



Southern Cross

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In This Issue

From Division Director..... 1

From the Assistants:

First Assistant 2

South Area 2

North Area 3

From the Regions:

Virginia..... 4-6

Blue Ridge 6

Dixie 7

From Supervisors and Advisors:

Certified Program 8

Transportation Program.. 8

Patroller Enrichment 9

Outdoor Emergency Care10-11

Around The Division:

Blue Ridge Region.....11

CPR Updated Changes ..13-14

In Memoriam15-16

Course Announcements:

Sugar Mtn-NORBA Bike 18

European Ski Symposium 19-20

Fall Officer Meeting21

(Entries in blue are navigational links)

Southern Cross is published three times a year—Fall, Mid-winter and Spring. Articles and photos are encouraged and appreciated. With photos, please include caption information. If at all possible, please include a photo of the author with articles. Submission deadline for the Fall issue is September 9, 2006.

Send submissions to:

Teresa Stewart, SC Editor
PO Box 550249
Gastonia, NC 28055-0249

sceditor@bellsouth.net

Send address changes to:

NSP Office
133 Van Gordon St., Suite 100
Lakewood, CO 80228
Update address at www.nsp.org

“Let’s Patrol and do what we enjoy!”

Neil Booth, Division Director

Let me begin by saying hello and I hope you had a wonderful season at your resort and hopefully a side trip or two! This has been a year of hot and cold weather. Fortunately the cold seemed to reappear just in time for the crowds and unlike last season, few had to shut down!

You should all be aware that the courts have dismissed all legal suits. I am very happy to say that as of this writing, we have a clean slate, with no legal actions pending, or to the best of my knowledge, anything forthcoming! This does not mean that everything is back on track however. Since the end of February, four National Board members have resigned, one of which came after the dismissal order. National is in process of holding a special election, as called for in the Settlement Agreement. My understanding is that there will be 6 to 8 seats out of 13 up for election. We should probably anticipate other areas of concern to develop as this now appears to be how our new system functions. Is this good or bad? It is simply change in our organization and industry.

Your division executive committee members are focusing on the tasks of Southern Division. Our primary focus is the delivery of programs to our members, hence my title of “Let’s Patrol and do what we enjoy!” We all belong to this organization for a variety of reasons. Why, is something that can only be answered individually? Personally, I joined for the waist deep powder and slopes with extreme vertical! Based on this, you can tell I have toned down my “coming in” expectations. Even with these slight modifications, and there have been many; I enjoy doing what I do at my resort and being a member of this fine organization.

Shortly after receiving my National Appointment in 1987, someone said, “I see you have earned your appointment, which shows you must be an excellent patroller”. My response to this person was, “The appointment shows that I have given our system a lot of time and efforts, above the patrol level”. I then said, “The true mark of an excellent patroller comes from peers and managements view of an individuals actual patrolling performance. It is not the Appointment, or for that matter, what designation I wear on my jacket. It is about how people and customers feel when I show up at an incident site. If everyone feels confident in my abilities, this is the measurement of an excellent patroller. If they get nervous when I show up, I am less than an



excellent patroller”. I have taken advantage of the many educational programs that NSP provides. Some relate to what I do while actively patrolling. Others are simply great learning experiences. My challenge to everyone is to simply take advantage of the education that our system provides. Not every program is intended for everyone. You have the ability and right to choose which programs you want to pursue. So please, take advantage of these offerings.

Great opportunities are before us! Snow will follow before we know it! We also know that OEC refreshers, CPR refreshers (lots of new procedures this coming year), coupled with wet snow, breakable crust, moguls, terrain, etc. are before us. This is what makes everything we do interesting! This is why we patrol and enjoy what we are doing!

This has been a very trying year for many within our system. It is far from perfect and will always be undergoing changes to meet the ever-changing environment we live and operate in. I ask everyone to stay focused on patrolling, what we do best. If you have questions or interest in what is going on, contact your patrol representative for more information regarding the current climate of our organization. You may also contact anyone on the division staff. Let’s patrol, enjoy what we do, enjoy our friendships, enjoy helping others, enjoy our organization.

**Have a wonderful summer and take time off from patrolling
to also enjoy the many other fine things you do.**

From the Assistants...

R. Morgan Armstrong,
1st ADD, Southern Division

**A big “thank you” to each of the Patrol Representatives
for 100% End of Year Report filing this year.**

Richard Boyer
Assistant Division Director - Southern Area



Having finished the season and survived the ski season with all limbs intact, it is time to look back and review what was accomplished. I’m very proud to report all mountains in the *southern* end of our Southern Division have had good, and in several cases, record-breaking years for their respective resorts. Patroller numbers are sufficient and programs for adding trained personnel are in place and seem to be successful in adding necessary members to our system.

Our National organization seems to have survived to date, and though changes are in process we at the patroller’s level will carry on doing what we’re all there to do, which is to educate and train for aiding people in our outdoor settings when they need help getting to the healthcare system.

There are two things I'd like all our Patrol Representatives and Regional Directors to do:

1. Set forth on paper and send it up the organizational line, a list of goals for the up coming year, and
2. Make known the succession plan not only for yourself, but each position over which you have responsibility.

I'd suggest recruitment, training and education, hill management, refreshers, staffing and organization, patrol room improvement, patrol fund raising, succession, and long term planning to be included in your areas of goal designation. Succession is the plan through which you get to return to the sole position of gratification we each receive from being at the core of our organization, the on-the-hill patroller.

