



SOUTHERN CROSS

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Passionate About Patrolling

Nici Singletary, Division Director

Passion. It's the new buzzword! Webster defines passion as "a strong liking for a devotion to some activity." Ironically, Webster also defines it as "suffering". Sound familiar?



So, what's your passion? For many of us, it's patrolling. We are passionate about doing our best both on and off the slopes as patrollers. Traveling throughout Southern Division gives me the opportunity to see patrollers training, administering emergency care, and performing routine, daily mountain operations. Their passion shows – whether it's doing sled training in pouring rain, or Senior OEC scenarios in 15 degree temperatures under a blowing snow gun, or driving 10 hours to attend a Division proficiency clinic, or spending each morning greeting first-time skiers on buses and teaching them the Responsibility Code.

Passion inspires and motivates. When you see a patroller who is passionate about patrolling, it inspires you to strive to improve your own skills.

This in turn creates a deeper passion for patrolling within you. This season, show your passion for patrolling, and create some enthusiasm at your home area!

Upcoming Events: Yes, we had a late start to the season, but there are plenty of special events still planned. In February, the **Division Nordic Seminar** is slated for the 2nd and 3rd at Whitegrass Nordic area, WV. If you've ever strapped on skinny skis or tried freeheeling, this is your chance to experience superb instruction while meeting some fellow NSP Nordic skiers. This is also an opportunity to take in some gorgeous WV scenery in the Canaan Valley area, and then follow it up with a scrumptious gourmet meal

cooked by Laurie Little, wife of Whitegrass manager Chip Chase. Contact Penny Dimler at 703-425-2736 for more information.

Also planned for February 2nd and 3rd, the **Division Student Seminar** will take place at Ski Beech, NC. Students aged 21 and under who are registered as patrollers or candidates will gather this weekend for friendly competition and instruction in OEC, ski and toboggan techniques. Under the direction of Student Program Supervisor Jo Ann Ehlinger, patrollers will share ideas and techniques brought from their home patrols. We are hoping that the central location of this year's seminar will make it convenient for students from all over Southern Division to attend! Contact JoAnn Ehlinger at 336-727-1995 for more information.

The **Division Certified Patroller Evaluation** will take place on March 22 and 23 at Snowshoe Mountain, WV. Known to some as the "certifiable exam", this ultimate patrolling challenge is likened by some to the TV show "Survivor". Certified candidates from all over Division will face 2 days of intense evaluation covering topics such as team OEC, ski, snowboard and toboggan handling (on the Division's most difficult terrain), ski lift operation and evacuation, slope safety, avalanche prevention and ski area management. What patrollers gain from this program is a wealth of knowledge and networking that will help patrollers who have chosen patrolling or the ski industry as a career or lifetime

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volunteer activity. Come on out and support the certified candidates from your patrol!

Good luck and best wishes for a safe and fun time at the **2002 Winter Olympics** for those Division patrollers who have volunteered to help. Wintergreen patrollers Patti Kline and Ken Barber, and Shenandoah Nordic patroller Penny Dimler are attending. I'm sure there are others going that I have not heard about, and we all look forward to hearing your reports from Salt Lake City. What a unique experience!

We will celebrate the conclusion of this ski season in Asheville, NC, at the **2002 Southern Division Spring Convention and Awards Banquet**, at the Holiday Inn Sunspree (see enclosed registration). This event is open to all patrollers and their families, and we hope you will join us! Come see how your Division is organized and learn how you can participate. Rumor has it that Wolf Laurel Ski Patrol – last year's Division Outstanding Ski Patrol – will be sponsoring the hospitality room. This is sure to be a highlight of the weekend! You can be certain that Wolf Laurel patrollers will *not* be available the following morning to assist with tours of Biltmore Estate. ;-)

Changes: A warm welcome to several **new or interim NSP Patrol representatives!** Jerry Taylor (Homestead), Bob Palik (Cloudmont), Don Christian (Bryce), Richard Chadick (Wintergreen) and Dale Wallace (Timberline) have all recently taken on the

Thought for the Day

There are two kinds of fools. One says, "This is old, therefore it is superior." The other says "This is new, therefore it is better."

