



Fall 2001

Gearing Up for a Great Season! Nici Singletary Division Director

A new season approaches, and an exciting new calendar of patrol events has been planned. What's different this year? For starters, becoming an instructor is now streamlined. The road to becoming an instructor begins with the Instructor Development course (formerly "Phase I"). Then, for the discipline you are interested in, you begin a mentoring process that will lead to your instructor certification. This mentoring process will replace the old "Phase II" courses beginning January 1st. The mentoring process will vary in length of time, depending on your teaching ability and skills, and is free of any National, Divisional or local fees.

Avalanche Awareness is a new course for Southern Division, and will be available in each Region under the guidance of Avalanche Program Supervisor Bill Kost. Mountain Travel and Rescue is the new name for the Basic (Circle A) Mountaineering course, and its name more accurately reflects the course content. Program Supervisor Don Jones has helped arrange these courses throughout Division. Senior OEC will soon have a new name, also reflecting that there is *one level of OEC*, with senior and certified skills emphasizing leadership, scene management, triage, etc.

The Senior Program is alive and well! This was a topic of a round-table discussion at the recent Fall Officer's Meeting. Of interest, Appalachian Ski Patrol and Wolf Laurel Ski Patrol both have the highest percentages of Senior level patrollers. Why should patrollers work towards Senior? For many, Senior represents a personal challenge. In truth, Senior is much, much more. Senior certification provides patrols and patrollers with advanced scene management and leadership skills, and gives patrollers the ability to respond with confidence to all varieties of critical situations on and off the slopes. Senior patrollers are role models for newer patrollers, serve as mentoring resources, and most are instructors in one or more disciplines.

There is no time limit to complete the modules for Senior. Many patrols provide incentives for Senior, such as higher salary for paid patrollers, counting training days as "duty days", higher valued meal tickets, fewer night shifts, first "crack" at scheduling duty days, enhanced pro form and area shop benefits, and the ability to patrol on more advanced slopes. Take a look at the calendar for your region and see how you can benefit from some of the many courses offered, then talk with your Patrol Representative about how you may enter the Senior program!

Our prayers and thoughts are with Massanutten patroller Denny Lennon, currently undergoing radiation therapy for a brain tumor, and with Cathy LaMarre, whose niece has been diagnosed with a rare form of leukemia and is in need of a bone marrow transplant.

Calling All Patrollers!

Getting involved at the Division level is a great way to learn more about NSP and to be able to effect some changes. Currently we need 2 volunteers for new Division positions. A volunteer is needed to help coordinate the annual Division Spring Convention and the Fall Officer's Meeting. This person should have knowledge and ability to help plan meeting sites and to coordinate hotel accommodations and meeting room reservations. The second position we need to fill is a Division Safety Program Supervisor. This person would help spearhead Division and SSAA-sponsored safety projects. In addition, a proposal was passed at the annual NSP meeting to explore a new Slope Safety Program, similar to Vail Mountain's Yellow Jacket Program, using video, computer, and other means of disseminating information. This new national program would dovetail into the Division Safety program.

The Southeastern Ski Areas Association/Southern Division NSP Kid's Safety Poster Contest is back again this year! We anticipate awarding close to \$1,000 worth of US Savings Bonds in prize money to the winning entries. Lynn Poletti will be coordinating this year's contest, and each patrol will receive a mailing or

email detailing the rules. We would like each patrol to have a volunteer to help coordinate this contest at their local level.

If you are interested in helping with any of these activities, contact your patrol representative or email Nici at NiciEMS@aol.com.

Treasurer's Report
Jim Underwood Treasurer

Listed below is a summary of the Division treasury report for the last season. A detailed copy of this report is available by contacting Jim Underwood, 865-483-3675, jnu@icx.net, or at 109 Wildwood Drive, Oak Ridge, TN 37830

	Beginning Balance 7/1/00	Closing Balance 6/30/01
Checking*	\$6,643.82	\$6,649.33
Savings *	33,391.15	35,347.98
Contingency	20,410.33	21,628.77
Total	60,445.30	63,626.08

Operating Account

Junior Memorial Fund

	Beginning Balance 7/1/00	Closing Balance 6/30/01
Savings	\$4,138.31	\$4,367.98

Income, Operating Acct.