I thank each **Mike Harris**, **Brent Bowman**, all Patrol Representative, and all Regional Administrators for the jobs "Well-Done!" this past year. I also thank **Neil Booth** for the tough job he has endured as our Division Director. This coming year will be fun!!

Notes From The North...

Jan Starr

Assistant Division Director – North Area



Another ski season has come and gone, another chapter in our lives. Welcome to all the new patrollers that spent their time training and learning this past season. Congratulations to the new Senior and Certified patrollers in the region. We had the most participation in the Senior program this season than in any of the past. This makes me happy and proud to see as many patrollers that are dedicated to making themselves a better patroller. Thanks again to all of the instructors and evaluators that make these programs work.

It seems like our organization needs all the strength we can give it. With a heavy heart I see and hear of friends and colleges that have resigned from our organization. Their dedication and input has been greatly appreciated by many of us and I will miss working with them. I am glad to have had the opportunity of knowing these folks.

The best we can do right now is to keep our focus on strengthening our area patrols in OEC and Transportation to better serve our guests that visit and participate in all of our outdoor activities in our areas. My inbox is always open and read frequently for any questions or suggestions to make our best better. And by the way, Powderfall was way awesome! Glad to have the chance to ski with old friends and make some new ones!

**Have a great summer,
try to get some volunteer time
in with the summer events happening at your area.
We aren't just a winter organization anymore.**

Virginia Region - News From Virginia

Bill Smith

Virginia Region Director



Life with no limits...Wintergreen's Wounded Warrior Project

On snow-covered resort slopes, wounded veterans rediscover their capabilities and a zest for living

In late January, amid the masses bobbing and weaving down the mountain at Wintergreen Resort were more than a dozen people with faith and courage in abundance; young military veterans, grievously injured in training or combat, skiing without limbs, some for the first time.

Called **Wounded Warriors Weekend**, it was the second annual gathering at the Blue Ridge mountain resort. Last year, seven military members participated. This year, more than twice that many came and Wintergreen patroller's turned out to welcome them.

The **Wounded Warrior Project** helps recently wounded service members and veterans make the transition into civilian life. Together with **Disabled Sports/USA**, the organization gets injured service members and veterans involved in more than a dozen sports, including biking, waterskiing, canoeing, kayaking, running and snow skiing.

Michael Zuckerman, executive director of Wintergreen's Adaptive Ski Program gathered instructors and chaperones for final preparations and told them, "If any of you have ever doubted whether you can make a difference, this is it." His enthusiasm easily bubbled over to those assisting.

By lunch, cups overflowed. Two new skiers, both of whom had lost legs while in uniform, returned from the snow triumphant. A beaming instructor made the announcement to clapping and whistles...**James Stuck** made his first turn at 10 a.m. **Rosemary Salak** made hers at 11:30. Hoots and hollers filled the room!!!

"This is not about flag waving," Zuckerman later said. "This is about supporting the guys and gals who were doing the mission. This is about taking care of these guys, and nothing else." A great time was had by all that cold day.

This year, at the request of Virginia patrol's, many exciting education programs were planned and delivered making our patroller's more knowledgeable and valuable to their areas. A huge THANK YOU is in order to all of the instructor's and assistants who made all of this training possible and available to their fellow patroller's.

In late March, the NSP Southern Division Certified Patroller Examination was held at Snowshoe Resort. Wintergreen Ski Patrol is extremely proud to announce that after sweating it out for an entire year. **Keith Cassidy** has joined the ranks of Certified Patrollers. Congratulations Keith!!!

The '05-'06 Virginia Senior program got off to a flying start with an influx of new candidates. In all, there were twelve personnel involved this season. Of those, three successfully completed all Senior requirements and achieved their Senior status. They included **Susanne Ebling**, **Geoff Stagg** and **Matt Weitz** all of

Wintergreen. Congratulations to all for their accomplishments and especially Susanne, Geoff and Matt for completing the program!!!

In mid-April, 27 hardy souls from the Virginia Region in search of one last run of the season, traveled to Chamonix, France for the **2006 Powderfall**. During that event we had the opportunity to not only ski in France, but Italy and Switzerland as well. I can only tell you that a GRAND time was had by all. And the skiing was pretty good also!!!

Over these past months I have watched in amazement the events that have unfolded in our beloved NSP and even some of what is happening in our own Division. It seems to me that some of our fellow patroller's have forgotten the lessons we all were supposed to learn early in life. Many of them can best be summed up in Robert Fulghum's book titled "*All I Really Need to Know I learned in Kindergarten.*" Some of those lessons include:

- Play fair
- Don't hit people
- Clean up your own mess
- Say you're sorry when you hurt somebody
- When you go out into the world, watch out for traffic, hold hands and stick together, and the list goes on

Pardon the use of the famous book title, but this is something I truly believe. By the time you're 6 or 7 years old, you've basically chosen at what point along the circumference of the compass your life will follow.

By the time you've become self-aware of your individuality, you've already made choices about how you intend to learn the curriculum of life's lessons. You've also decided how you will treat teachers, students and others who will become part of your life.

Growing up in a small parochial school, St. Mary's in Norfolk, VA, Sister Ann Regina had the flexibility to treat all students as individuals, not numbers. There I was given a firm basis of potential achievement.

The first thing she taught me was that she was smarter than I was. In any given group of people, you will always find people who are smarter and dumber than you. Since people don't go around with tattooed bar codes on their wrists that you can scan for their full bio, (not yet, at least) never assume a lack or presence of intelligence from appearance alone. We have many good folks in the NSP and they need to have the opportunity to have their voices heard. However, that does not give them the right to be mean and hurt others.