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What Happened to Phase II ?

*Dennis Slagle, Second Assistant
Division Director*

The structured 8-hour Phase II course that all instructors have been previously required to take has been dropped. Until now, the way to become an instructor in any of the ski patrol programs was to first take the Phase I course, and then take the Phase II course for the discipline in which you were interested. The Phase II course has been replaced with a new



difficult position of patrol representative. We appreciate the hard work and dedication of their predecessors - Bill Smith, Loren Gross, Kevin Fagan, Greg Bradley and Richard Cox - and look forward to seeing these folks on the slopes making turns real soon!

I'd also like to take this opportunity to personally say thank you to Lee Wittman, our editor of **Southern Cross** since 1998! Lee has been a lifesaver for us, as this is the second time he has served as editor of Southern Cross. Lee is stepping down from this position. A former patrol representative of the Hounds Ears Patrol in Blue Ridge, Lee currently patrols at Beech Mountain and is looking forward to spending more time at his mountain home and on the slopes. At the fall on-the-hill refresher, it was my pleasure to present Lee with a Leadership Commendation Award, in recognition of his leadership activities in Southern Division for many, many years.

You may notice a bit of a different look to Southern Cross this season. That is because we have a new editor, Bob Weed, of Cloudmont ski area, Alabama. Bob was the former editor of the *Mogul Messenger*, the newsletter for Ober Gatlinburg ski patrol. The *Mogul Messenger* is an electronic publication of very high quality that has received rave reviews for several years. Bob will be adding his own style to the Southern Cross, and we believe that those of you who view and print it from the Division website will be particularly pleased with the color print and photos.

mentoring system. The national guidelines for mentoring have been issued and are now being incorporated into each program.

In short, a new instructor is taught all the aspects of becoming an instructor one-on-one by another instructor in that discipline. The new guidelines are comprehensive, explain the mentoring principles, the differences in coaching vs. mentoring, and give a detailed step by step process to accomplish mentoring a new instructor. If you are interested in becoming a National Ski Patrol instructor, please contact the respective supervisor for that program. *[More info on mentoring in Tim Asbury's article on p 8. Ed.]*

A Time To Reward

*R. Morgan Armstrong, First
Assistant Division Director*



Rewards are important to infants, children, youth, young adults, adults and seniors of all ages. In an organization that is made up mostly of volunteer workers, rewards are what runs the organization. Rewards are awards and if we don't reward our hard working patrollers (paid or volunteer) we doom our organization to mediocrity. Being recognized for our hard work challenges us to work harder. Please recognize all of the patrollers who make your patrol a success. Thank those who come early, stay late and see the job gets done. This year the year-end report that each patrol representative must file with the Southern Division will ask—how many awards did you apply for this year for your patrollers? Let's have one candidate for each award in the division. Make the patrollers in our division feel appreciated.

You never know. Putting others in for an award might just bring your name to the attention of the division for an award. Wouldn't it be nice if everyone got a thank you for special effort and no one got left out? If anyone has any questions on how to submit someone for an award, please, please contact Dennis Slagle or Harry Stowe (Division awards supervisor) or myself. Let no good deeds go unnoticed. The deadline for awards submission is March 10. If submitted after this, there is not enough time for judging, and to complete processing of the awards to be presented at the spring meeting. *[Please see Celeste Bernstein's article on p. 13 for corroborating comments on awards. Ed.]*

Now that the important stuff is out of the way... All line officers are reminded it is time to submit your end of year report. This can be done by snail mail or on line. Check the web site or send me an e-mail or letter and I will get you the paper work you need to report what you and your patrol did this year. Thank you for your effort and I hope to read all about it soon.

From the Regions ...

