrolling from 62 volunteer patrollers and bike hosts, logging 1,932 hours patrolled, 747 patrols, 12,774 miles, and almost 52 hours per active

patroller. About half of patrollers are already NSP patrollers, signing on as secondary members; the other half are trained in Outdoor First Care and are bike hosts. Jeremy sits on the NSP Bike Task Force and is working to both expand the CRAMBA Patrol and bring additional resources to NSP bike patrols across the country.

GENESEE REGIONAL OFF-ROAD MOUNTAIN BIKE PATROL (GROC), UPSTATE NEW YORK

GROC Mountain Bike Patrol covers 113 miles of mountain bike trails (all unpaved) across six core parks and three secondary parks in the greater Rochester, New York, area. A former IMBA patrol, they joined the NSP in



Gearing up before a patrol. Photo by Scott Bellow.



Having fun while on patrol. Photo by Scott Bellow.

2018 and have doubled their membership, now with 14 Outdoor First Care host members and 14 Outdoor Emergency Care-trained members. Despite the pandemic lockdown, from May 1, 2020, members logged 700 hours across 265 patrols. In 2019, they also offered service to three races, six “Love your Trail” events, the REI National Trails Day, and Burning Bike Festival.

As a bike host unit, main activities include working as trail ambassadors, monitoring trail safety, helping with repairs, giving directions, talking about trail etiquette, and helping with events. The patrol provides first aid at events and on the trail at the level of training of the member (OFC or OEC). The patrol actively recruits through social media (Instagram and Facebook) and the GROC contact lists (25 members, 900 on the email list, over 2,000 followers on Facebook, and about 900 on Instagram). Approximately half of new members come from GROC and primarily identify as mountain bikers.

Notes GROC mountain bike patroller and President Rob Sliker, “Our patrolers are a piece of the fabric when it comes to advocacy, stewardship, and community engagement. They’re not just NSP members out there patrolling, but are also ambassadors for our local IMBA chapter, Genesee Regional Off-road Cyclists.”

NSP training for first responders is top-notch for those who are out on the trail, and NSP membership has been a real asset, with more members who now have better training and the support of an internationally recognized organization.

AMERICAN RIVER BIKE PATROL (ARBP), SACRAMENTO, CALIFORNIA

Founder Tim Viall attended the bike patrol session at the 2019 Powderfall and began focusing on increased bike traffic on the American River Parkway and its trail system of 50 miles of paved trails and 100-plus miles of fire-road and single track trails in Sacramento, California. After months making the



Scene size-up. Photo by Scott Bellow.

rounds of Sacramento County Regional Parks and other stakeholders to nurture the idea of a bike safety patrol, Sacramento County and the state of California accepted the proposal for services and confirmed memorandums of understanding; other veteran NSP members stepped forward into leadership roles.

All of this happened as the COVID-19 pandemic was unfolding. After two March public meetings generated 90 attendees, the patrol went from no members to 73 members from April through the end of 2020. The patrol pioneered OFC training in the pandemic era, and 48-year NSP veteran Jim Cheng offered seasoned leadership as patrol representative, noting, “Our patrollers render emergency first aid, CPR, make minor bike repairs, and offer direction assistance. Additionally, they share safe cycling insights and work as trail ambassadors with county and state park rangers and other local authorities. Our members have been happily welcomed by thousands of American River Bike Trail users. The diversity and depth of experience we have on the patrol are second to none, and we are delighted to serve.”

In the first eight months of 2020,

members performed 607 patrols, riding almost 10,000 miles and making 1,506 public assists. Among the services rendered were 41 medical interventions, including a life-saving CPR incident, and hundreds of friendly suggestions to hikers and bikers about safe walking and riding. Patrollers also helped with over 130 flat tires and bike repairs for trail users.

Of the ARBP's 73 members, 41 are primary members recruited from near-to-trail cities, and 32 are traditional ski patrollers from nearby Sierra ski patrols (hence, secondary members). A year-round operation with a bit of a lull during ski season, the patrol anticipates even more dynamic growth come late spring and summer.

NSP Central Division director and National Bike Program Director Mike Schons adds, “The NSP Bike Committee envisions a program designed to help members develop skills and understand the knowledge needed through NSP programs at basic through advanced levels of training. We look to help in the growth of NSP bike patrols!”

With the rapid growth of bicycling during the pandemic, watch for future growth of NSP bike patrols. +



CRAMBA patrollers assist an injured guest on the trail in Michigan.



Some of the 70 members of the American River Bike Patrol prepare to patrol (just before the pandemic required masks, social distancing).



Nadia Johnson and Ben Horner of the ARBP offer safe riding suggestions to local bike club members.



GROC patroller Noah Franz on the trail in upstate New York.



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The centerpiece of the uniform offering is a breathable, lightweight shirt designed to keep you riding comfortably all day. The Primal Long Sleeve Active Bike Shirt, 3/4 Sleeve Ilex Jersey, and the Short Sleeve Nexas Jersey all wick away moisture to keep you dry and regulated. Dual Primal reflective tabs will keep you visible in darker environments. The black on top, red on bottom, two-tone design creates a classic NSP patroller look.

Returning to the program, the NSP has introduced two newly designed bike short options — one with a removeable padded liner, one without. The Primal Ilex and Escade Shorts provide an array of options with regard to fit, features, and custom NSP branding. There is an option for a stealth, black-on-black logo for the Primal Escade shorts and a tri-color NSP shield with red accents for the Ilex Short.

To provide more shoulder-season versatility, NSP and Primal collaborated on a Hooded Wind Jacket and a Non-hooded Wind Vest. While these were designed for biking, they could easily fit into an early or late season winter patrol uniform as well. Two reflective tabs are sewn onto the rear for additional visibility, along with reflective zipper borders.

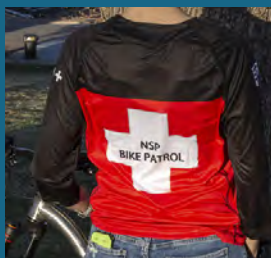
You can place an order for bike patrol uniforms through the NSP Online Store at www.nsp.org (Member Resources -> Online Store). Please let us know your thoughts and tag [@natlskipatrol](https://twitter.com/natlskipatrol) if you post a photo on social media with the new gear!



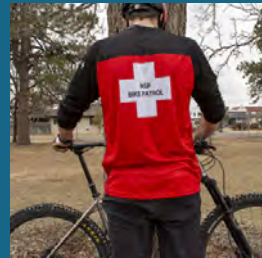
The new Primal 3/4-sleeve Ilex MTB Patrol Jersey.



The new Primal 3/4-sleeve Ilex MTB Patrol Jersey.



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The new Primal 3/4-sleeve Ilex MTB Patrol Jersey.



NSP TEACHING & PAPERWORK — NOT THE MOST FUN PART!

NSP TOOLS HELP MAKE THOSE PAPERWORK TASKS PALATABLE!

DOUGLAS HILL, SOUTHERN CALIFORNIA REGION INSTRUCTOR DEVELOPMENT PROGRAM ADMINISTRATOR

I have to think that most of us became instructors because we enjoy passing the knowledge and skills we have learned onto our fellow patrollers. It is very gratifying to see the students from our NSP courses out there on the mountain helping the public, keeping the mountain safe, doing avalanche control, treating and transporting injured skiers and riders, reuniting families, even saving lives. Just as gratifying is seeing those patrollers winning awards at their patrol, region, and division level, and even going further to be recognized at the national level for their accomplishments.

However, I think we all also have to admit that not all of the tasks required of an instructor are fun. None of us said, “Hey, I want to become an NSP instructor so I can do a bunch of paperwork.” It certainly is not the most glamorous part of teaching, and most likely all of the time you spend on paperwork for your course is invisible to everyone but you, but it is a necessary and very important task to teaching any NSP course.

The NSP Education Department and the National Instructor Development Committee are constantly trying to find ways to help the instructors with those administrative tasks and lessen the time it takes to complete them.

As an instructor, if you log into your NSP member page you will have a tab marked “Course Tools.” This is where you register a new course, look at your active courses, edit the information for your courses, cancel a course, close a course, and see and print the enrollment of your active courses. All the tabs are somewhat self-explanatory, but getting through the tasks themselves may not always be clear to everyone.

To help with these tasks, just below the “Course Tools” tab on your “Instructor Resources” pull-down menu is the “Course Tools Tutorial” tab. In that tab are frequently asked questions and written tutorials with helpful visuals on course administration, as well as four short, 2-4 minute YouTube videos that explain the process of each step of the Course Tools. These tutorials will enable you to complete any of the course administration tasks in a few short minutes.

Here are a few suggestions and tips on using the course tools for course administration:

1. When registering a course, remember that you as the instructor of record (IOR) cannot also be the instructor trainer (IT) monitoring the course. Another IT should be assigned and listed as the monitoring IT.
2. When registering a course and choosing your course end date, you may not want to use the actual last class date as you may have to allow some extra time for late student admissions to enroll in the course and any additional paperwork you need to complete. If you need to extend your course end date for any reason, you may also do that on the “Register a Course” tab by bringing up your course and clicking the small pencil on the far right of your screen. This will allow you to edit the details

of your course. Be sure to select the “Save and Close” button before you exit.

3. You may view the enrollment for any active course you have that has not yet been closed on the “Enrollment” tab in Course Tools. You can use this tab to print a sign-in roster for your upcoming course. On the day before your course, export the student and instructor enrollment for the course to a Microsoft Excel spreadsheet or Word table. Delete any columns you do not need, and add a column next to the student’s name to use as a sign-in or check-in for the course.
4. When completing a course, you can add any additional assisting instructors not previously listed before the course is formally closed by accessing the course on your “Complete a Course” tab and again using the small pencil on the far right side of the screen to edit details about your course. You should also list the students who are to be removed from the roster that failed your course or did not attend during this step.
5. Print a final roster for your records after the course is complete and all edits are made for those students, instructors, or instructor trainers that did not attend and any other instructors who helped teach are added by using the “Enrollment” tab and exporting the enrollment roster to an Excel spreadsheet or Word table. Delete any columns you do not need and add a column on the far right of the spreadsheet so you may notate any students or instructors that were enrolled but did not show up or participate. Highlight those names and comments in a color and save and print this roster as your record for the course. Be sure to print your rosters before closing the course, as you cannot see the enrollment after the course is formally closed and sent to NSP. Remember that the edits to students and instructors not participating will not show up on this final roster. Those adjustments are made by the education department office staff.

I hope this review of course tools and course administration paperwork will help you complete the paperwork for your next course quickly and efficiently. If you need additional help, email the education department at the Lakewood office at education@nsp.org.

If you are not currently an NSP instructor and have thought about teaching in one or more of the NSP disciplines, take the challenge and begin your NSP teaching career by enrolling in an Instructor Development course in your region. You can change patrollers’ lives, and I think you may change your life as well.