By illustrating the difference in abilities among us, she then taught us that we should always have a basic, decent, common respect for one another. None of us did perfect classroom work. Because we were imperfect little children, we were all equal in God's eyes, and hers.

Sister taught me that you must master the fundamentals before you can master the esoteric. She sometimes would let me play with math at a higher level than the rest of the class. Once at a higher level, she brought me back to the fundamentals by having me occasionally tutor some students who were having problems in math. She increased my self-esteem while she nudged me down the path of never forgetting the fundamentals by making me deal with them on a daily basis. Sometimes I believe that it is difficult to see the bigger picture for some of us. It takes time for the whole plan to unfold. And it usually will if given the chance.

During our playtime, she taught us that simply being a kid and having fun is what makes being a kid fun. But she also taught us that we must play fair. The older we become, the more important it is to remember that. Of late it seems that some in our sandbox are not “playing fair.” In fact they are being rather ugly.

In our group projects, Sister Ann Regina taught us to begin all projects from the ground up, not the roof down. All projects, no matter how humble, must begin with a motivation that becomes a plan. The plan generates a timetable that drives the decision-making process on how to proceed during its execution. She made it clear that tangible results, not grandiose plans, are what matter most.

She taught me my earliest lesson in leadership by never appointing a leader for a class project. We learned early in life that in absence of an appointed hierarchy, a leadership structure would inevitably emerge from the initial chaos. One might as well be a leader.

But perhaps the most profound lesson she taught us all, in her results-oriented teaching style, is that while one should always focus on solving a problem, one doesn't have to sacrifice any part of one's self to achieve that goal.

**There will always be change in our organization. Change is healthy and sometimes good.
But always remember “All We Really Need to Know We Learned in Kindergarten.”**

Let's all play fair in our sandbox we call NSP!!!

Blue Ridge Region

Mike Harris

Blue Ridge Region Director

The Blue Ridge Region had an extremely successful 2005/2006 Season with a very crowded calendar which miraculously worked out. With the caliber of people that we have in Blue Ridge, I am sure everything will work out for the 2006/2007 upcoming season. Please refer to the division web site for dates and information on all scheduled events and programs.

I hope that everyone will take the opportunity to vote in the upcoming election for national board of directors.



Dixie Region

Brent Bowman

Dixie Region Director



Well, here we go back into summertime with OEC classes starting up at all of the Dixie Region patrols. It is hard for me to believe that it has been one year since I was asked by Neil to be Region Director for Dixie. It has been really enjoyable for me to be able to get out and spend some time at each of the resorts in the region. We have **MANY** talented patrollers that work hard to keep the programs and patrols running at our resorts. Thanks to **ALL** of you, for **ALL** you do!!

This past season (05-06) we worked really hard on the Senior Program trying to get more consistency in the evaluations. We had great reviews from the participants in the program. One of the questions that was asked of me was *“Why would I want to become a Senior Level Ski Patroller?”* I have thought a lot about this and can only state the reasons that I went thru the program:

1. I wanted to teach skiing and toboggan handling. To do this (at that time) you needed to have the Phase One Teaching Course and then become a Ski and Toboggan Instructor.
2. Since I am not a medical person, I hoped that the advanced medical in the Sr. OEC would help me in getting some additional skills in that realm.
3. One of my friends on the patrol was also trying to get his Senior.

As I looked at what it would take to become a Senior, I realized that I already had taken enough electives to only have to do the Phase One and Phase Two classes (These have been replaced with the Instructor Development and Mentoring Programs). This was not really a huge task and each was an enjoyable weekend spent with other patrollers in the basement of a fire hall in Cincinnati, Ohio. The instructor(s) were great with lots of learning mixed in with some fun and laughter. The Skiing part of the Senior was not tough for me. I have spent A LOT of time and money on instructors at ski resorts to become a better skier and am now in PSIA, the NSP Ski School and just passed my Level II instructor this past season. The OEC was another story. My first pass at the evaluation was horrible. After many hours of work with trainers at Snow Trails in Central Ohio (my patrol at that time). I went to Boston Mills/ Brandy Wine near Cleveland, Ohio for the evaluation. The end result of the evaluation for me was a no pass. My medical skills were not up to the Senior Level. It was a long, long three-hour drive back home. The next season I was back and ready to try again. I went to practice nights at Boston Mills and Mad River and really worked hard with the OEC class at Snow Trails. All of this paid off in a pass at the next evaluation at Mad River. To me this was the “reward”: To pass the evaluation and have others know that you have put your time and effort into something for yourself. It is not about more money or fame, it’s about enhancing your skills that you use both in your real job and the volunteer job that we call Ski Patrol. By the way, my friend finally passed his senior the year after me and is still on the patrol in Ohio and is now also in the PSIA.

I encourage each of you that are now Basic level patrollers to look into the Senior Program and see how this program will benefit you. If you have questions drop your patrol rep, patrol director or me or a note. I would also be interested in hearing the stories of why the Seniors out there became Seniors and the benefits that you have reaped by joining this really great program.



From the Supervisors and Advisors...

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Certified Program

Stephen Kuller

Certified Program Supervisor

I hope everyone enjoyed their season. I hope the conditions at your mountain were advantageous to your skill development and pursuits. We all should be reviewing what worked and didn't. Collecting that input from others, processing that information and applying it to making the necessary changes for improvement.