Virginia Region

Mike Fisher, Region Director

The drought this fall has carried over into the winter leaving Massanutten with the least amount of water in years. They are open and doing well on those slopes that they decided to cover.



Massanutten's Kenny Hess and wife have a new baby. Congratulations! Massanutten hosted a toboggan enhancement clinic that placed six new potential toboggan instructors in the Toboggan Mentoring Program. Thanks go to John Schafer for his instructing the course. Our hopes and wishes go out to Denny Lennan who is fighting brain cancer. We are all hoping for the best for you!

Wintergreen patrollers experienced a bit of a shock when it's Patrol Director announced that he had to pass the job on to another, since he was soon to have open heart surgery! Greg Bradley had some complications

with infection after the surgery, but is recovering nicely, last I heard. Richard Chadick has taken over for Greg, and is doing a fine job. Jay Roberts was mowed over by a plastic mat that was rolling down hill. He stepped out from behind a Piston Bully to meet the mat head on. He has several compressed vertebrae and will be out of action for four to six weeks. Wintergreen has installed a six seat detachable lift on Diamond hill, so now the ride is only three minutes, and the new tubing park is up and running.

Congratulations to the new Patrol Representatives at Homestead, Jerry Taylor, and at Bryce, Don Christian. Both mountains are up and running and looking for a great season.

The Virginia Region schedule still includes a January 26, Sr. OEC clinic at Wintergreen, January 27 Senior Sled and Toboggan clinic at Wintergreen, February 2, Avalanche Awareness at Massanutten, Feb 2 and 3 Full Certified clinic at Massanutten, February 23 Sr. OEC Evaluation-Wintergreen, February 24 Senior Sled and Toboggan Evaluation at Wintergreen.

West Virginia

Jan Star, Region Director

Everyone in the WV region was happy to see cold weather arrive on the 1st day of winter. Mother Nature must have had a better contract with area construction workers until Dec. 21st. All areas got open in time for Christmas week. Bless those snowmakers that worked so hard! This was the first time since 1984 that Snowshoe had not been open for the entire month of December. The stress management teams I'm sure were working overtime! We have all missed some of our scheduled training events. I hope there will be some holes in the schedule somewhere to try to make some of these up.

There were two challenge/OEC evaluations in January that yielded five new patrollers at Snowshoe and eight new patrollers at Timberline. Winterplace will be having their OEC evaluation soon and will hopefully have some new folks out on the hill also. Winterplace will also be hosting the Sr. OEC evaluation in March, using the new guidelines. They have been working hard to make this one of the best. If anyone is interested in participating in the clinic at Timberline in February, or in this evaluation, please work with your patrol representative to get the necessary paperwork signed, and get checked off on basic OEC skills ahead of time.

Timberline will be having elections for a new Patrol Representative in February. Good luck to those who are running for this position.

Hopefully there will be no January/ February thaws and the rest of the season will run smoothly for all areas in the south.

Happy skiing trails!

Blue Ridge Region

Butch McLean, Region Director

Skiing in the high country got a late start. We were able to have a couple of areas open a little later than normal but the weather would not allow skiing to continue on a regular basis until just prior to Christmas. The week between Christmas and the New Year found the weather cold enough for all of the resorts in the region to make snow and welcome in the New Year with good



snow. Brad Moretz, general manager Appalachian Ski Mountain, reports that the week between Christmas and New Year was highly successful with a good number of skiers.

Because of the late start, our season is shortened by about one month. This causes all sorts of problems with patrol functions as well as region and division calendars. Patrols have had to do "sled check-offs" on busy Saturdays along with trying to modify their training schedules to train their candidates. Most patrols have adjusted their duty calendars to reflect the late start. It does not appear that on the hill coverage will be a problem this season.

Rick Laws has created a modified training and testing calendar for the Blue Ridge Region to reflect the late start.