For more information on the Instructor Development Program, or if you would like an Instructor Development course offered to your patrol, contact the Instructor Development Program administrator in your region or the Instructor Development Program supervisor for your division. If you have questions or comments regarding this article or ideas for future articles related to the Instructor Development Program, you may contact me at dch@cadwest.com. +



THE PRUSIK HITCH: A MOUNTAIN RESCUE ESSENTIAL

MASTER THIS IMPORTANT KNOT

BY MYRON ALLEN, NSP NATIONAL MOUNTAIN TRAVEL AND RESCUE PROGRAM DIRECTOR

Commonly misspelled, variously pronounced, and sometimes poorly tied, the prusik hitch gets less respect than it deserves. It is one of the most useful knots in the mountaineer's toolbox. It belongs to a category of knots called friction hitches, each variant of which allows a moveable attachment to a standing rescue or climbing rope in a configuration that grabs the rope securely under tension. When tied properly, the prusik hitch is arguably the most versatile of all friction hitches.

Named for Austrian mountaineer Karl Prusik (1896-1961), the knot first appeared in a 1931 Austrian Alpine Club article. How Dr. Prusik pronounced his name seems to be lost in the depths of time. As a consequence, English speakers argue over several different pronunciations, ranging from PROO-zick to PRUSS-ick. However one pronounces the word, the correct spelling has only one S and no C.

When tied and dressed using appropriately sized cords of the correct material (as discussed below), the prusik hitch grabs the standing rope when placed under tension parallel to the standing rope in either direction. The hitch slides freely along the rope, again in either direction, when unweighted. These properties make the knot useful in mechanical-advantage raising systems, such as Z-rigs. (See page 413 of *Mountaineering: The Freedom of the Hills*, 9th ed.). These systems typically use one prusik hitch — the traveling prusik — to attach a pulley to the main rescue rope. One or two additional prusik hitches — the ratchet prusiks — capture progress near the anchor while rescuers raise the load.

Mountaineers also use prusik hitches for more specialized purposes, such as ascending ropes and relieving loads on rescue ropes while passing knots through mechanical devices.

TYING THE PRUSIK HITCH

We tie the prusik hitch using a prusik loop, usually created by tying two ends of cord together using a double fisherman's knot, as shown in Figure 1. As Figure 1 also shows, it is possible to join the ends of a prusik loop using a figure-8 bend, also known as a Flemish bend (see "MTR: Excellent Eights," *Ski Patrol Magazine*, vol. 34, issue 1). This alternative joining knot is a better choice if one plans to untie the loop after use, since, once loaded, the double fisherman's knot tends to be hard to untie. It is also possible to buy sewn prusik loops, which are stronger because they have no joining knot.

To tie a prusik loop to a standing rope, first tie a girth hitch. Wrap the loop around the rope and pass the joining knot through the loop, as illustrated in Figure 2. With a little care, you can position the joining knot away from the point where you intend to load the finished hitch. Then pass the joining knot through the loop again, as shown in Figure 3. This step produces a two-wrap prusik hitch. Rescue applications typically require a third pass, resulting in a three-wrap prusik hitch. Two load strands exit the center of the knot, surrounded by three loops around the standing rope on either side. As shown in Figure 4, a single strand, called the bridge, connects the outermost loops. Pushing on the bridge is the easiest way to loosen a prusik hitch after unweighting it.

Before loading the finished prusik hitch, you must complete two additional steps. First, dress the knot, ensuring that all the wraps lie in direct contact with the standing rope, as in Figure 4. This step is necessary to maximize the friction between the prusik loop and the standing rope. Second, test the knot's gripping ability by hand-loading it. It may be necessary to add another wrap or possibly two. Your safety and your patient's welfare depend on having well-dressed prusiks that effectively grip the standing rope.

DIMENSIONS, MATERIALS, AND STRENGTH

To be effective, a prusik loop must have an appropriate thickness. In general, the thinner the cord, the better it will grip the standing rope. On the other hand, prusik hitches tied with thin cord can be hard to loosen, and they have low breaking strength. A useful guideline for rescue work is to use static cord that is about two-thirds the diameter of the main rope. For example, with an 11-millimeter standing rope, prusik loops made from 7-millimeter static cord are appropriate.

That said, the material is also important. On an 11-millimeter standing rope, a stiff 7-millimeter prusik loop with a slick sheath probably will not work. Highly flexible static cords that have slightly worn sheaths provide significantly more friction. Nylon cord is safer than Spectra or Dyneema, not only because the latter materials tend to be slicker but also because they have significantly lower melting points — an undesirable property for any friction hitch.

The appropriate length for a prusik loop depends on the intended application. Rescue rigging systems commonly use sets of prusik loops made from 1.2-meter and 1.5-meter lengths of cord. Having two different lengths enables the rigger to back up one prusik hitch with another, for redundancy. For more specialized applications, such as crevasse rescue and ascending a rope, the most useful lengths depend on the user's leg length.

Strength tests reported by Thomas Evans in 2014 show that under static loads such as those applied in a Z-rig under normal operating conditions, the prusik hitch is roughly as strong as the original cord. This result may seem counterintuitive. One might guess that the joining knot that forms the prusik loop would be the weakest point, since knots tend to weaken cords. However, knots can also absorb some tension.

Whatever the reason, Evans' tests show that the prusik hitch fails most often under the bridge on the load strand closest to the load.

ADVANTAGES AND DISADVANTAGES

The three-wrap prusik hitch has many advantages. It is a strong, highly versatile, reliable knot. Prusik loops are easy to make in the field. It is usually easy to increase the knot's gripping power by adding more loops. The hitch slides both ways along the standing rope when loosened, and it can grip the standing rope in both directions. It is unlikely to damage the standing rope.

The prusik hitch has three potential disadvantages. One is the difficulty of getting enough friction on an icy standing rope. In this setting, it may be necessary to add more wraps or, in the most difficult cases, to use mechanical devices. Examples include mechanical ascenders, which may also work poorly on icy ropes, or Petzl Tiblocs, which are difficult to move both up and down the rope and can damage the rope if used incorrectly.

A second disadvantage arises in rescue rigging systems, especially in ratchet prusiks used in raising systems. These prusik hitches have a tendency to get jammed in the pulley at the anchor, bringing the rescue operation to a grinding, frustrating halt. To avoid this problem, rescue riggers commonly use prusik-minding pulleys. These pulleys have bell-shaped side plates, as shown in Figure 5. This type of housing keeps the prusik hitch away from the wheel and prevents jamming.

A third disadvantage of the prusik hitch is that, by design, it is virtually impossible to slide up or down on the standing rope while weighted. This feature makes the prusik hitch a poor choice for a rappel backup, especially in the old-school configuration in which the user ties a prusik hitch above the rappel device. Once loaded, this type of rappel backup requires special and often strenuous techniques to unload the hitch and continue rappelling. Instead, to back up a rappel, use the autoblock hitch, illustrated in Figure 6. It is important to place the autoblock hitch far enough below the rappel device that it cannot inadvertently get jammed in the device.



Figure 1. Two prusik loops, one tied with a double fisherman's knot (left), the other tied with a figure-eight bend.



Figure 2. A girth hitch, the first step in tying a prusik hitch.



Figure 3. A two-wrap prusik hitch, before dressing the knot.



Figure 4. A dressed, three-wrap prusik hitch.



Figure 5. A prusik-minding pulley.



Figure 6. An autoblock hitch, the preferred knot for backing up a rappel.

CONCLUSION

Many mountaineers routinely carry a couple of prusik loops, or the lengths of cord needed to make them, whenever they travel in technical terrain, in case they need to ascend a rope. A well-stocked rescue rigging kit contains at least two pairs of pre-tied prusik loops of slightly different lengths, in addition to the prusik loops (or variants) that individual rescuers carry to keep themselves safe. Learning how to tie this knot and when to use it can open many doorways to alpine adventure, including self-rescue and glacier travel, in addition to the raising systems required for mountain travel and rescue. +

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THE VIRTUAL AMN

MOVING ONLINE PROVES SUCCESSFUL FOR ANNUAL EVENT

BY RICK SHANDLER AND MIKE BALK



Building an improvised sled. Photo by Candace Horgan.

As in many divisions, the Avalanche, Mountain Travel and Rescue, and Nordic/Backcountry programs get together annually and have a combined instructor refresher every fall. In the Eastern Division, we call this event the AMN Meeting (clever?).

Typically, every year 50–65 instructors, instructor trainers, instructor candidates, and interested patrollers from all three programs come together to share, learn, and update themselves on each program, receive Instructor Global Continuing Education, refresh their skills, camp, eat together around a campfire, and have a great time. This is usually the first (sometimes the only) time that we see each other for the new season. There are often hugs (there are ALWAYS hugs). This year, of course, things would have to be different.

Our intrepid program supervisors, along with one national program supervisor and a brave cadre of exceptional support personnel, started planning this

year's event at the end of March 2020. Early on it became obvious that this would not be a normal year. We considered three choices: hold it normally (in person), cancel, or have a hybrid online/virtual meeting. As you may have already guessed, we went with the latter choice.

With all the impediments that would have to be overcome, we decided the theme for this year would be “Virtually Unstoppable!”

We chose to use Zoom to hold the day-of event, but we wanted attendees to refresh their skills and prepare for the presentations, and we knew that Zoom was not a good option for that. The Eastern Division has been using Moodle as an online learning platform over the past few years, so that seemed the obvious tool to use for that part of the AMN. Over the summer, the AMN Planning Team met almost weekly to develop online and in-person content and refine messaging. They were constantly updating COVID-19-related content, practicing

running a Zoom meeting, and deciding what ways we could make a meeting fun and educational, as well as showing our instructors various methods and options that they could use to teach their courses via Zoom or other video conferencing tools. Both the precourse work and the live Zoom meeting were required to earn refresher credit.

We also worked on our online course that would open in August so that people had time to complete all the lessons. We broke it into four lessons: Global, Avalanche, MTR, and Nordic/Backcountry. The Global lesson was for all instructors and was an excellent video presentation by Alan Oram, an emergency medicine physician from the American Mountain Guides Association, and a presentation on backcountry sled building. The Avalanche lesson focused on avalanche shoveling techniques, thermometer calibration, a different backcountry sled technique, and the updated *Avalanche Instructors Guide*. The MTR lesson focused on navigation

and map and compass skills and a topographic map review. This lesson required annotating the map by finding locations and route selection and then uploading the map for grading. The Nordic lesson focused on teaching basic Nordic/ Backcountry patrollers and Senior patrollers, as well as video resources from the Professional Ski Instructors of America.

There were quizzes for each lesson. Students and presenters alike could monitor progress in completing their assignments. Routine emails were also sent out to help participants pace themselves, so they were done prior to the call.

The morning of Sept. 26 arrived, and all the presenters and support team were online early. Months of work were finally coming to fruition. As much as we had prepared, there is always the “What have I forgotten?” and the “What if my internet goes down?” worries. All of us made last-minute checks, making sure videos and other features were ready to roll. While in previous years we would normally have 60 people from all over the Eastern Division, this year we had 120 people from all over the world join us for our meeting, some of whom had to get up extra early to join us.