The Certified program is proud to announce that three members attained the goal of becoming certified. They are with without a doubt very proud of what they accomplished during the years in the program. I wish to inform you of the following new members: **Keith Cassidy, Andrew Nick** both from Wintergreen and **Thomas Hughes** from Snowshoe.

We also had banner recruitment from the division with five new candidates. Thanks to everyone that encouraged and provided information to these individuals. To those of you that lead these patrollers into the program thank you. They are undertaking a major leap into their patrolling careers.

We would love to hear from those of you in the division, that have not traditionally participated in the program. We wish to expand this opportunity to all that have an interest. This is your opportunity to let someone know that you want this program at your area.

The above new members would love to hear from all of you who may still be sitting on the fence. Some of you may want to know what they have learned, accomplished and shared. Ask them, they will respond eagerly giving the information to motivate you.

Thanks again for letting me share the program.

Transportation-Transportation-Transportation-Transportation-Transportation-Transportation

Transportation Program

Tony Tingle,

Transportation Supervisor

Howdy from sunny Tennessee. As the days warm and "other" outdoor activities begin to fill our calendars, I encourage you to begin thinking ahead and consider two Transportation programs for your mountains in the coming year. One is the Toboggan Enhancement Seminar (TES) and the other is the Ski Trainers Workshop (STW). Several TES events were conducted around the Division last season, and the comments I heard were all positive. Patrollers all seem to enjoy time in the handles. This is a one-day event and is really easy to set up and teach. All you need are Transportation Instructors, some snow, a willing mountain, and toboggans. There is no fee associated with this course, and the only prerequisite is that you are a current NSP member.

The STW is a course designed for NSP transportation trainers and evaluators to help them "use observational clues to hone their eyes for assessing patrollers' abilities and limitations in skiing and toboggan handling." The quote is from the NSP website. Prerequisites for the workshop include current NSP membership, completion of the Instructor Development course, current Alpine or Nordic Toboggan instructor

certification, and skiing ability of PSIA Level 7 or higher. NSP also recommends attending a Skiing Enhancement Seminar (SES) but it is not a required prerequisite. There is some cost involved in conducting a STW, which arises from PISA division clinic charges for the course and instructor. The cost will likely vary depending on the availability of local Level III PSIA instructors (travel costs will vary), and the number of participants who will divide the costs. Even with the costs associated with an STW, it is a really good value. The event can take 1 or 2 days. I look forward to attending one of these next season.

If you have further questions about either of these programs, please drop me a line at geofolks@att.net. Until the snow flies again, take care.



Patroller Enrichment Seminar (PES)

Mary Underwood

Patroller Enrichment Supervisor



HOW LONG HAS IT BEEN? PES Courses Scheduled on 7/15/06 and 12/10/06

How long has it been since you took one of the NSP educational courses, such as Mountain Travel, Avalanche or the Patroller Enrichment Seminar? "Oh, I already did that," you answer, "when I got my senior certification 14 years ago." Do you think a few changes might have come along? Just as our OEC skills are continually updated, maybe updating our skills by taking or retaking one or more of our education courses could be enlightening.

The structure of Southern Division has changed greatly in the past few years.

- Do you know which region your patrol is in?
- How many regions are in Southern Division?
- You got "stuck" this year being awards coordinator for your patrol. Where are the forms and what are the qualifications for these awards?
- You have some money from a fund-raiser to spend on improving your patrol aid facility. Have you come up with a needs assessment and plan for making the improvements?

If you could not answer some of these questions, consider taking or retaking the Patroller Enrichment Seminar. We cover the structure and leadership positions in Southern Division. We learn about resources available to help in our patrol assignments as well as region or division jobs. Each participant also does a through evaluation of his first aid facility. Come to a Patroller Enrichment Seminar (PES) either for the first time or to see what's new.

There are 2 PES courses scheduled so far for this year. Asheville is the location for the first one coming soon on Saturday, July 10. Another course is scheduled for December 10th at The Homestead in Virginia. You must pre-register by contacting the instructor. **Mary Underwood** at jnu@bellsouth.net is the instructor for the July course, and **Cindy Diehl** at chuff@starpower.net is the instructor for the December course.



Division OEC Program

Judi Kay-Monaghan,
OEC Program Supervisor



What's New With OEC

INSTRUCTOR UPDATE

Southern Division will again be hosting the OEC instructor update at the Fall Officers Meeting held concurrently with the Board of Directors meeting in Wytheville, VA August 18, 2006. "Leadership" will be the theme of this year's update. A separate email for registration will be sent out to all instructors in June. Be sure to check with your OEC Regional Administrator or designated IT to see if you are up for renewal and must attend the update.

MEDICAL RESERVE CORPS AND NATIONAL SKI PATROL

The National Ski Patrol and the Medical Reserve Corps are discussing the opportunity to work together to provide first responder help in local communities when a disaster strikes. The Medical Reserve Corps is dedicated to establishing teams of local volunteer medical and public health professional to contribute their skills and expertise throughout the year as well as during times of community need. This will allow OEC technicians to be accepted into the corps to help and train with local emergency responder groups as part of the Medical Reserve Corps. In turn, current Medical Responder's may bridge the OEC course to become OEC technicians which will allow them to work nationwide on emergency response teams. We may even gain a few ski patrollers through this exchange!

