



*See you next week!  
Bobbie*



Volume VII  
Number 1

January  
1978

Official Publication of the Southern Division  
National Ski Patrol System, Inc.  
Route 3, Box 118, Summerfield, N.C. 27403

Division Director  
David P. Dillard

Editor  
Roberta S. Rupp

---

---

FROM THE DIVISION DIRECTOR

The Southern Division has had some interesting weather this 1978 season. Three weeks ago, at the Homestead, Virginia, the hardy candidates taking the test stayed out in the rain all day. That night the temperature dropped from 50° to 10° and it snowed 5". This is Southern Weather!

This month I sent letters to our advisors asking them for an article for the Southern Cross, knowing the need to inform the patrollers. The advisors also need input from all of you to help them do the job; i.e., Awards, need for Circle A and Circle M courses, Equipment, etc. Let's keep the info flowing. The next deadline is March 15th.

We have a source for cardboard leg splints, thanks to the Container Corporation, Gastonia, N. C. Contact Ken Allen (803) 576-3926 or Charles Benbow, Carolina Highlands Section Chief.

Sam Bruce, Mill Ridge FL, is in the process of making a film about all the ski areas in the South. He will be calling for your assistance in this worthwhile project.

Our thanks again to the lift evacuation experts John Lawrence and Keith Gray. In November they put together another super seminar at Seven Devils Ski Area. The division thanks Chuck Thomlinson, Seven Devils' manager, for his help and assistance during the last two seminars.

This year we have a new patroller manual. Every person in the division should have one! Bill Simmonson, National Training Adv., has put together a most interesting and informative manual. Also, we all must have the Winter First Aid Manual. Patrol Leaders, please check to be sure all patrollers have both manuals! Accident forms are no longer available from the national office, but may be ordered from Barringer and Williams Company, Box 1106, Rochester, New Hampshire 03867 at \$6.00/100.

The Atlanta Ski Club had a grand success with their annual "Swap Shop". The Southern Division was given \$750.00 from the proceeds of this event for the use of the patrol in this area. The strong support of the NSPS by the Atlanta Ski Club shows the continuing confidence they have in our system. We wish to thank all who helped make it such a success and especially the Atlanta Ski Club Board and Dr. Bill Farrell, a fellow patroller, who helped organize the swap.

At the areas I have visited this year, I've been impressed with the improved overall ski proficiency. This is the right way to keep down patroller-involved accidents. Charles Haskins, National Director, can be quoted, "Safety must be indelibly imprinted on the minds of every patroller and every patroller must be a symbol of safety, instead of a mountain menace".

Let us make "safety awareness" our new year's resolution!

David P. Dillard



## LIFT EVACUATION SEMINAR

On November 19th and 20th a second lift evacuation seminar was held at Seven Devils Ski Area.

Saturday was spent learning about ropes, carabiners, knots and descending devices. Basic rock craft and rappelling were the main events for the afternoon, after a long morning of classroom work. Sunday was used learning about ascenders, rescue harness use, lift evacuation and self-evacuation.

A fine chili dinner was served Saturday night, thanks to Doris and Charles Benbow. This was followed by several hours of some of the funniest stories ever told in the Southern Division.

The instructors for the course were Tim Combs, Guide OAU; Frank "Flash" Gordon, Asst. PL at Wintergreen; John Lawrence, Lift Evacuation Advisor and Keith Gray, Equipment Advisor. Others in attendance needed to properly run the course were Sam and Buckwheat. The fourteen patrollers taking the course and Blitz thoroughly enjoyed the weekend.

Other courses will be held in the spring of 1978. Watch the Southern Cross for the dates.

## EQUIPMENT

Most of the pro forms that were available at the first of the season are gone. As most of you know, there aren't any pro forms for many items. If you are having trouble finding a certain piece of equipment at a reasonable price, there are shops in the Greensboro, Charlotte and Boone areas that I can put you in touch with that may be able to help.

In talking to patrollers around the Division, I have found that many of you did not receive the mailer from Eastern Division on the Class 5 Jackets. These jackets, Rust 60/40 Mountain Parka and Down Parkas, are available at the Seven Devils Ski Shop at a Patrol discount; just show your card. These jackets have been used in the Far West Division and have received very high praise.

Keith Gray, Division Equipment Adv.