- 1-27 Senior Ski & Toboggan Clinic, Beech Mountain, 8:00 AM
- 2-02 Student Seminar, Beech Mountain, 8:00 AM
- 2-03 Student Seminar, Beech Mountain, 8:00 AM
- 2-09 Senior OEC, TBA
- 2-09 Certified Clinic, TBA
- 2-10 Basic Evaluation, Beech Mountain, 8:30 AM
- 2-11 Certified Clinic, TBA
- 2-23 Senior Ski Evaluation, Beech Mountain, 8:30 AM
- 2-24 Senior Toboggan Evaluation, Beech Mountain, 8:30 AM
- 3-03 Basic Evaluation, Appalachian Ski Mountain, 8:30 AM

The above dates have been sent to all patrol representatives and should be posted in the patrol rooms.

Dixie Region

Neil Booth, Region Director

Have you ever stopped to reflect on how important the job you are doing really is? We all serve many functions in the daily routine of patrolling at our respective ski areas. Everyone needs to stop and be proud of what they do. We all need to continuously work on making ourselves and other members more proficient at what we do. To coin the Army's phrase "Be all that you can be!" Patrolling, just like our



chosen professions, means we must constantly strive for learning, develop higher-level skills, and improve our interpersonal relationships with members, management and customers. There are many more but I will not dwell on. Just know that you are a part of a wonderful organization and you play an integral part in making the system great. Keep up the good work.

I would like to personally thank each and every OEC Instructor in Dixie, but they are too numerous to personally thank. So let me express my appreciation and the appreciation of all members for the excellent performances you did this year, as you have done in the past, as you will in the future. This year I had the personal experience of participating as an Instructor at one of the Dixie Refreshers. For those of you that have never done so, let me tell you what your OEC Instructors do each and every year. They put in a great, great deal of time preparing for their portion of the refresher. To do the job required, they attend anywhere from one to two workshops to discuss the materials. They probably spend at least three to five days preparing materials, then five to eight hours rehearsing for the 30 to 40 minute sessions. Then they do the session 6 to 8 times that day. This was my first experience at doing this and it gave me a MUCH greater appreciation for the dedication and service that our OEC Instructors perform. Our most gracious thanks to each OEC Instructor.

My personal thanks go out to David Castaldini for the Atlanta Candidate OEC Class, to Julie and Kevin Semans for the Tennessee Candidate OEC Class, to Ben Tholkes and Jamey Piercy for the North Carolina Candidate OEC Class and OEC Challenge Class. These members were the Instructors of Record for the classes. They were complemented by a host of OEC Instructors who gave freely of their time during the off-season, to help develop and train our newest members. Thank you all.

Now we progress into the next group of outstanding people, our S & T Staff and PSIA Staff. The Staffs are preparing to assist members in attaining their Basic Patroller certifications. Many hours of training will be put into these efforts to provide our ski areas and Region with qualified members. These members, like our OEC Staff, put in many hours or behind the scenes work too. In addition, a large

percentage of these people are OEC Instructors too! While we are at it, do not forget your local Training Officers who spend countless hours working with Candidates. Thanks to all of you for the jobs you are currently performing and are about to perform.

The Senior Program is on fire thanks to the efforts of Larry Erb, Senior Coordinator and Pete Knowland, Region OEC Supervisor. This is the strongest Senior Program that Dixie has ever seen. We have about 25 people participating in the program this year. If you just stop to think about the logistics of performing these clinics and exams you should be able to appreciate the excellent job they are doing.

I end with my normal plea. Get Involved! Talk to your respective Patrol Representative about getting involved in the daily running of your respective patrol. There are always tasks to be accomplished within any patrol and people are how we get things done. If you are interested in getting involved above patrol level, again, talk to your Patrol Representative or your Section Chief's Dave Kattermann or Richard Boyer. I hope you are having a great season and that this one ends on a high note for all. Thank you for all that each of you do!