The Medical Reserve Corps (MRC) was founded after President Bush's 2002 State of the Union Address, in which he asked all Americans to volunteer in support of their country. MRC is a specialized component of Citizen Corps, a national network of volunteers dedicated to ensuring hometown security. Citizen Corps, along with the Corporation for National and Community Service, and the Peace Corps are all part of the President's USA Freedom Corps, which promotes volunteerism and service throughout the nation. MRC units are community-based and function as a way to locally organize and utilize volunteers – medical professionals and others - who want to donate their time and expertise to promote healthy living throughout the year and to prepare for and respond to emergencies. MRC volunteers supplement existing local emergency and public health resources.

What Can MRC Volunteers Do?

- **Support** local public health, while advancing the priorities of the U.S. Surgeon General
- Promoting disease prevention
- Improving health literacy
- Eliminating health disparities
- Enhancing public health preparedness
- **Assist** local hospitals and health departments with surge personnel needs.
- **Participate** in mass prophylaxis and vaccination exercises and community disaster drills.
- **Train** with local emergency response partners.

The Southern Division has requested to participate in a pilot program for the Medical Reserve Corps. More information will be available at the Fall Officers meeting in August. Stay tuned for a great opportunity to help in your communities by using your OEC technician's skills.

REFRESHER 2006 CYCLE B

Look for your “On Scene” OEC refresher magazine coming in the mail soon and be sure to save it for the fall refresher study guide. There will be great information on “Minnie Dole” and NSP that I am sure you will all find interesting.

There will be a change in the quality assurance and quality control (QA/QC) process associated with the 2006 Cycle B refresher. QA/QC was a concern expressed by many Patrollers and the refresher committee through the patroller refresher evaluations. Currently IT's observing our refreshers complete an evaluation form which is then distributed to a variety of individuals from Regional Administrators to the National office. After collection of the forms, they are returned to the supervisor and it is expected that the information gets passed on to several people which includes the patrol representative, Regional Administrator and the Instructor of Record. The reality is that sometimes the system works and it sometimes does not. This year that evaluation form will be provided in the Instructor Guide for use by the IT's **and also** to the **Patrol Representative** as part of their completion record for the refresher. The national refresher committee is hoping this helps the information to be shared and utilized as intended.

Another change in refresher planning is that all refreshers will be registered through the national office just like any other course. Each instructor or record (IOR) for a refresher will be required to register the refresher **PRIOR** to the actual scheduled date of the refresher. This will enable patrollers' throughout the system to find a refresher, serve as an aid to you in collecting important dates for deployment of your IT's and other staff as needed. It will provide some relief to the phenomena of the “Ghost Refresher”. An IOR can request that their refresher be “closed” and therefore unavailable to visiting patrollers.

All patrol representatives and patrol directors be sure to select your Instructor of Record (IOR) for this year's refresher and pass that name along to your OEC Regional Administrator by June 15, 2006. We will be contacting the IOR for each refresher to begin the planning process for the fall.

GOODYBYE

I have served as your Southern Division Supervisor for the past eight years, and the time has come for me to resign my position. I have enjoyed working with all the instructors and instructor trainers in the Southern Division. You all have made this division one of the best in OEC program delivery, Senior Emergency Management, and refresher programs in the nation. The Regional Administrators have been wonderful to work with and I thank John, Hugh, Jane and Sylvia very much. I want thank each one of the instructors for your dedication and time you have given to make this program what it is today. It truly has been a wonderful experience to serve the division and the National Ski Patrol through the OEC program.

From Around the Division...

On Sunday, March 5, 2006, Appalachian Ski Mtn. had their Basic Evaluation and was kind enough to accept candidates from both Beech Mtn. and Hawksnest. **Ben Fox** and **Tony Ray** did most of the work for ***Appalachian hosting a Low Country Boil***. What a gracious (and delicious) thing for that patrol to do.



(Photos submitted by Mike Harris)



Patrollers/Examiners looking for snow @ Hawksnest Hosted Evaluation

As you may know, 2005 marked the review of current and new resuscitation science and the reevaluation and update of Guidelines 2000 for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care. The outcome of this process impacts you as a trained CPR Healthcare Provider.

The process of updating Guidelines for 2005 began almost as soon as the 2000 Guidelines were released. Since 2001, the world's top experts in resuscitation and cardiovascular science have been meeting to review current and new science, and to come to an international consensus on science and treatment recommendations for 2005. Based on this international consensus and input from leaders in many professional healthcare organizations, AHA ECC developed the 2005 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care. The Guidelines were published in December 2005, and will be used as the foundation for creating updated training materials, which will be released throughout 2006.

Many of the changes in BLS recommended in 2005 are designed to simplify CPR recommendations including eliminating differences in techniques for different ages when possible, increase the number of quality of chest compressions delivered, and increase the number of uninterrupted chest compressions. Since there are so many changes in the CPR and AED protocol, I suggest that all patrollers to take the full Healthcare Provider BLS course this year. The course is offered on-line but may be difficult to complete with all the new changes, thus it is not recommended.

Another reminder **CPR is not part of the OEC refresher!** It must be taught separate and apart from you annual OEC refresher.

Outline of CPR Changes for Healthcare Provider:

A universal compression-to-ventilation ration of 30 to 2 is now recommended for lone rescuers for victims of all ages (except newborns). This 30:2 compression-to-ventilation ration also applies to healthcare providers performing 2-rescuer CPR for adult victims until an advanced airway, or laryngeal mask airway is in place. Once an advanced airway is in place, 2 rescuers should not longer provide cycles of CPR with pauses in compressions to give rescue breaths.

Before an advance airway is in place, rescuers should perform about 5 cycles of CPR after shock delivery and before the next rhythm check. Once an advanced airway is in place, rescuers should perform about 2 minutes of CPR after shock delivery and before the next rhythm check. These changes will affect your AED protocol and each patrol should address these changes in their "mountain specific" part of the annual refresher.