\$56,816.80

Source:

- 90.7% Dues
- 5.1% Course Fees
- 3.5% Interest/Dividends
- 0.7% Other

Expenses, Operating Acct.

\$54,854.46

Expense:

- 69.1% National Dues
- 11.7% Newsletter
- 6.4% Awards
- 6.2% Program Supervisors
- 5.1% Line Officers
- 1.5% Safety Education

Dixie Region

Neil Booth, Director

The 2001-2002 season is here! Our annual Refreshers will be over before we know it and we will be on snow, doing what we love to do! To get ourselves ready requires each of us to

brush up on all skills. Each new season gives us opportunities to attempt new ideas and skills. Growth is what everything is about. Do you know of anyone that starts the season out with the thought of achieving poor performance? Of course not, so let us all make some personal growth goals for this season.

I will let all of you in on a little secret. My new Section Chief's, which are listed below, and I will be talking to your Patrol Representative about making patrols more proficient and actively involved with the Region/Section. The three of us will also be talking to you, individually, about your interests. It is hard for the three of us to talk to the 200 members of the Region, so, do not be timid, and approach us. Our big push this year is to increase the skill and proficiency of every member, your patrol and the system! . Competent growth is the goal! The end result might reveal itself in a 15% growth in the ranks of Seniors.

We need to congratulate the following people awarded the Yellow Merit Star for being runners up in National Awards competition. They are Bob Lang, Sky Valley for Outstanding Patrol Representative; Larry Erb, Wolf Laurel for Outstanding OEC-IT Instructor; Neil Booth, Cataloochee for Outstanding Administrative Patroller.

There have been several changes in Region positions that everyone should be aware of. Make sure you look at the new Dixie Region Roster. I will state the changes below:

Steve Cortelyou from Section Chief (SC) to Division Internet Communications. Steve did an outstanding job as SC for the past two years and his excellent work on the electronic distribution of the Southern Cross, which led to his new position.

David Kattermann from Region Chief Examiner to SC, Smokey Mountain. David's leadership as Patrol Rep (PR) at Wolf Laurel and the excellent job he did in S&T Examinations led to this change.

Richard Boyer is the new SC, Deep South. He is one step away from achieving advanced status. When he completes the S&T Exam on January 6, he will be a Senior. Richard replaces Lee Wilkinson who was SC for the past two years, filling in while we found a patroller from the section, to assume the position. Lee is always available to help whenever the need arises and we appreciate his talents.

Larry Erb takes on additional responsibilities. He was Senior OEC Coordinator, now he is the Region Senior Coordinator overseeing all

aspects of the program. If you have questions (OEC, S&T, Clinics, Exams), he is the central resource. Larry replaces Randy Avery who was instrumental in getting the Dixie Senior program off and running. He did an excellent job and is a talented member of our system.

Phil Critcher is your new Dixie Region Chief Examiner, replacing Kattermann. Phil has been involved in the S&T program for quite some time and brings the continued levelheaded approach to this discipline, along with his leadership skills.

Steve McCarragher is the new Patrol Rep at Cataloochee. He was the Asst. PR for the past two years. Give him the support you gave to Charlie Henley.

Rick Woodlee is the new Patrol Rep at Wolf Laurel. He was the Asst. PR for the past two years. Give him the support you gave Rhonda Smith.

We have an opening and need for two new Advisors. We need someone for Region Avalanche Awareness and someone for Region Mountain Travel & Rescue. If you are interested let your PR, SC, or me know. Without Advisors, we may not be able to hold the courses. We will not hold an Avalanche Awareness Course in Dixie this season. One will be held in the Blue Ridge Region, hosted by Bill Kost, Division Avalanche Supervisor. The date is February 9, 2002. The location is still to be determined. If you are interested, let your PR know at the refresher.

The Dixie Region is hosting the Spring Officers Meeting in Asheville, NC on May 3-4, 2002. I encourage YOU to consider attending this meeting. We have a business meeting on Friday night along with a very informal welcome reception. Saturday is our year ending business meeting, culminating with the annual AWARDS Banquet that evening. This is an excellent time to spend with your fellow members and be there to recognize the outstanding performances of people from within the Southern Division. If you never attended, the time could not be better. Look for details in the Winter Southern Cross.