All NSP divisions were represented, including the Alaska and European divisions! Presentations from NSP leadership included then NSP Executive Director Meegan Moszynski, NSP National Board Chair Brian Rull, and Education Committee Chair Julie Stone. Division directors participating included Cal Goldsmith of Eastern Division and Tom Byron of Southern Division. National program directors participating included Mountain Travel and Rescue Program Director Myron Allen and then Nordic/ Backcountry Program Director Rick Shandler.

LESSONS LEARNED

Conducting a hybrid course like the 2020 AMN takes more work, more planning, and more practice than a normal face-to-face meeting. You need to practice controlling a Zoom meeting, how to share screens, what settings are needed to play video and sound, what to do if there is feedback, and how to transition from one speaker to another. You also have to learn how to handle questions that attendees might have, such as how to connect via



Practicing proper shoveling technique. Photo by Candace Horgan.

PC, Mac, Android phone, Apple phone, or various tablets — each has their own unique menu.

We had a practice call for attendees the night before so that they could test their systems out if they were not as familiar or comfortable with Zoom. We actually had a team of Zoom veterans on standby who were able to provide real-time support to those who had trouble. Additionally, we had several people filling technical and support roles during the call to make it flow.

As a team, we learned a lot that night that helped us in the actual meeting. Preparing online courses that challenge the learner and having them work through a series of tasks and considering questions is also a great lesson. It allows the learner to replay the lesson as many times as needed and make sure they can handle the task. No hiding in the back and letting other people come up with the answers! One of the advantages of this meeting is that it not only allowed people from great distances to attend, but because it was recorded, those that couldn't make the live call could access the recording in order to complete the requirements to receive credit for attending. We have also made many of the resources and content available to others so they can leverage them for their own events.

The Zoom meeting went very smoothly, with only one audio glitch on a prepared video, but Chuck Boyd jumped in and narrated the video to save the day. There were several discussions on COVID-19 and how to deliver programs while keeping instructors and students safe. Eastern Division Director Cal Goldsmith

shared material from the COVID committee he headed and fielded questions from attendees. We played a Jeopardy game that tested attendees' knowledge and generated many laughs, had multiple raffles for “door” prizes, and even managed to end exactly on time! We even took a group photo. There was a lot of positive feedback on how the meeting went, but all evaluations are taken seriously as there is always room for improvement. To all of you who made the call, thank you for making it a very special event.

While nothing will replace in-person get-togethers, shared meals, and real-time hugs, these are great tools for us to utilize. Even in advance of an in-person educational event, these methods can be used to better prepare attendees in order to maximize their learning. If the AMN 2020 team can be of any help to you, please feel free to reach out. Stay safe!

2020 EASTERN DIVISION AMN PLANNING STAFF

Rick Shandler — National Nordic/ Backcountry Program Director

Chuck Boyd — Eastern Division Avalanche Supervisor

Mike Balk — Eastern Division MTR Supervisor

Phil Galka — Eastern Division Nordic/ Backcountry Supervisor

Mike Lapierre — Nordic/Backcountry Assistant Supervisor

Dave Childs — Eastern Division Assistant Avalanche Supervisor

Rick Gabril — AMN Assistant and Tech guru +



Mountain Bike Patrols & Injuries

TREATING BIKE INJURIES AND HOW THEY DIFFER FROM SKIING INJURIES

BY CHUCK ALLEN, NSP NATIONAL MEDICAL ADVISOR



Mountain bicycling accidents can cause a variety of traumatic injuries. Photo from DepositPhotos.com.

Introduction

Over the past 30 years, the U.S. has seen an increased participation in outdoor recreational activities across all four seasons. For financial reasons, ski areas began to develop multi-season strategies in the 1990s, with a shift in the 2010s to name areas as “resorts.” Also, the NSP changed the name of its educational medical program from WEC (Winter Emergency Care) to OEC (Outdoor Emergency Care) in 1994, adding summer-related injuries and other non-winter information, allowing

OEC certification to be used by patrollers and other agencies across all four seasons¹.

From 2007 to 2019, bicycling popularity exploded, with a growth rate of 20%. Nearly 48 million people in the U.S. (15.9% of the population) rode a bicycle in 2019. Mountain biking experienced a similar growth spurt, with 8.7 million riders in 2019 (2.9% of the general public)². Mountain biking became accessible at ski resorts, which offered longer and more technical routes and lift-accessed trails. These developments, along with advances

in equipment and improved riding skills, have allowed more athletes to enjoy off-road biking. This has also increased the number of people exposed to injury.

The COVID-19 pandemic further expanded the interest in outdoor recreational activities this past year. *Forbes* magazine reported mountain bike trail attendance up by 100 to 500% in the U.S. since 2019. Mountain bike sales increased 117% from April/May of 2019 to the same time period in 2020³. The 2021 Special Report⁴ found people looked for socially

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distant outdoor activities to spend time with loved ones, exercise, stay healthy, and reduce fatigue and screen time. Participants cited the reasons for the new outdoor activities were feelings of loss and loneliness. New activities chosen like biking were enjoyed because of home proximity and the low barrier to entry. Bicycling was third behind running and walking.

The International Mountain Bicycling Association (IMBA) established the first National Mountain Bike Patrol in 1994. The NSP board of directors made some strategy changes in 2015. Since resorts are the NSP's principal customers, and areas were expanding to have income during all seasons, the board considered including a bike patrol. In 2017, a task force developed a mountain bike responsibility code and the first NSP bike patrol was registered. After IMBA approached the NSP in 2018 about a merger, in December 2020 the Bike Program became an official distinct program of the NSP. Ken Kramer, a board member and off-road cyclist, along with others headed up the project. Ken's home mountain, Winter Park, already had a bike patrol.

When the NSP board created the Bike Patrol category, they allowed patrolers to take either the Outdoor First Care class or Outdoor Emergency Care course. This allowed ski patrollers who had completed the OEC class to simply learn about bicycling injuries and not have to take another medical class. Whether you have taken OEC or OFC, you should learn the differences between injury patterns, transport, and mechanisms of injury for bikers.

Case Study

You arrive on scene at a bike trail with a helmeted, 42-year-old male mountain biker who lost control riding around a corner and is now lying on his back off the edge of the trail complaining of left chest and back pain. You note minor bleeding from abrasions on both lower

extremities and the left forearm. ABCs are normal. The patient is alert on the AVPU scale; oriented to person, place, time, and event; is able to give you a good history; and has noticeable splinting of the left upper chest while talking. He has a heart rate of 100, respiratory rate of 20, his skin is slightly pale and dry, and he has intact pulses in all extremities. A deformity and palpable pain are noted over the left clavicle, upper ribs, and scapula. There is a moderate-size dent noted on the left side of the helmet. There is no neck tenderness, and the patient has normal neurologic responses in all extremities.

How will you treat and transport this patient? What differences do you anticipate from ski patrolling?

Mountain Biking Styles

There are several different styles of mountain biking. Generally, they are broken down as follows:

- Cross-country: A mix of rough forest paths and single track
- Dirt jumping: riding bikes over jumps make of dirt or soil and becoming airborne.
- Downhill: Steep, rough terrain that often features jumps, drops, rock gardens, and other obstacles.
- Enduro: Mountain bike racing where downhills are timed; uphill are mandatory, but not timed.
- Freeride: Closely related to downhill and dirt jumping. Focused on tricks style and technical trail features.
- Trail: Outdoor trails, bridle paths, and forest roads.

Ski Patrolling versus Bike Patrolling

Whether patrolling on a bike or skis, you use the same medical equipment, language, and protocols for the most part. OEC/OFC skills are required by both,



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Heading out on mountain bike patrol. Photo by Scott Bellow.

along with the usual opening/closing of trails, trail maintenance, and the end of the day sweep⁵.

However, there is a big difference between riding on a snow-covered mountain and a bicycle road course, so make sure you can ride off-road if you will be working a bike course at a resort.

Scene safety can present additional challenges, as the trails are narrow with shorter sight lines and more obstacles. Utilizing bystanders to hike up the trail and mark off an accident using scene safety skills is a priority to prevent another biker from entering the scene unexpectedly. There is also a higher chance to have a patient with obvious bleeding because bikers wear less clothing and there are more rocks and dirt on the trail, not snow. It is imperative to carry additional PPE and bandaging supplies.

Transportation of the patient can be a significant issue in the summer⁶. A ski toboggan not only transports a patient, but often their equipment. Bike trails require the use of a litter or stretcher on a big wheel with at least two patrollers to maneuver it and another to transport the patient's bike. There are many bike trails that can be remote in the trees. Most bike trails are also long and narrow.

Using an ATV on access roads and route planning may be different than on a ski slope. Bike patrollers should practice on the trails before patrolling, just like ski patrollers annually do a toboggan refresher. EMS may need to be notified earlier, and sites for rendezvous prepared ahead of time. More personnel and time will usually be required for summer transportations versus winter.

Injury Patterns in Mountain Biking

Whistler Health Clinic did a retrospective study (searching patient records meeting described criteria and then reviewing those charts) of 898 patients who presented to their clinic in the summer months of 2009⁷. Upper extremity fractures were found in 74% of patients, with the clavicle being most common. Approximately 10% of injuries were in the lower extremities, and 10% were head injuries. These injuries were the most common reason for a transfer to a higher level of medical care. More than 50% of the patients had abrasions or lacerations. Spinal injuries in this study were approximately 5%, consisting mostly of vertebral compression fractures in the thoracic and lumbar regions. Collisions were rare, as almost all injuries were secondary to



Riding trails at Red Rocks in Morrison, Colorado.

losing control and becoming separated from the bike.

This study found that upper extremity injuries were by far the most common. Going over the handlebars was the most frequent cause of this injury. The Whistler study was limited because patients were treated at a local clinic, with no records provided for the study when transport was by helicopter to a trauma center or when advanced life support was used. The local facility did not have CT scan capability and transferred approximately 9% of the patients seen.

Telluride Medical Center did a similar retrospective study in 2012-15 with 316 charts reviewed⁸. They found lacerations/abrasions were the most common (64%), and upper extremity injuries next at 26%. Nearly 80% of the professional riders and 50% of the recreational riders reported

having at least one severe injury in the past. Also noted was that head injuries were more common in road bikers than mountain bikers, while thoracic injuries occurred more in mountain bikers.

The Enduro World Series did a two-part study over a 10-race series from 2017 to 2018, with over 2000 participants⁹. Their results found similar distribution of injury sites. In this study, 40% of the athletes reported an injury that lasted a month or longer. There were 9.35 injuries per 100 bike riders at their events, compared to 20.7 in alpine skiing at the 2014 Olympics.