For 2-rescuer infant and child CPR for healthcare providers should use a 15:2 compression-to-ventilation ratio. The unwitnessed suspected choking victim no longer uses the abdominal thrust but rather chest compressions.

CPR Priorities for the Healthcare Provider

- _ **CALL FIRST** (activate the emergency response system) except if you are a lone rescuer with a victim of likely asphyxial cardiac arrest. Such victims will include all infants and children who do not have sudden witnessed collapse.

Major changes in defibrillation:

- _ **Use an AED** as soon as it is available except if you are in the out-of hospital setting with:
 - **An unresponsive child** who did not have a sudden witnessed arrest. With such children you should performs 5 cycles (or 2 minutes) of CPR prior to using an AED
 - **An adult with unwitnessed arrest** (the adult is already unresponsive when you arrive) and you are an EMS responder with a call-to-arrival greater than 4 to 5 minutes. Then you may perform 5 cycles or about 2 minutes of CPR before using the AED.

- Immediate defibrillation is appropriate for all rescuers responding to sudden witnessed collapse with an AED on site (for victims > 1 year of age).
- Compression before defibrillation may be considered when EMS arrival at the scene of sudden collapse is >4 to 5 minutes after the call.
- One shock followed by immediate CPR, beginning with chest compressions, is used for attempted defibrillation. The rhythm is checked after 5 cycles of CPR or 2 minutes.
- For attempted defibrillation of an adult, the dose using a monophasic manual defibrillator is 360J.
- For children 1 to 8 years of age, rescuers should use an AED with a pediatric dose-attenuator system if one is available.
- All Basic Life Support (BLS) course materials, including Basic Life Support for Healthcare Providers, all Heartsaver® (including Heartsaver® First Aid), and Family & Friends community materials have been released. This includes instructor and student materials, exams, and all other auxiliary materials.

July – September 2006

- All Advanced Cardiovascular Life Support (ACLS) course materials will be released. This will include instructor and student materials, exams, and all other auxiliary materials.

October – December 2006

- All Pediatric Advanced Life Support (PALS) course materials will be released. This will include instructor and student materials, exams, and all other auxiliary materials.

As you can see these changes are complex and require you as a patroller to dedicate more time this year to your CPR course. Please feel free to contact your local AHA instructor or Service Center with any questions.

In Memoriam

Beech Mountain ski patroller, **Dr. Kermit Lowry, Jr.**, LCA # 8299, passed away March 25, 2006, at his home in Bristol, TN, after a short bout with cancer.

Kermit was a lifetime member and a 35year veteran of the National Ski Patrol. With his sense of humor and his ability to provide a down to earth explanation of emergency care principles, Kermit was an important part of the continuing education and refreshing of skills of other ski patrollers. Folks always enjoyed, as well as respected, what he had to offer. He was considered one of the “elders of the clan” at Beech Mountain.

He had a long history of service to NSP and to Beech Mountain Ski Patrol. His time spent with ski patrolling included serving as the Southern Division Medical Advisor for many years, serving as the NSP liaison for the 1996 Summer Olympic Games in Atlanta, and working on the revisions of different chapters of the 3rd and 4th editions of the OEC textbooks. Kermit provided multiple contributions over the years to “the Southern Cross,” and he made multiple presentations at regional refreshers during his career as a patroller. Kermit contributed to his community outside of ski patrolling as well.

In his profession, he was a founding member of the State of Franklin Surgical Society and was one of the key organizers in establishing the Bristol Surgery Center, the first freestanding outpatient surgery center in that region. He was also involved in establishing the Medical School at East Tennessee State University and served as a professor in the Department of Surgery. He was active in the Bristol Historical Society and was a very involved member in the Rotary Club where he served as President.

All three of his children, Lynn Lowry Carroll, Tera Lowry Burnette, and Kermit Lowry III, spent some years as members of Beech Mountain Ski Patrol, and Kermit’s love for the sport got them out on the slopes at an early age. Survivors include his three children and their spouses, seven grandchildren, his former wife, Eleanor Hardy Lowry, and a special friend, Betty McGlothlin and her daughter.

Along with skiing, Kermit enjoyed tennis, golf, and hunting, and as his daughter Tera put it, he has gone to the Great Hunting Lodge in the Sky.

Those who would like may send memorial contributions to the Kermit Lowry, Jr. Endowment Fund, c/o Rotary Club Bristol VA-TN, PO Box 5624, Bristol, VA 24203-5624, or to the Bristol Cancer Association, 1255 W. State Street, Bristol, VA 24201.

In Memoriam

"With great sadness members of Wolf Laurel Ski Patrol paid their final respects to **Lenoir Hartzler**, a 30 year NSP veteran and a beloved member of their patrol. Lenoir passed away on February 15, 2006 after a short, abrupt fight with lung cancer.

Lenoir was a Clemson graduate and recently retired from the SC Department of Corrections where she had been among other things a fire arms instructor and a driving safety instructor. In addition to being a long-term member of the National Ski Patrol at Wolf Laurel, Lenoir was also a member of the Columbia Ski Club; spending much of her life devoted to the love of snow skiing and traveling extensively in pursuit of her passion. She was also an active SCUBA diver with Columbia SCUBA on Alpine Road and was a volunteer usher with Town Theatre in Columbia.