Ready for the challenges of the new season? I know I am and we look forward to seeing many of you at refreshers or your respective ski areas this season. Take my challenge to take an area or areas of patrolling that you will set a goal on achieving this season. We all feel better with increased knowledge. Grass that stops growing goes dormant then dies. Let us all grow extremely tall this 2001-2002 ski season.

Virginia Region

Mike Fisher Director

Just when you think you might get a break from your busy schedule, the fall approaches promising more to do than you had before! Where and when does it all stop? With the Fall Officers meeting behind us, I was hoping for a brief rest from the rush of preparing for the ski season. But, what happened to the time? Have I been sleep walking? Is this happening to you too? Just think of all the things that are going on with the Virginia Region. Wintergreen just started it's OEC course for it's candidates; there was an instructors update going on at the same time; an OEC course is going on in northern Virginia, we have three pre-refreshers to do; three refreshers; five patrols to refresh their OEC skills; five more days to do the on the hill portions with lift evac and scenario's to do; hundreds of miles to drive; ski swaps; transfer orientations; lots of snow to make and groom; Senior Emergency Management clinic and eval; Senior Ski and Toboggan clinic and evaluation; Certified clinic and eval; lots of reports to write; lots of awards to give out; a phase 1 and Global II Toboggan update; picnics; parties to go to; wood to chop; Virginia's largest tubing park to build at Wintergreen; and candidates to train; wow!!! Where do we get the energy to do this much stuff in one short season? Buy the time the last snow melts, it's time to write more reports, go to more meetings, drive lot's more miles, and then it is September AGAIN!

You know, I could use a good time warp machine to take me back to the 70's when there was no email, no instant messaging, very few answering machines, lots of pretty college girls, a 32 inch waist line, hair on my head, no money in my pocket, and having the time of my life at Beech Mountain, Appalachian, Hound Ears, Sugar, and Seven Devils. Those were the days of great memories; ski racing; safe sex; rock climbing; camping in Linville Gorge; white water; Boone's Farm wine; and some studying mixed in for good measure.

This ski season will be very different for me since I will be living very close to Wintergreen in my newly built log home. Y'all come visit. See you on the slopes.

Blue Ridge Region
Butch McLean Director

Just when we begin to think of refreshers, on the hills, and mountain workdays the news from the region is not good. Hawksnest has announced that it will not open for skiing this year. It has been about 20 years since the last time Hawksnest failed to open. The plan at this time is for the intermediate run, Goshawk, to be converted into a tube run for this season. The lift will be slowed for easier loading and unloading and a staging area created at the top of the run. This decision not to open for skiing was made because of ongoing problems between mountain management and the town of Seven Devils Police Department.

The effect upon the Hawksnest Ski Patrol is evident. The members, under the leadership of their new patrol representative Larry Bost, are looking for a way to get their ski days in this season. The support exhibited for the Hawksnest Patrollers by the other patrol representatives has been outstanding. Larry has received a commitment from the other mountains in the region to support the Hawksnest Patrollers and allow them to visit. He feels confident that this will only be one season and that Hawksnest will be open for skiing next year.

As we do our refreshers for the upcoming ski season we need to consider our ability to physically function at a high level when the season starts. There is a myriad of methods to get into shape for the season and numerous web sites with common sense tips. A few of these web sites are listed below.

“Ten Quick Tips To Get In Top Shape for the Ski Season”

www.stonefoundation.com/tentips.htm

The title of the article pretty much tells you what to you'll see when you visit the site. The exercises don't take any specialized equipment and can be done at home.

“Getting In Shape for Ski Season”

www.hyperski.com/Articles/sep96maassen.getinshape.htm

This article focuses on the first of three phases of a ski-training program, the pre-ski phase. The author touches upon upper body exercises and knowing your target heart rate. A note here, the formula for calculating your maximum heart rate, 220 minus your age works most of the time but not always.

“Preparing For Ski Success”

www.skihealth.com

Once you have gone to the site choose the top link Ski Conditioning. This is good web site for seeing exercises in animation. This also has links to other topics of interest such as the responsibility code, clothing and tips for improving your skiing. Most of the exercises can be done at home without special equipment.