Clavicle fractures are the most common fracture found in bicycling. The clavicle is attached to the scapula via the coracoclavicular and acromioclavicular ligaments. One injury seen with a fractured clavicle is the “floating shoulder.” Although there

is controversy with the definition “floating shoulder,” the patient in the case study had this condition with a fractured clavicle and a fracture of the neck of the scapula on the same side. This rare injury resulting from high-energy trauma has a high incidence of associated injuries like rib fractures. Surgical stabilization is often required in these cases. While it is not in the scope of an OEC technician to diagnose such an injury, this case helps us understand associated injuries and the importance of a thorough exam.

Injuries to the pelvis and ribs make up only 11% of the reported injuries. Many pelvic fractures need referral to a trauma center, and when combined with possible rib fractures, all should go to a trauma center. Palpation and visualization of the chest wall, auscultation of the chest in the aid room, and vital signs can provide clues to the underlying injury. Multiple



Abrasions are one of the most common biking injuries. Photo by iStock.com/ftwitty.



Splinting an upper extremity injury. Photo by Scott Bellow.

rib fractures with a flail chest or pneumothorax can occur, as can pericardial tamponade. Splinting above and below rib fractures may be considered, but do not use any compression device/wrap around the chest wall, as it can compromise ventilation. Some pelvic fractures can result in severe blood loss. A biker may incur a handlebar injury to the abdomen; careful palpation may reveal concern for intra-abdominal injuries. Also, genitalia can be injured when a biker goes over the handlebars.

Closed head and cervical spine injuries are not uncommon and require a thorough history and neurologic exam. Examine the patient's helmet and obtain bystander history of any loss of consciousness.

Case Update and Summary

The initial patroller on scene closed or blocked off the trail far enough back to prevent other bikers from entering the area. The overall scene-size up was done like on snow. The finder called for more patrollers and transport, along with needed supplies. The ABCs were normal and stable. SAMPLE history was obtained while doing a primary assessment. Neurologic exam showed A on the AVPU scale. This patient gave a clear history and pointed to areas of injury.

Gloves were put on for BSI, and bleeding was controlled. The secondary survey found deformities and discomfort on palpation of the left clavicle and upper chest, but normal chest expansion with splinting in the upper left chest. There was no other tenderness on the chest or abdominal exam. The patient had some soreness of the left shoulder blade, but no cervical, thoracic, or lumbar bony tenderness. Pulses were intact in all extremities. Vital signs showed a heart rate of 100, respiratory rate of 20, and skin that was slightly pale and



Splinting an injury.

dry. Abrasions on the extremities were treated with simple bandages, and the left shoulder was treated with a sling and swathe.

Treatment of this patient followed standard OEC skills: scene safety, BSI, scene size-up, SAMPLE history, consideration of the mechanism of injury, a thorough primary and secondary exam, and rapid transport. Palpation of the spine, examination of the sensory and motor function of the upper and lower extremities, and an abdominal exam are imperative. Repeat CMS checks before and after application of any splinting materials should be performed. Areas of bleeding should be controlled and covered, if possible. Consider calling EMS early if there are severe injuries.

In December 2020, upon the recommendation of the Bike Task Force, the Bike Program was officially created as a distinct program of the NSP. The NSP Bike Program is designed so resorts could educate patrollers in first aid and refine local programs. Ski resort management and other agency programs now have

members with the skills and knowledge to carry out their patrol duties on bicycles. +

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Summer Outdoor Emergency Transportation Equipment Options

TRANSPORTATION WITHOUT SNOW

BY MARC BARLAGE, NSP NATIONAL OUTDOOR EMERGENCY TRANSPORTATION DIRECTOR



A Cascade Rescue Ultimate Advance Series Rescue Litter. Photo c/o Cascade Rescue.

Most Outdoor Emergency Transportation Program training focuses on running a toboggan on snow, but with more resorts offering summer recreation activities like mountain biking, consideration has to be given to how to move an injured guest without the benefit of the low friction coefficient of snow. Here are just some of the options for managing the transportation of an injured guest on rocky terrain.

Rescue Litter

Rescue litters are the backbone of summer rescue operations. Various links to litter manufacturers are listed below.

Some important considerations on choosing a litter/stretchers may be:

- Does a backboard fit in the litter?
- Is the litter strong enough for durable use, yet light enough to be easily carried?
- Will the litter work with a litter wheel, rescue trailer, or UTV Transport System?
- What is the minimum number of rescuers needed to carry the litter? Can we use bystanders as helpers?

Sometimes, a specialized tarp with handles is the most efficient method of transport. These are light and inexpensive to buy.

Cascade Rescue Company, maker of the popular Model 100 toboggan, offers several rescue litter options (www.cascade-rescue.com/categories/Litters-and-Stretchers/). Other companies that offer summer transportation items include Graham Medical, CMC Rescue, and Traverse Rescue.

Litter Wheel

A litter wheel, which reduces fatigue on rescuers, may be used with limited application on low-angle terrain. Commercial litter wheels employ both ATV and mountain bike style tires. Each style of wheel and tire selected depends greatly on the type of terrain to be covered, the number of rescuers, and budget.

Once the injured guest is transported to a service road, more transportation options may be needed, depending on your area's terrain, patient needs, and area resources. Some popular options include:

- All-terrain Rescue Trailer towed behind a UTV: www.allterrainresq.com/atr_trailers
- EMS slide-in accessories for UTVs: www.kimtekresearch.com/medicalRescue_landing.php

Proper training and practice is essential for success with any activity involving technical rescue and patient care. Look for more info on the NSP website under OET/Mountain Bike Patrol. +



Alphabet Soup

DMR, NXDN, P25: DIGITAL RADIO PROTOCOLS AND COMPATIBILITY

BY DICK WOOLF,
NSP NATIONAL TELECOMMUNICATIONS ADVISOR



Photo by iStock.com/pxel66.

Since approximately 1960, ski patrols have used analog radios for the efficient delivery of rescue and medical services to resort guests. These radios have progressed in technology — they’ve gotten physically smaller, and prices have steadily decreased. Today, patrollers can buy radios via the NSP Pro Deals Page for around \$100.

In recent years, major manufacturers have developed digital radios and have extensively marketed them to both the commercial and public safety user communities. How do digital radios differ from analog radios, and which type is “better?”

Let’s first address what makes a digital radio digital. A digital radio is not simply a radio with a “digital” display — any radio can have a display screen. A digital radio is one in which your voice is transmitted “over the air” not as voice, but as a data stream. A device inside the radio called a “vocoder” (voice encoder/decoder) converts your voice into data. The data is transmitted by the radio. The receiving radio’s vocoder reconverts the data back into voice so you can understand it. If a repeater is used as part of the system, the repeater receives and simultaneously retransmits (repeats) the data stream so that a wide coverage area is achieved.

Why have radio equipment manufacturers developed digital radios? There are many reasons — some regulatory, some financial. On the regulatory side, the radio spectrum is a finite resource. There are only so many radio channels available. In 2013, the FCC mandated “narrowbanding” of radio frequencies. This action almost doubled the number of available channels (see “Telecommunications: Radio Channel Narrowbanding: What Does it Mean?” *Ski Patrol Magazine*, vol. 28, issue 2). However, in many urban and suburban areas, even a doubling of channels wasn’t enough. Using digital transmission techniques permitted each narrowband channel to be split in half, thus creating more virtual channels. However, the actual number of channels remained the same. So, two digital channel “slots” occupied one narrowband channel space.

Getting customers to migrate to digital radio was a boon to manufacturers (and their dealers). Since digital radios were not compatible with analog radios, customers had to change out all analog portable radios, mobile radios, base stations, and repeaters to digital versions. A bigger sale equals more profits. Radio companies offered trade-in credits to motivate customers to change to digital. Some dishonest radio dealers told customers that the FCC required them to change to digital (which is absolutely false). Some manufacturers offered radio equipment that could be programmed as analog or digital, easing the cost of migration over time.

The big question: which is better — analog or digital? This is difficult to answer because there are so many factors to consider. Analog radios are usually less expensive and provide basic one-to-one and one-to-many communication. Any brand of analog radio can communicate with any other brand of analog radio, assuming the channel programming is the same. Digital radios tend to cost more and have some specific technical characteristics not shared with analog radios. Digital radios can have special features such as GPS location, text messaging, and alarm functions. Some models can be remotely disabled if a radio is lost or stolen. Because each digital radio channel has two “slots,” radio users can be subdivided into “talk groups.”

The most noticeable differences between analog and digital radios fall into two categories: range and compatibility. With analog radios, if you are in a bad signal area and the signal becomes weaker, the audio becomes noisier (the “static” increases), but until you reach a certain point, the listener can probably understand what’s being said. In digital, the audio remains clear until you reach a certain point (similar to the edge of a cliff), and then you lose all communication. All of us have experienced a “dropped” cellphone call as either party is moving. One moment you’re listening to the other party, an instant later, they’re gone. Because the signal never deteriorated before the call was lost, we don’t know what information was missed. That’s what can happen in a digital two-way radio system as well.

On compatibility, the FCC never mandated a specific digital radio protocol; they allowed the market to develop independently. Thus, digital radio manufacturers developed individual proprietary protocols to “lock in” customers to their brand. Once you bought brand X, you had to continue to buy brand X if you wanted the radios to talk to each other.

There are three primary digital protocols currently sold in the U.S. for two-way radio systems: DMR, NXDN, and P25. The different manufacturers have adopted one or more of these protocols and market them under their brand names, such as MotoTrbo, NexEdge, and IDAS. Each brand offers different features, and theoretically any brand of DMR radio should talk to any other, but the way digital radio systems are set up may limit radio functionality. P25 protocol is a federally mandated standard for public safety digital systems, ensuring compatibility (“interoperability”) between different manufacturers’ equipment, obviously essential for use in emergencies.

Questions and comments on this topic may be directed to telecom@nspserver.org. +



INSPIRING A SPARK

...Virtually



The online Women's Summit participants.

WOMEN'S SUMMIT IN THE COVID ERA

BY TANYA THOMAS, NSP NATIONAL WOMEN'S PROGRAM ADVISOR

While the Women's Summit looked a little different this year, the energy of "Inspire a Spark!" was still present. About 400 women from the Professional Ski Instructors of America-American Association of Snowboard Instructors (PSIA-AASI) and National Ski Patrol (NSP) attended this year's "Virtual" Summit.

The event started with a Sunday night keynote session from National Soccer Hall of Famer Julie Foudy, who inspired us with her stories of working for equality in women's sports. Monday offered three sessions of choice for participants, followed by a closing keynote with two-time Olympian Devin Logan.

I hosted a session on NSP trailblazers with featured speaker Gretchen Besser, Ph.D. We had 65 participants from all groups of women. We started with a slideshow introduction of the current NSP Women's Program supervisors, then introduced Dr. Besser, who entertained us with her storytelling of early women in patrol like Jerry Nunn and Luanne Skinner (see her book, *The National Ski Patrol: Samaritans of the Snow*) and discussed her travels with and for the NSP to other countries. She was the historian for NSP for 32 years and had a wealth of stories to tell in our preparation chats and during the actual session.