A slope-side service for Lenoir was held at Wolf Laurel on Saturday, May 6, 2006. The service was attended by family, friends, and patrollers past and present. On a beautiful spring day a bagpiper led the group on a walk up the slope to the site of the service, where a portion of her ashes were spread on the mountain that she so loved patrolling. The family was presented with Lenoir's 30 year service award and a Yellow Merit Star Award for her many years of service to Wolf Laurel and National Ski Patrol.

Her smiling face and eveready energy will be sorely missed by all."



Submitted by:

Bill Boughton
Patrol Representative
Wolf Laurel Ski Patrol



*Sugar Mountain Resort, Inc.
PO Box 369
Sugar Mountain, NC 28604
(828) 898-4521*

Date: May 8, 2006
Contact: Kim Jochl x262

FOR IMMEDIATE RELEASE

**VOLUNTEERS NEEDED FOR SUGAR MOUNTAIN RESORT'S
NORBA NATIONAL MOUNTAIN BIKE EVENT**

Sugar Mountain, NC –For the first time Sugar Mountain Resort along with many dedicated and passionate sponsors and volunteers are thrilled to bring a NORBA (National Off Road Biking Association) National Mountain Bike Series (NMBS) event to North Carolina. Athletes, spectators, and vendors are all invited to be a part of the excitement June 8-11, 2006.

We need your help. We'll treat you well and give you a bunch of free stuff. Information for becoming a volunteer and a list of volunteer incentives can be found at <http://www.skisugar.com/showdown/volunteers.phtml>. If you are interested please view the following 3 PDF forms <http://www.skisugar.com/showdown/2006-vol-form.pdf> <http://www.skisugar.com/showdown/2006-vol-schedule.pdf> <http://www.skisugar.com/showdown/2006-vol-release.pdf> and submit/fax them to Sugar Mountain Resort at 828-898-6820 (fax number).

The 13th Annual Showdown at Sugar will debut as one of seven NORBA National Mountain Bike Series events. The seven NMBS events, plus the USA Cycling Mountain Bike National Championships in Mammoth Lakes, CA provide U.S. athletes the opportunity to accumulate points that factor into a nation's overall ranking. Points earned between Jan. 1, 2006 and Dec. 31, 2007 count toward a nation's ranking and factor into the number of start positions a country receives at the 2008 Olympic Games in Beijing, China.

The Showdown at Sugar NMBS welcomes all levels of participants; beginners to world class athletes. Elite athletes from around the world will compete for the top spots in the following disciplines: Cross Country (XC), Downhill (DH), Short Track (ST), Dual Slalom (DS), and Super D (SD).

The Showdown at Sugar NMBS event kicks off Thursday, June 8th with downhill training and spectator lift rides. Activities and competitions continue non-stop throughout the daylight hours until Sunday afternoon. Some highlights include the pro men and women DH final on Sunday, June 11th at noon. This event is sure to be one of the most popular spectator events. The more endurance oriented pro men and women XC competition will be held Saturday, June 10th at noon and 12:15 pm respectively. The XC challenges riders up, down and around the Village of Sugar Mountain. It is a six mile, 1,000 foot vertical climb per lap. Pro riders pedal 3 laps - that's 18 miles and 3,000 feet of climbing through the woods! Medals are awarded to the top 3 finishers in all categories. A \$5,000 prize purse will be paid to pro riders in DS, DH and XC.

On Sunday at 1:00 pm watch the little ones as they compete in the SHIMANO cross-country kid's race. It's adorable! All kid's events offer categories with the appropriate track, loop and terrain to suit its age group. Once again brand new mountain bikes courtesy of Boone Bike and Touring and Magic Cycles will be awarded to the overall winners of the XC female and male junior beginner 10 & under classes! To enter go to www.skisugar.com/showdown.

Spectators can catch some wicked cool action in various "hot spots," like the start/finish arena, certain key locations along one of the five race routes. And of course the chairlift provides some unique aerial viewing and will be operating daily for spectators. A complete lift schedule can be found at <http://www.skisugar.com/showdown/spectator.phtml>.

The expo/tech area will be jamming with team trucks showing off the latest cycling equipment, local vendors, raffles, and free demonstrations. You definitely won't want to miss the Michelob Ultra Party, Saturday, June 10th from 3:00 – 6:00pm. Live blue grass music will be performed by the popular local band – BOSS HAWG. Stick around for the pro-rider autograph session from 4:00–5:00pm. Food and beverages will be available daily in the Sugar Mountain base lodge.

Sponsors for the 2006 Showdown at Sugar include: Sugar Mountain Resort, NMBS, Village of Sugar Mountain TDA, Sugar Mountain Accommodations Center, Sugar Mountain Resort Accommodations, Sugar Ski & Country Club, Boston Culinary Group, Michelob Ultra, The Reserve at Sugar Mountain, BB&T, Boone Bike and Touring, M-Prints, Magic Cycles, Lowes Food, Aquafina, ADS Graphics, Scotland Yard, Precision Printing, The Sign Shop, High Country News, USA Cycling, Shimano, Gatorade, Fox Racing Shox, Kenda, Sigma Sport, ODI, GU Energy Gel, Sponsorhouse.com, Rising Sun, Southridge, Static, and Control Tech.

For more information on the 2006 NMBS Showdown at Sugar please log onto www.skisugar.com/showdown or call 800-SUGARMT.