## YOUR LEGAL ADVISOR

Your advisor attempts throughout the year to make himself available to the Division Director and others in the Division to answer inquiries as they are received and to give legal opinions relating to NSPS activities. An item which has required much attention is the NSPS Congressional Charter. The importance of this Charter cannot be over-emphasized. If the Charter is issued, we might avoid the necessity of multiple registrations with all the various states wherein the NSPS carries on its activities. Every state has different requirements and to register as a foreign corporation in each state requires compliance with that state's laws. Some states, for instance, require the posting of cash or security bond. Most states require the filing of reports, etc., necessitating substantial paperwork.

The National Legal Advisors' Committee is having an annual meeting February 3-4, 1978, Salt Lake City, Utah. Your advisor hopes to be able to attend this meeting.

Robert Riddle, Division Legal Adv.

## THANK YOU!

We would like to thank the following for their generous donations to NSPS, Southern Division:  
Asheville Ski Club \$50.00  
Hugh C. Winslow Farms \$100.00

Last season's donations to the Southern Division made up 60% of our income. To those of you who are members of ski clubs or other related organizations, please submit their donations and remind prospective donors that all gifts to the NSPS are tax deductible.

Forward all donations to Jim Underwood, Division Treasurer, 109 Wildwood Drive, Oak Ridge, Tenn. 37830

## CIRCLE M COURSE



(photo by Liz Johnson)

This picture was taken at a Circle M Course held with the patrollers from the Homestead December 3rd and 4th. Shown above are: from the left kneeling Bob Holesha, Lorston Steinfatt, Leroy Baisden; standing Glenn White, Norm Katzenberg, Mike Ryan, Pete Steinfatt, Will Dickerman, Salty Schaltegger and Dale Johnson, instructor.

## COMBINED CIRCLE A AND CIRCLE M COURSE OFFERED

This course will be held at the Wintergreen Ski Area February 28th and 29th. For registration, contact Phil Birdsong, FL.

## AVALANCHE PATCH COURSE SCHEDULED

The Southern Division will hold its second Avalanche Patch Course the week of March 25th to April 2nd 1978 in Bridger Bowl Ski Area, Bozeman, Mont. The course will be limited to 30 patrollers and the positions will be filled on a first come, first served basis. Requirements are: Circle A and Circle M. To register, mail a photostat of your current NSPS registration card and a check in the amount of \$25.00 made payable to the Southern Division National Ski Patrol System, Inc. The registration deadline is February 18th. Check and photostat are to be mailed to Dale W. Johnson. Course participants, friends and family are most welcome.

Dale Johnson, Division Avalanche Adv.



YOU CAN HAVE IT!

This can't be bought and no one can give it to you; get it for yourself. You can get this by subjecting yourself to exhaustion and exposure to the elements. These are the only two things you really need.

When your body thermostat senses a drop in body core temperature and starts the muscles shivering, ignore it and stay outside. The shivering may stop. You may get it this way.

When your metabolic process has slowed down and completely exhausted your energy reserves, don't rest, don't get warm and don't eat to have more fuel for body heat. You may get it this way.

When you get goose bumps, that increase the dead air space for body insulation, ignore them. They'll go away as soon as you get it.

When your fingers and toes start getting cold because the blood vessels have constricted to allow more blood flow to the major body organs, you are getting closer to getting it.

If you go out without adequate clothes to protect you from the wind and rain, just because clothing loses 90% of its insulating value when wet, you can get it. Just because 70% of your body heat loss is through the head, don't bother to wear adequate

head wear. This will help get it.

If you'll wear too many clothes so that you'll sweat, it will give you the same effect as rain and reduce the insulation value of your clothes. This also helps. If you'll wear clothes on the upper part of your body that can't be unbuttoned or zipped to properly ventilate your body such as turtleneck sweaters and other garments that can't be opened, that will help you get it.

If you are a female, you'll be able to get it easier because you'll only produce fifty heat calories an hour while a male will produce seventy in the same period and because a female has a 40% higher threshold of pain than a male you won't complain as much about being uncomfortable.

If you'll just accept being cold as part of being outdoors, your chances of getting it are very good.

While engaged in an outdoor activity and your feet become unsteady, your speech becomes slurry, focusing your eyes becomes hard and you are shivering uncontrollably; don't get out of the wind or rain, don't start a fire to get warm and don't get into some type of shelter and . . . you've got it, HYPOTHERMIA. Don't worry, all of these signs will go away as soon as you're DEAD from it . . .

Keith Gray, Division Equipment Adv.