In closing, Dr. Besser challenged future women in patrol to (1) have more women in leadership and on the board, (2) to join in with Nunn and her as U.S. Ski & Snowboard Hall of Famers, and (3) to become a woman deserving of a Minnie Dole Award. She duly noted that there are no women on the list of 28 Minnie Dole Award recipients.

We closed the session with a question-and-answer forum. Women from PSIA-AASI asked why we tracked to patrol versus instruction, and there were questions about how to join a patrol. The sharing of ideas and camaraderie was not quite as good as the past in-person events, but I would like to think COVID-19 made us think outside the box to offer this virtual meeting. In doing so, we opened the Summit to women that otherwise may not have been able to take off work or travel away for a long period of time. I even heard from several that they were hesitant about how an all-women's event would feel but that after attending in the virtual setting they cannot wait to attend in-person next year.

So, mark your calendars for the Women's Summit at Stowe 2022!! +

Matt Adams



Matt Adams

Members of the Cataloochee Ski Patrol were stunned to learn that our Patrol Rep Matthew (Matt) Christen Adams had passed away from a heart attack at the

age of 56 on Nov. 27, 2020. Matt was also serving the Dixie Region as Senior Program advisor. Compiling this memorial from the words of his family, friends, and coworkers, I realized that service was the prevailing theme of Matt's life.

Matt graduated in 1986 from Georgia Tech with a degree in industrial systems engineering. He was inducted into Atlanta's "Outstanding Fifty" in 1994 for his civic and business contributions to the city. In 1995, Matt founded an operations and management consulting firm. In 2002, his profession awarded Matt the "Eagle Award" for lifetime achievement. He was a sought-after speaker, authored or co-authored several books, and published scores of articles about institutional facility management in national publications.

Matt played hard and enjoyed many sports, sometimes engaging in two at once. An avid skier, he joined the Cataloochee Ski Patrol in fall 2010. He quickly advanced from basic to Senior and was working toward his Certified accreditation. Matt also completed NSP instructor courses in Outdoor Emergency Care, Outdoor Emergency Transportation, and Instructor Development as he encouraged and assisted fellow patrolers. In their stories about Matt, his humility, kindness, and keen sense of humor shine through.

"At the Snowbird PSIA Demo Team clinic, we were asked to divide ourselves into aggressive, medium, and cautious skiing groups, and Matt chose the mellow group. At the end of the day Tony Pants (aggressive), Matt, and I (medium) chatted about our experiences over dinner. Tony got to huck off some big cliff. My group explored little known steep terrain. But Matt's group got tired and by noon, he and one other patroller were the only ones left to fully enjoy virtually private instruction from one of the

nation's best instructors. He had nothing to prove, knowing that with a positive outlook on life, things usually work out in the end."

"Matt and I passed our basic ski and toboggan and Senior OEC together. The weekend of our basic exam arrived, and we were both so nervous about testing that throughout the test we joked to each other that it helped to envision that we were 'just' doing brain surgery or landing a passenger jet."

"We were on a group trip out west that included Matt and [his son] Nick, as well as my wife. Matt was an excellent skier, but without ego or pretension. As a result, he was one of my wife's favorites, and we skied with him whenever the opportunity arose. We'll both miss that for sure."

I'm also going to miss Matt's calm and thoughtful leadership. He told me his intention was to back off on his consulting business and increase his engagement with ski patrol at both the local and division levels.

Matt was also an advocate for the Boy Scouts, having earned Eagle Scout as a young man. He volunteered his time for various nonprofit organizations and started one that advocated for the rights of single dads. As his friends wrote in his obituary, "Even though Matt enjoyed his work, skiing, and golf, his main passion was being Nick's dad." All of us at Cataloochee know Nick, as he is frequently at the mountain and patrol get-togethers.

We will miss Matt's ever-present smile, listening ear, and valuable leadership, but most of all, we will miss our friend Matt. He is leaving behind some large ski boots to fill.

Diane Wilkey, with Joe Cohen, Jen Flavin, Tony Barbagallo, and Ann Blakely
Cataloochee Ski Patrol, North Carolina

Ronald Baker

On Sept. 4, 2020, we lost a legendary patroller when Ronald H. Baker died from complications stemming from his longtime battle against prostate cancer. Ron was a full-time patroller for Windham Mountain Ski Patrol in Windham, New York, for many years.

Ron resided in Colonie, New York. He was born Aug. 7, 1941, in Glens Falls, New York. He earned a bachelor's and master's in teaching from Plattsburgh State University. In his early professional life, he worked as a high school social studies teacher, also coaching wrestling and football.

Ron's legendary rescue career started as a volunteer for the Colonie Fire Department. He became one of the first paramedics in the Albany area and went on to help build the EMS systems of Colonie and Troy. He served as deputy chief of EMS for Colonie until his retirement. He continued his relationship with various rescue agencies, instructing swift water rescue, low- and high-angle rope rescue, and other technical rescue skills.

When he retired, Ron did not sit back and relax. He did not know how. Instead, he dove into all his hobbies and interests with a voracious appetite to do, learn, and teach. Ron was a world-class paramedic, a private airplane pilot, a whitewater rafting guide, a musician, a singer, a ropes expert, and a natural, relentless teacher.

Ron joined Q097 Windham Mountain Ski Patrol (WMSP) in 1994 as a paramedic ski patroller. He became an Outdoor Emergency Care instructor in 1998 and proceeded to earn OEC instructor trainer status. For over 20 years, Ron was heavily involved in training every single patrol candidate who joined WMSP.

Ron poured his heart and soul into working as an instructor. He had colorful shoes and a colorful teaching style — not always PC, but always effective. He expanded the minds, as well as the vocabulary, of his younger students. None of Ron's students will ever forget him. Some are still scarred for life! To know Ron was to be loved by Ron. He would drop everything at a moment's notice to help anyone, be it a friend or a stranger.

Ron's experience, skill, and leadership made him the one you'd want by your side when things went south. No matter how bad the situation, Ron would instill an extra sense of confidence that things would turn out the best they could.

If you walked into the summit building and Ron was there, you knew it right away, unless he was sleeping (which only happened in the later years — hey,

he earned it!). While he was shorter in stature, Ron was larger than life; his personality could fill a stadium. You could talk to Ron about anything — the breadth and depth of his knowledge was nothing short of extraordinary.

Not only did Ron work with WMSP, he was also instrumental in running annual refreshers across the entire Eastern New York Region. In August, he would help plan the refreshers with the region's instructor trainers. He would also assist with the instructor refreshers, all this in addition to running the refresher for Windham.

In 2013, for his tireless dedication, Ron earned the award for Outstanding OEC Instructor in the Eastern Division. He also earned two Yellow Merit Stars, in 2007 and 2013, and National Appointment Number 11600 in 2014.

In November 2020, Windham Mountain Resort honored Ron by officially renaming their "Wheelchair Double" lift to "Baker Lift."

Ron was a consummate professional, but first and foremost he was a dedicated friend and devoted family man. He is survived by his two sons, one brother, two sisters, and four grandchildren.

We love you and miss you, Ron. Thank you for your tireless service. Rest easy now.

Howard DeVennish

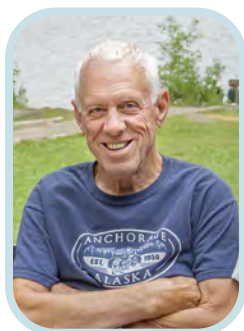
Windham Mountain Ski Patrol, New York

Special thanks to Allan Miller for insights into Ron's ENY involvement

Jim Breitenstein

James C. Breitenstein, DVM, a member of the Stratton Ski Patrol, passed away Dec. 21, 2020, following a brief bout with cancer. He was 81.

Jim graduated from Duanesburg (NY) Central School and Cornell University. He was a veterinarian for 44 years, many of those serving farms for many miles surrounding the Albany, New York, area. He retired from veterinary medicine in 2007 and continued challenging himself, working with his son,



Jim Breitenstein

Carl, on various real estate projects. Every summer, however, he suspended other commitments as best he could so that he could mow hay on his farm in Duanesburg. For many years, he and his sister also raised beef cattle.

Jim served the Stratton Ski Patrol for 52 years and received his lifetime membership award in 2018. He loved helping people, and he loved skiing, so it was a perfect match. He was a very proud father when Carl joined the Stratton Ski Patrol at his side five years ago. He was an instructor and mentor to dozens of former and current members.

In his younger years, Jim had his pilot's license and owned a small plane. He flew skydivers for a time, and one of the big adventures of his life was flying his plane, accompanied by three ski buddies, out West to ski at several areas.

Jim contributed to the community in many ways, large and small. He was vice president of the board of education when Carl graduated high school and was honored to present the diplomas that year. He was a member of the Town Zoning Board of Appeals for several years.

He was an active member of Christ Church Episcopal in Duanesburg. He and Carl used his fleet of large equipment to maintain and repair various aspects of the historic church buildings and property.

He is survived by his wife of 38 years, Judith; son, Carl, of Duanesburg; brother, Adrian, of Duanesburg; and sister, Mary, of Longmont, Colorado.

Dick Woolf

Stratton Mountain Ski Patrol, Vermont

Martin Connor

The Marine Corps honor guard came to attention. They gave a salute, the bugler sounded taps, and the riflemen started their volley of rounds over the gravesite of our friend and colleague, Marty Connor, on a cold, damp Dec. 11, 2020.



Martin Connor

This ski patrol and military hero in the truest sense completed his "tour of duty" on Dec. 4, 2020, at the age of 94.

Martin C. Connor, National Appointment

Number 4469, fulfilled his NSP career as an Alumni following more than 52 years on the hill at Labrador Mountain in the Central New York Region, Eastern Division. However, Marty is also remembered as a U.S. Marine who fought for American freedom on the Japanese island of Iwo Jima in World War II. In 1995, he was among those nationally profiled on NBC News for his role in what reporter Tom Brokaw called "The Greatest Generation."

Marty and two of his friends from the west side of Syracuse, New York, joined the Marines in 1943 and later found themselves in some of the fiercest fighting of the war. Upon landing on Iwo Jima, Marty quickly dispensed with the shotgun he was issued that had filled with sand and picked up an M1 from a fallen Marine. The three were separated in battle, and Marty's two friends were wounded. Each thought the others might have been killed. It wasn't until after returning stateside that they were reunited.

For his part in the battle, Marty received the Presidential Unit Citation, the Asiatic-Pacific Campaign Medal, and the American Theater Victory Medal. He would later author a manuscript about Iwo Jima and the Marines' courage and spirit in the fighting. After his discharge from the Marines in 1946 (he was a teenager when he enlisted), Marty returned home to Syracuse to finish high school and attend LeMoyne College. He was a member of the first senior class when in April, just before graduation, his country again called. During the Korean War, he returned to military service as a drill sergeant on Parris Island.

On May 16, 2017, the former Marine Corps drill instructor was again cited for his wartime heroism when he was placed in the New York State Senate's Veterans Hall of Fame in Albany. His wartime legacy also extended to an unlikely group of people for a very different reason in recent years.