For those folks who are already involved in a program of physical fitness check out the Rocky Mountain Workout site.

www.rockymountainworkout.com/workouts/skiing/index.htm

This site offers exercises that will take you to a higher level of fitness. It cautions that you need to have a solid base of fitness before you start their training program. The only piece of equipment that is specified is a stationary bicycle.

“Exercises To Prepare For Ski Season”

www.rightguide.com/humor/ski.htm

This last site offers 16 exercises to prepare for ski season. Exercises that most of us have taken part in are included. Such favorites as #3 “Dress up in as many clothes as you can and proceed to take them off because you have to go to the bathroom”.

PSIA Ski Proficiency
Dave Parker Advisor

NEED HELP RECRUITING NEW MEMBERS? - TALK TO THEM ABOUT THE SKIING/SNOWBOARD PROFICIENCY TRAINING TEAM

If you are like me, you are extremely excited about the upcoming ski season, including all of the new challenges that it will bring. One of the essential duties of our organization is to recruit new members, and train them to become patrollers. For most ski areas in Southern Division, this means talking to prospective new members, and discussing the benefits of joining the National Ski Patrol and becoming a patroller. This usually means emphasizing the positive aspects of being a member such as the camaraderie and the wonderful feeling of helping others, and downplaying the negative parts, such as attempting to warm your near frost bitten hands after kneeling in the snow for 45 minutes while back boarding an injured skier, or getting soaked to the skin in the rain while coaxing the last skiers off of the mountain during sweep.

One of the questions most prospective new members ask is what will becoming a member of the NSP do for me? Most people who are interested in skiing or snowboarding will respond positively when you tell them that becoming a member will significantly improve their skiing and snowboard skills. You can back this statement up by telling them that there are patrollers on your patrol who are PSIA certified, and who will be conducting skiing proficiency training sessions virtually every weekend to improve their skiing/snowboarding skills. And the results have been phenomenal. The skiers that have attended the proficiency training have all raved about how their skiing has improved. So tell your prospective new members about all the wonderful reasons to become a patroller, and use the Skiing Proficiency Training Program as one of your big benefits. It won't keep their hands from becoming frost bitten, or keep them dry on a rainy night, but it will improve their skiing/snowboarding, and that will make them a better patroller for your patrol.

NEWS FROM NATIONAL

John Dobson Division Representative

Your National Board of Directors continued to work very hard at the NSP Annual Meeting in June, on Board structural and governance changes. As mentioned in my last Southern Cross article, these changes will allow the NSP Board to address strategic national issues important to our organization, rather than focus on local issues as it has been doing for many years. The implementation of these revisions will result in a business model that will be more effective for members and industry stakeholders. These changes will also result in individual divisions and local regions/patrols addressing and making decisions on issues pertinent to their geographic area, and to their unique resorts.

At Indianapolis, the Board reviewed and discussed the results of four national surveys conducted by our consultants, Association Management Services, between April and June 2001. These surveys included:

General Membership Survey—random selection of NSP members with an even geographical distribution a very high level of consistency in responses to survey questions.

Lessons Learned—local patrol is main reference point for members; members have relatively little direct contact with regions, sections, and divisions; members are positive about the

services they perform and their expectations about their role as a patroller are being met.

Education Group Survey—taken from 8000 members in education ranks (Instructor through Program Director) random selection with an even geographical distribution.

Lessons Learned – the political process is often seen as adversely affecting the education process; Instructors do not perceive themselves as future NSP leaders; there is no one effective method of communicating program changes to program personnel.

NSAA “Focus Group” Survey—a variety of ski areas were surveyed, represented by 18 individuals directly involved in hill management; a very high level of consistency in responses to questions.

Lessons Learned—confusion over “who is in charge of what?” opportunities for collaboration; opportunity for patrollers to be part of the skier’s positive experience, guest service needs to be an integral part of the patroller’s function.

Related Organizations Survey—Canadian Ski Patrol, National Association for Search & Rescue, National Ski Areas Association, Midwest Ski Areas Association, Professional Ski Patroller Association, U.S. Forest Service, telephone interviews conducted in April-May with chief of staff and/or chief elected representatives.