MOUNTAINEERING PATCH COURSE

There will be an Advanced Ski Mountaineering Patch Course February 17 to 19, 1978 at Mount Rogers, Va. The classroom work will be held at the Mount Rogers Rescue and Fire Station on U.S. Route 58 near the White Top, Virginia Post Office. It will begin at 2:00 PM on Friday, February 17th. The field work will be Friday night through Sunday afternoon. All participants must pre-register using the form below with a signed recommendation from either your PL or a Division Mountaineering Instructor and mail to F. H. Moore, Jr., Box 516, Abingdon, Va. 24210 by February 9, 1978. All information needed for the course will then be mailed to you.

This course is open to registered patrollers with Circle M and Circle A, Forest Service and Rescue Squad personnel possessing the basic equipment (cross country skis and/or snow shoes required), knowledge, mental and physical stamina to take part in a survival-type winter weekend. The course is also open to alumni of previous courses. All Southern Division Registered Ski Mountaineering Instructors should make every effort to attend.

NATIONAL SKI PATROL SYSTEM, SOUTHERN DIVISION - APPLICATION FOR ADVANCED SKI MOUNTAINEERING COURSE

Name \_\_\_\_\_ Phone: Home \_\_\_\_\_ Office \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Current NSPS Registration # \_\_\_\_\_ Patrol \_\_\_\_\_ Region \_\_\_\_\_

Circle A Card # \_\_\_\_\_ Year \_\_\_\_\_ Circle M Card # \_\_\_\_\_ Year \_\_\_\_\_

Division Circle M Instructor # \_\_\_\_\_ Year \_\_\_\_\_

Evidence of winter mountaineering experience other than Circle M Course \_\_\_\_\_

Other general outdoor and mountaineering experience, including schools, etc. \_\_\_\_\_

PATROL LEADER'S RECOMMENDATION: I hereby approve and recommend the above patroller as candidate for the Advanced Ski Mountaineering Course.

Signed \_\_\_\_\_

DIVISIONAL SKI MOUNTAINEERING INSTRUCTOR RECOMMENDATION: I hereby approve and recommend the above patroller as candidate for the Advanced Ski Mountaineering Course.

Ski Mountaineering Instructor Card # \_\_\_\_\_ Signed \_\_\_\_\_

NOTE: Do not recommend any person who in your opinion is not mentally, physically and emotionally capable of participating in a rugged winter expedition. Candidates should also display strong leadership qualities.



**Ski Shack**  
 3001 INDEPENDENCE BLVD  
 CHARLOTTE, N.C. 28209  
 704 398-8373

THE SOUTH'S HIGH PERFORMANCE SPORTS SHOP

Dynastar Fischer Hexcel Kastle Olin Vokil  
 Look Salomon Spademan Marker Tyrolia Besser  
 Dolomite Dynafit Hanson Nordica




EQUIPMENT • PROFESSIONAL INSTRUCTION  
 CLOTHING • DEMO EQUIPMENT  
 ACCESSORIES • RENTALS

SKIING — BACKPACKING — TENNIS  
 WATER SKIS — SKATEBOARDS

DISCOUNT TO NSPS MEMBERS

LOOK SALOMON  
 BLIZZARD FISCHER

(704) 299-0434  
 GREENSBORO, N. C. 27410  
 3918 WEST FRIENDLY AVE.  
 % BENBOW REPRODUCTIONS, INC.  
**SALES, INC.**  
**GREENSBORO SKI RENTAL**

P. O. BOX 6563  
 (803) 788-8050  
 DECKER VILLAGE SHOPPING CENTER, COLUMBIA, S.C.

LIDO SWEATERS  
 DYNAFIT BOOTS  
 FISCHER SKI  
 KOMBI GLOVES

by  
 SUN GEAR  
 ALLSOP  
 SASKA SKI WEAR

MANUFACTURER'S REPRESENTATIVES  
**ASSOCIATES**  
**&**  
**PATRICK TREADAWAY**

OWNED & OPERATED BY NSPS PATROLLER

**DISCOUNTS TO PATROLLERS**

SKIING  
 MOUNTAIN/NERING  
 BACKPACKING  
 CAMPING

PHONE: 867-7871  
 GASTONIA, N. C. 28052  
 2242 E. FRANKLIN BLVD., SUITE A  
**The Pack Shack**



THE SOUTHERN CROSS  
 P. O. Box 36  
 Banner Elk, N.C.  
 28604



ADDRESS CORRECTION  
 REQUESTED

BIRDSONG PHILIP A  
 WINTERGREEN RESORT  
 WINTERGREEN VA

22938

**FIRST-CLASS MAIL**