Marty devoted much effort to offer closure to the families of America's former enemies. He was in the forefront of repatriating "souvenirs" taken from dead Japanese soldiers. During and after the fighting, personal documents, diaries, medals, and other mementos were collected and brought back to the States. In the years since, former American Marines realized these "souvenirs" had far more meaning to the families

Japanese soldiers left behind.

For 65 years, he owned a successful insurance company in Syracuse and still found time to pursue his passions of tennis, hunting, and skiing. He participated in the Senior Olympics in racquetball and tennis. He was a terrific dad and devoted husband. Somehow, he found time to make wine!

His love of skiing motivated Marty and his wife, Janet, to invest in the new Labrador Mountain in 1957, where the main lodge was a somewhat renovated cow barn. He was a founding member of the Labrador Mountain Ski Patrol, which registered with the NSP three years later. Marty was awarded his National Appointment Number in 1974, a Distinguished Service Award in 2005, the Eastern Division Patriot Star recognizing ski patroller military service in 2010, and his patrol's Patroller Emeritus Award in 2014.

Marty is survived by his wife of 66 years, Janet Walsh Connor, seven children, and many grandchildren.

For a life well lived, we say "Thank you for your service, Marty." Semper Fi.

Scott Launt

**Labrador Mountain Ski Patrol/CNY
Region Alumni Advisor**

Jeff Paston

Central NY Region Historian

Donald Countryman

On Dec. 30, 2020, Donald Countryman, NSP National Appointment Number 2601, a 73-year member of the Bogus Basin Ski Patrol in Boise, Idaho, passed away peacefully in his home of cancer at the age of 89.

Don was born on Aug. 22, 1931, to Winston and Mabel Countryman in Everett, Washington, the second of three sons. He graduated from Boise High School in 1949. During the summers from 1947 through 1960, he worked for the Bureau of Land Management fighting wildfires. He became an accomplished cat skinner constructing roads and terraces while fighting fires.

In 1951, he received his associate degree in autobody repair from Boise Junior College. He was drafted into the Army in February 1952 and assigned to Frankfurt, Germany, with the 22nd Infantry 1401st combat engineer battalion during 1953



Don Countryman

Idaho State University. In 1961, he started working full-time for the motor pool of the Federal General Services Administration, retiring in 1987.

While attending Idaho State, he met and drove a Saint Alphonsus Hospital nursing student, Elaine Capaul, to her psychiatric rotation in Blackfoot, Idaho. Their relationship developed into loving life partners when they were married on April 25, 1959.

Don began working in rentals and lift operations shortly after Bogus Basin first opened its doors. In 1947, at 16 years old, when all you needed to get onto the patrol was an advanced first aid course, he joined the Bogus Basin Ski Patrol. He recalled those early years with fondness. Among the duties of those first patrollers was to get up the mountain early and side slip down the runs to "groom" the snow. While doing avalanche control, a current patroller vividly recalls as a teenager being tied to Don and told, "Don't worry, I have you anchored. Just jump on it and see if it will slide!"

He eagerly would do any job: inspecting both the runs and lifts for hazards, clearing brush, assisting the injured, or simply warming the fingers of a little skier in tears. He put in many days year-round to enhance his skills and improve the Bogus Basin experience for all. Don was part of the original search and rescue at Bogus and would stay up on the mountain all night after a full day of patrolling, assisting in the search and ultimate rescue of many lost skiers.

As a mechanic, Don was instrumental in maintaining the toboggans and some lift equipment, often taking sleds and T-bars home to work on them. Don received his National Appointment Number 2601 in 1963, lifetime membership in the NSP in 2007, and a service recognition award for 70 years of continuous service in 2017. Don became an alumni member in 2020.

In his retirement, when not occupied with skiing-related activities, Don enjoyed working on, trading, or using his blue tractor to move around his

and 1954. He retained inactive status in the Army Reserves for seven years after returning home.

In 1955, Don earned a diesel mechanic certification from

collection of old cars, trucks, and farm equipment. He spent time at local coffee and donut shops for teatime with like-minded car lovers, firefighters, and fellow patrollers.

Don faithfully patrolled as a volunteer every weekend until four years before his death, mentoring several generations of Bogus Basin patrollers. Don is survived by his wife of 61 years, Elaine; brother, David; son, Mike (Anne); daughter, Teresa (Kenn); five grandchildren, and one greatgrandchild.

We will miss listening to Don's many stories of those early days. Most of all, we will miss his huge presence, his sense of humor, and his graciousness to others.

Pam Carson and Carol Peterson
Bogus Basin Ski Patrol, Idaho

Rita Fernandez

Rita Marie Fernandez was born on Oct. 29, 1946, in Rochester, Minnesota, to Harlan E. and Ilean Nereson and passed away unexpectedly at her home in Naches, Washington, on Dec. 10, 2020. Rita moved to Washington in 1972 and spent the remainder of her life enjoying a year-round outdoor lifestyle of skiing and mountain climbing with the Olympia Mountaineers.

Rita met single father Adrian Fernandez in 1978, and they married Sept. 18, 1979. She soon adopted Adrian's son, Larry, and in 1980 another son, Mike, was born, completing the family. The family moved from their home in Centralia to Packwood in 1983 before settling in Forks in 1986.

Over the next 28 years, they raised their family, and Rita worked for the Department of Natural Resources in finance. The family spent many happy, fun-filled weekends at White Pass skiing and summers climbing all the major mountains in Washington until Rita's knees would no longer allow such strenuous activity.

After the boys were grown, Rita worked as a volunteer EMT for Forks Ambulance and was the go-to person for the Red Cross Disaster Relief Program, assisting in local disasters such as fires or floods in Forks. She also volunteered for the National Ski Patrol with Hurricane Ridge and then White Pass Ski Patrol from 1986-2019. Until her retirement in 2012, Rita was a member of the Washington

Incident Management Team as a time unit recorder, working natural disasters such as fires and hurricanes like Hurricane Katrina. Upon Adrian's retirement in 2016, they moved to their home against the hills in Naches, where Rita enjoyed sitting on the porch taking in the view and playing with her kitties.

Rita is survived by her husband of 41 years, Adrian Fernandez, of Naches; son, Larry (Annina), of New Church, Virginia; son, Mike (Rebecca), of Anchorage, Alaska; grandchildren Maxine, Grace, Natalie, Justin, Addison, Jennifer, and Makayla; and brother, Tuz Nereson (Linda), of Dodge Center, Minnesota.

Adrian Fernandez
White Pass Ski Patrol, Washington
Michael Fernandez

David Hodgdon

Dave Hodgdon, 79, died at his home in Randolph, Massachusetts, on Feb. 3, 2021. Dave grew up skiing and loved it! At the age of 18, he became a member of the National Ski Patrol (NSP) in January 1960.

Dave was already a downhill patroller, versed in cross-country skiing, climbing, mountaineering, and search and rescue when he inaugurated the Nordic Ski Patrol. In 1968, Dave was asked by the NSP to run a pilot program for Nordic ski patrollers in the East, where the highest numbers of cross-country skiers were at the time. The program developed by Dave with assistance of a handful of cross-country enthusiasts like Bill Frenette, Gordon Spencer, Nathan Fawcett, and John Frado was met with enthusiasm, and the NSP formally adopted the Nordic Program in 1974.

Dave patrolled at the Olympics in 1980 at Lake Placid, 1988 at Calgary, 2002 at Salt Lake City, and 2010 at Vancouver. His main skiing location was in the Blue Hills Reservation, where he knew virtually every trail, and you could see him out skiing almost any day there was skiable snow. Lately, you might have seen him ski-journing with his pet Labrador.

Dave was also an Avalanche and Mountaineering instructor and taught hundreds of patrollers Circle A and M. He was also a Nordic Senior patroller. During his 61 years with the National Ski Patrol, he served in many other capacities, too many to list.

Dave's enthusiasm for skiing, and in particular for Nordic skiing and the Nordic Program, will be missed.

Rob Bentley
Eastern Massachusetts and Rhode Island Region Nordic Advisor

Denzel Jenson

Denzel K. Jenson passed quietly on Feb. 23, 2021, after a long, fulfilling life and a short illness. He was born in Leadore, Idaho, on Aug. 12, 1931, to Evan and Eva Jenson and raised on the family ranch in nearby Tendoy, Idaho. His extended family still farms and ranches in the Salmon/Challis area of Idaho.

He was preceded in death by four siblings: Wells, Doyle, Naomi, and Rinaldo; his remaining sister, Eileen Jenson Wallis, lives near May, Idaho. He was also preceded by his beloved wife of 44 years, Wanda Woodruff Jenson, a native of Roberts, Idaho. He is survived by their two daughters, Linda Montgomery and Nancy Makey; four grandchildren, Mindy and Arron Guinn, Kris Makey, and Heather Steimloski; and four great-grandchildren.

Leaving the ranch because he'd "had enough of milking cows and fixing fences," he graduated from Idaho State University with a bachelor's in physics and a minor in mathematics. He earned a master's in physics from the University of Idaho and began his 39-year career in the new field of radiological engineering at the Idaho National Lab and was a charter member of the Health Physics Society.

He was active in many Idaho Falls organizations over the years. He and his daughter were members of the Idaho Falls Ski Patrol, working at Taylor Mountain, Kelly Canyon, Grand Targhee, and many other Intermountain Division ski areas. He taught American Red Cross first aid to the ski patrol and others over a period of 20 years, often using his

daughters as "victims." He was a ski patrol Senior test judge for 10 years and was awarded a National Appointment Number and an NSP Lifetime



Denzel Johnson

Achievement Award. He was a lifetime member of the National Ski Patrol. His wife was an Angel Pin awardee, and his eldest daughter was also a Senior patroller.

He was a Boy Scout merit badge counselor and a counselor at 4-H camp. He worked with Civil Defense and inspected bomb shelters during the 1960s.

Always inquisitive and active, he was a ham radio operator, a private airplane pilot, and part-owner of a small plane. He taught himself computer languages such as LINUX and built his own computers. He loved golf, fishing, tying his own flies, and teaching his daughter to do the same. He knitted lovely sweaters for friends and family.

Always however, he was a good man noted for being gentle, kind, and friendly. He was always available to help friends and neighbors. He deeply missed his beloved Wanda, with whom he is now reunited. We, his family, miss him.

Linda Montgomery

Markku Karell

Markku "Mark" Karell, 73, of Commerce Township, Michigan, died July 11, 2020, from pancreatic cancer. He battled the disease courageously for 11 months.

Mark's wife, Heidi (Kress) Karell, his son, Erik Karell, and his daughter-in-law, Alicia (Smith) Karell, were by his side when he peacefully passed.

Mark was born in Karhula, Finland, on July 14, 1946. He and his family came to America in 1957 and settled in Wixom, Michigan. Mark attended Walled Lake High School and later Oakland University, where he studied engineering. He worked his entire career in the automotive industry, working mostly for Chrysler. He developed influential intake manifold designs, worked on early fuel injection systems, and assisted with numerous engine development programs.