Special to Southern Divison
Jack Melill, Ski Flight Advisor
March 17 2006

EUROPEAN SKI SYMPOSIUM (SKI FLIGHT 2007)
PLANS SKI TOUR TO INTERLAKEN, SWITZERLAND
AND FABULOUS JUNGFRAU REGION

Feb. 2 to Feb. 10 2007 Tour Cost \$1799

February 2007 is the date for Ski Flights annual ski symposium to Interlaken, Switzerland and the classic ski region of the Jungfrau, with the fairy tale villages of Wengen, Grindelwald and Murren all beneath the fearsome Eiger Mountain face

This area boasts not only the highest railroad station in the world tunneled through the Eiger to over 11,000 feet, but also Murren reached by Funicular, (of 007 "*Never Say Die*" movie fame,) magnificent raw peaks soaring over 13,000 feet. Fantastic skiing and all connected by an efficient narrow gauge cog railroad.

AVALANCHE TRAINING WITH SWISS SKI PATROL

In past visits, we have had excellent avalanche training and drills with the professional ski patrol, dogs and avalanche beepers. An exchange with the Swiss National Ski Patrol is in the planning. Because of its geography, the Jungfrau Region is known for it avalanche potential, which the ski patrol must control.

Our base is in Interlaken at a luxury 4 star hotel between two beautiful lakes, we access the skiing by nearby cog railroad. Interlaken while a modern 20th century city is the queen of the region and retains its 19th century old world charm and elegance. Side trips to Lucerne, Basel, Zurich or adjacent ski areas are very easy by train.

SKI THE EIGER OR JUNGFRAU GLACIERS

Skiing is varied and really interesting, ranking from novice to expert. Skiing for experts includes skiing The Jungfrau Glacier at 11,329 feet atop the Jungfrauloch, or the spectacular Eiger Glacier and for racers the Kandahar World Cup Race Course. The real enjoyment is skiing from village to village, then pausing for a cappuccino and apple strudel. Its like skiing was years ago. Later ski to Grindelwal and ride up Switzerland's first chairlift aptly named First. Its fun wherever you go.

TRIP HIGHLIGHTS AND COSTS

Southern Division participants would depart New York or Atlanta and return either from Paris or Zurich. We would all meet in Interlaken.

Highlights include, RT airfare, all breakfasts and some dinners. A moonlight lake cruise is also planned. Costs including almost everything, are expected to be in the \$1,799 range. So plan now to ski in the tracks of 007, explore Interlaken and enjoying a picturesque, memorial vacation. The trip is already half booked and limited so plan early to attend.

FLYER REQUEST BELOW

Ski Flight is an official Fund-raiser for the Pacific Northwest Division. The tour is open to all patrollers, family and friends.

-----clip and mail-----

Please send me an informational flyer for The European Ski Symposium (Ski Flight 2007).

Name (Print)_____

Mail Address_____

City, State and Zip_____

Mail to Jack Melill c/o Ski Flight 25406 SE 138th Street Issaquah, WA. 98027

Ski Flight 2007

European Ski Symposium

Tour Cost \$1799 includes RT air*

February 2 to 10, 2007

Signup early for this excellent ski symposium in Interlaken, Switzerland February 2 to 10, with an exciting extension to Paris, France or a ski week in Zermatt, Switzerland. Ski the three fairy tale villages, the Eiger Glacier, the World Cup course and ride the cog train to the Jungfrauoch highest railroad station in the world tunneled through the Eiger Mountain. Planned meeting with the Swiss National Ski Patrol, a dinner cruise and other special events.

ITS ALL INCLUDED

- POLAR R.T. AIR **SAS** FROM SEATTLE
- 1st CLASS SUPERIOR HOTEL(Double occupancy)
- GROUP TRANSFERS
- MEETING WITH SWISS NATIONAL SKI PATROL
- PLANNED LAKE CRUISE AND DINNER
- MTN. COG RAIL PASSES AND NON SKIER PASSES
- ALL BREAKFASTS AND 3 DINNERS (4 COURSE)
- ESCORTED TO AND FROM THE USA
- 4 DAY PARIS EXTENSION \$450
- A WEEK SKIING ZERMAT AND THE MATERHORN \$750

(Clip and mail to Ski Flight - 25406 SE 138th Issaquah, WA 98027)

YES! sign me up for [Interlaken 2007 February 2-10](#), my deposit of \$250 per person is enclosed. Make checks payable to Ski Fight PNWD.

Print Name (as on passport) _____ Birthdate _____

Roommate _____ Birthdate _____
Address _____ City _____ Zip _____

Telephone(____) _____ Email _____ Patrol. _____

Try To find me a roommate _____. I prefer a single room _____ (\$300 surcharge.)

Send me information about the 3 day Paris extension ____ The Zermatt ski 7 day extension _____.

**Price subject to dollar Euro values, air, hotels ,bus cost, (.Air taxes not included.)
Jack Melill Ski Flight Advisor 425 313 4632 OR jack.Melill@Juno.com*



**2006 NSP Southern Division
Annual BOD Meeting
August 19th and 20th
Holiday Inn Conference Center,
Wytheville, Virginia
Exit 73 off I-81 near I-77**



TWO DAY MEETING FORMAT!

Friday and Saturday Evening Hospitality Room Social

Saturday

Board of Directors and Annual Division Meeting
*****Special Guest, TBD – Medical Reserve Corps*****
OEC Instructor Update-concurrent with BOD meeting
Luncheon Buffet
Annual Awards Banquet, Saturday Evening

Sunday Morning

Board Meeting continues Sunday morning with
2006-2007 Ski Season Final Planning

**Plan to attend --- mark your calendars NOW!
Registration forms will arrive in your e-mailboxes SOON!**