Lessons Learned—all organizations are experiencing changes in the Ski industry, i.e., decreasing membership and decreasing number of ski areas; NSP is in danger of losing its role in the industry due to isolationist behavior, i.e., the industry is changing and so must NSP to remain relevant.

To recap the “lessons learned from the four surveys:

Membership organizations are experiencing rapid changes in the ski industry

NSP’s isolationist behavior endangers its position, and must change to remain relevant

Guest service needs to be an integral part of the patroller’s function

Confusion over “who is in charge of what?” is compounded by bureaucracy and layers

The political process is often seen as adversely affecting the education process

With the information gathered and discussed during our last two planning meetings, over the next year, the NSP Board of Directors will:

Make decisions about structural and procedural operations of the NSP

Make decisions about its own (Board) effectiveness, size and structure. Develop a plan

for change and take that plan back to the NSP Divisions and other stakeholders for input. Focus on the business strategy for NSP, Deliver unique value to stakeholders. I continue to be very excited about the future of the National Ski Patrol!

SPRING 2002 AWARDS BANQUET
Saturday, May 3, 2002
Holiday Inn Sun Spree Resort, Asheville, NC

This years Fall Officers Meeting and Awards Banquet will be held at the Holiday Inn Sun Spree Resort located in Asheville, North Carolina. This meeting is the wrap up meeting for the 2001-2002 ski season. A time to simply relax and finalize the events of the season, do some pre-planning for next year, but most importantly, to recognize and award members at the annual Southern Division Awards Banquet for their contributions to the NSP system and the fine ski areas that we all represent. Plan to arrive on Friday, May 2 and spend Saturday with the Division to see how it operates; then, spend the evening with your friends and colleagues. Come one come all! Ask your Patrol Representative for more details.

Patroller/Cross Country Runner

Matt Lovelace, a Wolf Laurel patroller and a top cross country runner for North Buncombe High School finished a recent race dead last. A competitive runner collapsed and was lying face down. Matt, a member of the Wolf Laurel Ski Patrol and EMT stopped, gave assistance and turned over the runner to the local EMS System. At this point continued the 5K race and did something he never did before – came in dead last. Taken from an article in the Asheville Citizens, August 24, 2001 and submitted by Larry Erb.

We Need a Few Good Patrollers
Dennis Slagle Assistant DD

Actually, we need all patrollers - to sign up to receive the Southern Cross via e-mail. Two hundred and fifty issues of the last SC went out electronically. This included about 50 copies to national. This left about 850 that were printed and mailed via the PO. The logistics have been worked out to maintain the database and get the labels printed for those who still wish to receive

a hard copy. It has already saved money. Everyone's help would be greatly appreciated, as it will help keep Division dues from increasing. You can help us maintain the database of e-mail addresses by visiting the national web site, logon and update your own records. Go to nsp.org and down to "Forms", then go to "Change of Address now Available on Line". It will bring you up to a login page. If you have never shopped online and you don't have a login number, click on "Login Help". Enter your name and NSP number and you will receive an e-mail ID and password. Down the side of the page you can see everything that is available once you have logged in. The Southern Cross is available on the Southern Division web site if you need another copy or need to look at a back issue. There are several years of back issues for reference. The latest issues are the only ones in PDF format (Adobe). Incidentally, if you have not been to the web site for a while, you might want to check it out, as there have been several additions.

Announcements –

I am pleased to announce some new supervisors for the upcoming year. Janette Bennett is the Archivist/Historian, Ian Archibald is the Medical Supervisor and Steve Cortelyou is the Internet Communications Supervisor. The Leadership Development Supervisor position has been dropped. There are new awards from the division. The newly created Mary Kay Twomey Outstanding (Auxiliary, Instructor or IT) award will accompany the Outstanding Auxiliary, OEC Instructor, and OEC IT divisional awards.

Southern Cross Deadline
January 15, 2002

<p>Southern Cross Lee T. Wittmann Editor 396 South Main Street Kernersville, NC 27284 336.993.7571 FAX 336.992.3964 NSPSouth@aol.com</p> <p>Send change of address to: Nat'l Ski Patrol 133 S. Van Gordon St. Lakewood, CO 80228</p>