One of Mark's greatest passions was skiing. He was a member of the Professional Ski Instructors of America (PSIA) for 54 years, which is nearly as long as the association has been in existence. Mark taught at various local ski areas and eventually with the Blizzard Ski School for many years. He passionately taught thousands of children and adults to become much better skiers

and to enjoy their time on a slope. In the 1970s, Mark taught the ski teams at Milford High School and Lakeland High School.

Additionally, Mark served the Alpine Valley Ski Patrol for 42 years. He selflessly volunteered countless hours to teach future patrollers how to ski better, along with patrolling and coming to the aid of numerous injured skiers. For Mark's service, he earned the Purple Merit Star (for saving a life through the emergency care and use of ski patrol skills), a National Appointment Number (for patrollers who have demonstrated leadership, good character, diplomacy, positive attitudes, good judgment, exemplary patrolling abilities, and extraordinary service), and a Service Recognition Award.

Mark was known far and wide for his incredibly smooth turns on any ski hill in any conditions. More importantly, he was known for his kind, calm, patient, confident, and joyful demeanor as he put you "out of your comfort zone" on the hill with all manner of skiing drills. You knew you were in a class with Mark when you found yourself skiing on one ski or holding Mark's hand while you skied next to each other making turns in sync.

When not playing in the snow, Mark loved to spend time with his family, building things, fixing things, or teaching his granddaughter to fish. He was a dreamer who encouraged others to dream. He was always there for his two sons, supporting them in any way he could. His love was a quiet love, and he was humble almost to a fault. Mark was a selfless, kind, caring, and joyful person who would drop anything to help someone in need. You could always count on him to solve whatever problem you might be facing.

Mark will be deeply missed, but his life will live on in the hearts of his family and friends and every time someone he taught makes a better ski turn.

Mark is survived by his son, Adam Karell; daughter-in-law, Monica (Constantino) Karell; granddaughter, Lily Karell; sister, Marianna (Karell) Webb; brother-in-law, Darryl Webb; nephew, Ryan Webb (Julie, Tyler, Luke); nephew, Scott Webb (Lincoln); sister-in-law, Linda (Kress) Tyson; niece, Laura (Tyson) Trenary (Scott); and niece, Kelly (Tyson) Trouba (Jacob).

In lieu of flowers, the family suggests donations to the Alpine Valley Ski Patrol to help cultivate the next generation of patrol instructors.

Erik Karell

Thomas Kullen

Tom Kullen was a kind, creative, and optimistic person who saw life as a constant adventure. He passed away at his home in Park City, Utah, on Sept. 26, 2020, following a long battle with a rare form of cancer.

Born in Brooklyn, New York, Tom grew up on Long Island, later married Marti Heskamp in 1987, and they made Park City their home, along with a series of beloved retrievers.

Passionate about skiing from an early age, Tom starting skiing using his aunt's homemade chairlift in upstate New York. He came west to ski at Alta, Utah, in 1971 and joined the National Ski Patrol at Park West, Utah, in 1975. He was a patroller and Professional Ski Instructors of America instructor at the Canyons and Park City for over 40 years and was the reason this author (along with many others) joined the National Ski Patrol in the Wasatch Mountains of Utah.

Tom's medical career was extensive. He was an emergency room nurse, air transport nurse, medical advisor, Winter Emergency Care instructor, the first EMT/ski patroller in Utah, and the deserving recipient of National Appointment Number 6458.

Tom earned a bachelor's in fine arts with a designer/craftsman emphasis from the University of Utah.

Tom had a very full and busy life. He created opportunities from his passions that drove careers, friendships, and hobbies throughout his life. He was an entrepreneur, designer, artist, metal craftsman, medical professional, innovative mechanic, as well as a ski and motorcycle enthusiast.

He founded Lone Peak



Tom Kullen

Designs to manufacture textile bicycle touring, ski patrol, and mountain rescue products. Tom's designs of packs and harnesses became the "must-have" for many ski patrollers and other search and rescue personnel.

Tom was an avid motorcyclist and passionate about vintage motorcycles. He served as president of the Utah British Motorcycle Club and president of the International Norton Owners Association. In 1999, he initiated Park City Motorcycle Week, then influenced transfer of the race to Miller Motorsport Park, where he co-hosted the Bonneville Vintage GP with the American Historic Racing Motorcycle Association for 14 years. Tom also raced his Dunstall Norton at the BVGP and other venues. He restored vintage motorcycles and formed Smiths Gauges USA to import vintage gauges. Some of the best times of Tom's life were motorcycling through the Alps with his wife, Marti.

Tom did not let cancer define him; he shared his journey openly. While discussing views of the afterlife with Marti, Tom said he would love to be reincarnated as a ski patrol avalanche rescue dog. He thought avalanche rescue dogs had the perfect life, running through the snow, riding chairlifts, and happily helping people. In Tom's memory, the family has raised enough money to purchase an avalanche rescue puppy for Park City Mountain Resort and to support the Wasatch Backcountry Rescue avalanche dog program. The puppy will be assigned to its handler for life (and wear a patrol patch on its harness).

During his illness, Tom served on the board and raised funds for the Hope Lodge. The family is grateful for the support of Tom's dear lifelong friends, motorcycle and ski community friends, and neighbors during his illness, as well as Park City Hospital, Intermountain Medical Center, EMT, and Community Nursing Services medical communities. Special thanks to Dr. Stephen Doggett and the staff of Tustin, California.

Tom's gentle spirit and humor will be greatly missed by family and friends. He is preceded in death by his parents, Fred and Muriel (Moran) Kullen. He is survived by his wife, Marti; sister, Donna Kullen Arnold; and niece, Kristin Kullen.

Tom, you will always be an inspiration to us on how to live life to the fullest,

and your memory will always be in our hearts. Thank you for your contributions to ski patrolling, saving lives, and the skiing life we all love.

Michael Cook

Diamond Peaks Heli-Ski Patrol, Utah

Victor Miller Sr.

V. Zenis (Zee) Miller Sr., National Appointment Number 1090, of Boise, Idaho, passed away peacefully of natural causes at his home on April 3, 2020. He was 92 years old.

Zee was born to Everett and Josephine Terry Miller, on Dec. 20, 1927, in Idaho Falls, Idaho. He spent most of his childhood in Salmon, Idaho, or on his grandfather Terry's ranch on Panther Creek, outside of Salmon, riding his horse Bally, helping his grandfather, and discovering his lifelong love for the outdoors.

He grew up during the Great Depression and found it took hard work to succeed. In his early teens, he delivered bread and ice, worked at a soda shop, and set up bowling pins to help provide for his family and three cousins. The family moved to Boise when he was a teenager, and he graduated from Boise High School in 1947. He married his high school sweetheart, Johnne Knox, in 1949 and together they enjoyed the outdoors for more than 59 years.

Zee was a member of the Air National Guard Reserve, retiring after 20 years of service. They owned and operated Miller's Marina for over 35 years along with their daughter, Loree, combining many hours of recreation and business into one. They made many friends over the years and enjoyed selling, delivering, and servicing boats, snowmobiles, ATVs, and personal watercraft. They also sold affordable skis, ski boots, and

clothing to the skiing community and made annual donations in support of the Bogus Basin Ski Racing Alliance's yearly ski swap. They retired in 1995 and had 13



Victor Miller

years together boating, snowmobiling, and four wheeling until Johnne's death on June 10, 2008.

Both Zenis and Johnne (National Appointment Number 3462) were long-time members of the Bogus Basin Ski Patrol in Boise. Zee patrolled for 30 years beginning in 1947 through 1977, when they both became inactive. Zee was section chief for the Boise Section under Eddie Orbea. Zee was a patroller from way back in the early days of Bogus Basin. He was one of the pioneering toboggan trainers using the old Sun Valley sleds.

"Zee was really good at stomping on the brakes and loosening up the forward patroller from the chassis!" remarked a long-time friend. During those years when Johnne and Zee weren't patrolling, they were skiing the mountain with their three young children.

Zee and Johnne were also active with the Idaho ATV Club, Boise and Cougar Mountain Snowmobile Clubs, and the U.S. Coast Guard Auxiliary, Local Flotilla #1. Zee was a founding member and served on the board of the Treasure Valley Boat Dealers Association. He was active with Idaho Mountain Search and Rescue. Zee and Johnne worked tirelessly to keep the Idaho wilderness user-friendly for all.

Zee was preceded in death by his wife, Johnne; his parents; and sister, Ferril. He is survived by his three children, Terry (Pam) Miller, Loree (Paul) Jackson, and Victor Z. Miller Jr.; nieces, Ora Peona and Cindy (Jeff) Spencer; 11 grandchildren, and numerous great-grandchildren and great-great grandchildren.

Pam Carson

Bogus Basin Ski Patrol, Idaho

Robert Park, M.D.

Robert Park, a long-time patroller at Squaw Valley Ski Resort, lost his battle with cancer and passed away at 73 years of age, surrounded by family, on Feb. 24, 2019. He is survived by his wife of 35 years, Diane Durante Park; daughter, Allison Park (Christopher Deaner); daughter, Meredith Park (Samuel Diamant); daughter, Hannah Park (Thomas Wunsch); brother, Dr. Stephen Park (Martha Park); sister, Elaine Park,



Robert Park

R.N.; maternal uncle, Dr. William Moon (Betty); three granddaughters; and many nieces, nephews, and cousins.

A 1997 University of California, Berkeley alum, Bob majored in anatomy and went on to graduate from Yale Medical School in 1971. He completed his internship and residency at the University of California, San Francisco. After completing mandatory military service at the National Institutes of Health in 1976, he returned to UCSF for a nephrology fellowship.

He loved sailing with the San Francisco Yacht Club and volunteering with the Squaw Valley Ski Patrol, where he earned a lifetime pass after 36 years of continuous service. He is remembered by his fellow patrollers as fun-loving with a self-deprecating wit, someone you were always happy to work alongside, and dedicated and knowledgeable. We miss him greatly.

Judith May

Squaw Valley Ski Patrol, California

Dave Pinsky

It is with great sadness that Squaw Valley Ski Patrol announces the loss of patroller Dave Pinsky, who passed away unexpectedly at his home in Santa Rosa, California, on Oct. 9, 2020, at the age of 81. He is survived by his beloved wife, Betty; sons, Bruce, Brian and Bob; daughter, Jerilyn, and many grandchildren.

Dave was a proud member of the Squaw Valley NSP since 2003, receiving National Appointment Number 11574 in 2013 and a Meritorious Service Award in 2014 in recognition of his leadership and dedication to the NSP Senior Program. He devoted countless hours to overseeing skill-based scenario practices for patrollers aiming to take their Senior test. Many in the Far West Division owe him a debt of gratitude for his selfless volunteering efforts at educating, planning, and effecting the testing for the Senior Emergency Management candidates. His soft-spoken demeanor and attention to every detail was his hallmark and served

to endear him to many. He was driven by the pursuit of excellence in all he did.

Dave grew up in Teaneck, New Jersey, and attended Rutgers University for three years, graduating with distinction from the Air Force ROTC program. After earning his U.S. Air Force officer's commission, he settled into flying jet fighters out of Craig Air Force Base in Selma, Alabama.

A tour of duty in Vietnam earned him two Silver Stars, the Distinguished Flying Cross, a Bronze Star, two Purple Hearts, and 26 Air Medals. During that time, he flew 614 combat missions. Over the following 20 years in the Air Force, Dave went on to realize his dream of flying the F-106 fighter jet, eventually earning command of the F-106 Unit at Homestead Air Force Base in Florida.

After a tour in Italy with NATO forces, he returned to the U.S. to attend Air War College, again graduating with distinction. Next up was a stint at the Pentagon as deputy division chief for Space and Missile Systems Organization. He was promoted to full colonel and served as division chief for Bureau of Western Hemisphere Affairs policy and plans within the Joint Chiefs of Staff. He took on assistant directorship of operations of the Strategic Air Command FB-111 and rose to director of operations of that unit at Pease Air Force Base in New Hampshire.

An assignment to Beal Air Force Base in California saw him serve as wing commander of the high-altitude 9th Reconnaissance Wing, which included working with Lockheed SR-71 Blackbirds and the Air Force's prestigious wing, the Lockheed U-2s. During his time at Beale, Dave was presented with the Legion of Merit Award.

He retired from the Air Force in 1987 and worked for 18 years as deputy director of utilities for Santa Rosa. Following this, he accepted a request to take on the role of executive director of the Pacific Coast Air Museum in Santa Rosa, as well as the Wings Over Wine Country Air Show. True to form, Dave gave it all his energy and expertise and was selected to receive the Sonoma County Spirit Award, followed by the prestigious Wright Brothers Master Pilot Award.

In October 2017, Dave and his wife, Betty, lost their home and possessions in the Santa Rosa fire. Undeterred, he

rebuilt in Rincon Valley, not far from his previous home. Besides volunteering for the Squaw Valley Ski Patrol, Dave was a senior volunteer with the California Highway Patrol, ultimately becoming coordinator for that program.

Dave was buried with full military honors. Due to COVID-19 a celebration of life is postponed.

Judith May
Squaw Valley Ski Patrol, California

Jason Scott

May the wind stay calm and keep your feet and knees together. We'll see you on the drop zone. Our ray of light and adventurer, Jason A. Scott, left us on Feb. 17, 2021, from an unknown cause.

Jason was born Jan. 19, 1987, to Richard L. Scott and Diane Pannunzio Scott. He was always on a path of adventure, skiing at a very young age then switching to snowboarding, then back to skiing. He had recently been accepted as a volunteer ski patroller at Brighton Ski Resort. Previously, he had spent several years on the Mountain Safety Team at Snowbird Mountain Resort.

Jason loved the sports of skiing and snowboarding and enjoyed the comradeship with ski patrollers. He lived for the rush of adrenaline, from flying high in the clouds to charging the mountain bike trail or sailing his Laser on Bear Lake.

Jason graduated from the University of Utah and the ROTC program. He joined the 19th Special Forces Group (Airborne) unit, rose to the rank of captain, and served in Afghanistan in 2014-15. During his enlistment in the Utah National Guard, he achieved senior parachutist and was a highly skilled jump master. As a civilian, Jason was employed by TD Williamson as a document control administrator.

Jason is survived by his parents, Lieutenant Colonel Richard L. Scott and Diane Scott; sisters, Shandra Scott and Lacey Mitchell; and nephew, Caden Mitchell. A graveside service was held on March 1 at the Utah Veterans Memorial Park in Bluffdale, Utah.

Scott Marland
Brighton Ski Patrol, Utah

Truman Stewart

Truman Stewart, National Appointment Number 145435, a 45-year member of the Bogus Basin Ski Patrol in Boise, Idaho, passed away at his home of natural causes on April 15, 2020. He was 94.

Truman was born May 2, 1925, in Montpelier, Idaho, the middle son of Glenn and Beulah Stevens Stewart. Truman's mother died when he was four and he, along with his two brothers, was raised by family members. Truman graduated from Montpelier High School in May 1943 and hung up his skis for what he thought was a lifetime. In June 1943, he went to work for the Union Pacific Railroad, and in September 1943 he enlisted in the Army Aviation Cadet Program. He was honorably discharged from the U.S. Army Air Corp in February 1946.

When his military service ended, Truman began working for Mountain States Telephone and Telegraph Co. in Pocatello, Idaho, as a lineman on a construction crew that traveled across Southern Idaho. He was able to transfer to installation work a few months after settling in Boise, and shortly after, Truman met his lifelong love, Clorese Lettenmaier. Truman and Clorese were married on Sept. 12, 1948.

Truman retired from U.S. West on March 31, 1984. He, along with Clorese, spent the next five years building a second home in Donnelly, Idaho. They also travelled the world visiting Europe, Australia, and Hong Kong. Before and after retirement, Truman was active in both church and community service. Notable organizations that Truman served included 30 years as financial clerk and stake auditor in The Church of Jesus Christ of Latter-day Saints, the Boy Scouts of America, United Way, Junior Achievement, Boise Exchange Club, Idaho's Talking Book Service for the Blind, and several others. Truman was an amazing example of how much someone can accomplish. His work

ethic, great attitude, compassion, and empathy were a joy to witness.

Truman was in his late 40s when a friend asked him if he was interested in joining the



Truman Stewart

Bogus Basin Ski Patrol, but the biggest hindrance was he had not picked up a pair of skis since he was in high school! Yet in 1973, despite his lack of recent experience, Truman made it onto the patrol and worked as an alpine patroller for over 20 years, receiving the NSP Distinguished Service Award in April 1991.

At 70, knowing his limitations, Truman transitioned from alpine patroller to patroller. In the aid room, Truman became inventory manager of medical supplies, regularly coming up even after he stopped skiing to make sure that there were no shortages on our shelves, assuring us we would never lack for anything if he had anything to do with it!

Truman was never one to ask for recognition; even the idea of having his photo taken made him uneasy. That is precisely the reason why he endeared himself to so many throughout the years. As one patroller put it, “He was really an under-the-radar kind of guy.”

“There was never a kinder, more soft-spoken man than Truman,” said another friend recently.

The time has come for Truman to be recognized with something significant! In honor of his many years of volunteer service and dedication to the National Ski Patrol, Bogus Basin Ski Patrol is renaming our aid room the “Truman Stewart Aid Room,” including a plaque that will be proudly displayed for all to see. The dedication will take place after the lifting of COVID-19 restrictions.

Truman was preceded in death by his wife, Clorese; his parents; and brothers, Noel and Glenn Stewart. He is survived by five nieces and nephews.

Pam Carson

Bogus Basin Ski Patrol, Idaho

Deborah Stitt

Late last year, the Blue Knob Ski Patrol family lost a beloved member. Deborah Stitt died unexpectedly on Oct. 26, 2020. She was 55.

Despite her short tenure with the BKSP, Deb quickly became a valuable member of our patrol and of the larger Blue Knob community. She was an alpine patroller, having joined in 2016. Eager to

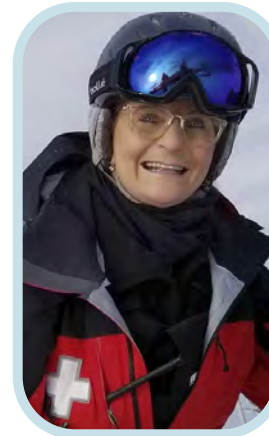
learn, she worked hard to improve her Outdoor Emergency Care and Outdoor Emergency Transportation skills and immediately jumped into advanced training at the Women’s Patroller School at Elk Mountain and Powderfall at Snowbird.

Her enthusiasm for patrolling far exceeded the minimum sign-ons and duty hours required. Her “What can I do?” attitude and determination to do it right endeared her to volunteer and professional patrollers alike. It was this generosity of spirit that made her, after only three years as a member, the slam-dunk recipient of the 2018 Blue Knob Patroller of the Year award. This in and of itself speaks volumes about the kind of patroller — and person — Deb was.

Deb was someone you wanted to work with. Even when you were doing something that wasn’t fun, you knew you would have a good time if she was part of it. She loved a good joke and could take it as well as dish it out. On one particularly cold and windy night, Deb volunteered to secure the lights for the mountain close. When the team gathered in the patrol room at the end of the shift, they convinced her that she had not only secured the lights on the slopes but had shut off power to the resort owner’s mountain home! We all had a good laugh over that.

While Deb loved patrolling, she was absolutely passionate about golf and particularly enjoyed introducing the game to younger players. She played in several leagues and participated in fundraisers for causes such as cancer survivors and youth-oriented programs that were near to her heart. The BKSP was fortunate to be one of those programs. Deb was instrumental in creating our successful golf outing fundraisers, which help to fund continuing education opportunities and Senior patroller training.

Deb connected. She saw value in what everyone had to offer. In particular, she thought we needed more women in leadership roles, so she encouraged girls and young women to aim high. She wanted them to have confidence in their ability to handle whatever life threw at them, so she taught self-defense courses. Her special gift was helping people believe that they could achieve whatever goals they set for themselves — because she believed that.



Deborah Stitt

Deb didn’t sit still much. When the water was up and she wasn’t golfing or skiing, she might go kayaking, even though — according to a friend — she spent more time in the water than the boat, which was all

right with her.

Deb is missed. We miss her infectious smile, her laugh, her enthusiasm for being a patrol member, and her dedication to our patrol. She left her mark on the patrol and on everyone she worked with. She was always willing to help others. If only she had been willing to let us do that for her.

Deb graduated from Central Cambria High School in 1982 and later from the Johnstown Municipal Police Academy. She worked as a police officer for 28 years, rising to station commander with the rank of lieutenant. She served at Shippensburg University, Penn State Altoona, and Penn State University. She is survived by her husband, Chuck, and three daughters, Alexis, Aubrey, and Ashden.

Elizabeth Hermann

Blue Knob Ski Patrol, Pennsylvania

2010-PRESENT

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Congrats to our winner, Wayne Suddaby of the Smugglers Notch Ski Patrol, and thanks to everyone for their submissions. Thanks to Larry Blackhurst, of the Gore Mountain Ski Patrol in New York, for the photo.

WINNER

"We caught another dirtbag poaching a closed trail."

— Wayne Suddaby, Smugglers Notch Ski Patrol, Vermont

HONORABLE MENTIONS

"Transporting what's left of Frostie to the walk-in freezer at the base lodge."

— Paul Mancuso, Mt. Crescent Ski Patrol, Iowa

"We found CR2-NSP2 on the hill. It was emitting a weak radio battery signal."

— Gary Urban, Mt. Kato Ski Patrol, Minnesota

"You suck! Off the hill you go!"

— Greg Felton, Heavenly Ski Patrol, California

"Patroller Luke Skywalker with his Droid about to navigate the bumps on Outer Space."

— Don Beier, Campgaw Mountain Ski Patrol, New Jersey





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