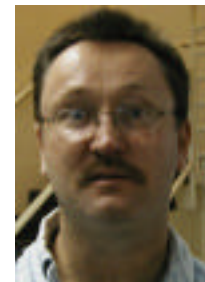
Smoky Mountain Section, Dixie Region

Dave Katterman, Section Chief

After all Patrols in the Smoky Mountain Section participated in well organized and informative refreshers, all that was left to do was wait until the weather turned cold enough for snow making. Wait and wait and finally by Christmas, all resorts in the Section were open.

In the first weekend of January, the Senior S/T clinic was already taking place. Thanks to Larry Erb, Dixie Region Senior Coordinator, we have 14 Senior candidates this season. All Patrol Representatives allowed Larry a few minutes at their refreshers to encourage participation in the Senior program.

With the delayed opening of the season, Dixie Region Chief Examiner Phil Critcher realized our Basic candidates would not have sufficient time for training. Luckily we had an open date and were able to

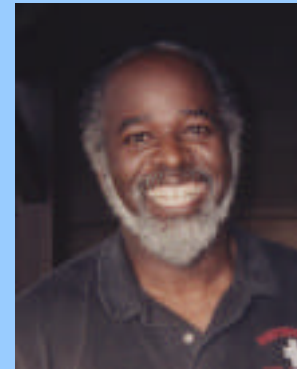


reschedule for late February. We have a good group of patrollers in the Smoky Mountain Section and everyone is flexible and willing to help out.

I would also like to invite all the patrollers in the Southern Division to attend the Spring Meeting in Asheville in May. Asheville is a pretty place that time

of year. For those of you who attended Kingsport '98, rumor has it a clear substance with floating cherries may surface in the hospitality suite.

Hey Greg, your many friends at Wintergreen and around the Division are wishing you a quick recovery from your recent surgery. We're all looking forward to seeing you — and your surgically enhanced cardiovascular system — back on the hill real soon.



*Greg Bradley
Wintergreen Patrol*

From the Supervisors and Advisors

New Avalanche Curriculum Debuts.

Bill Kost Avalanche Advisor

January, 2002 marked the debut of new course curriculum for all of the Avalanche courses available from NSP, plus the introduction of new courses. Over the last 18 months all aspects of the NSP Avalanche program have been reviewed and re-written. This places the NSP Avalanche courses at the vanguard of instructing patrollers, and the general public, on how to travel and work safely in Avalanche terrain.

The new material for instructors and students alike has received the endorsements of organizations such as The National Ski Areas Association (NSAA), the U.S. Forest Service - National Avalanche Center (NAC), and the American Avalanche Association.

Along with the new curriculum there have been some changes to the course titles that we have used for the last few years. Basic Avalanche has been replaced with Level 1, and Advanced Avalanche has been



replaced with Level 2. These changes affected more than just the course titles, but the content as well.

The courses that we teach in Southern Division will fall under a new course title, Avalanche Fundamentals and Rescue. This is because we lack the terrain and the snow pack to fulfill some of the requirements for the field work necessary for a true Level 1, or Level 2 course. Level 1 and 2 courses will be available, but you may need to take the course in another Division. Most of the courses offered in the Eastern, and Central Divisions will be AFR courses as well.

The National Avalanche Committee is also working on yet another course that will be offered as part of the Mountain Travel and Rescue curriculum. The new course will put most of its focus on rescue techniques, and the proper use of Avalanche Rescue Beacons. This will be a great one day course to take just before a trip out West, or to Europe. Especially for those of us who like to ski out of bounds.

All of these courses will qualify as Senior electives, and AFR will continue to be a Certified pre-

requisite. All of these courses offer a small glance at a part of patrolling that we don't get to normally see.

Keep an eye out on the division calendar for a course near you.

Patroller Enrichment Seminar—A Simple Solution

Mary Underwood, PES Division Supervisor



With Southern Division's emphasis on the senior program, senior candidates need to select three electives they would like to take. If you are feeling overloaded during ski season, training and getting in patrols days, May I suggest PES--a course that does not need snow. Last summer two courses were held. One was in June in Atlanta, and the other was in July in Charlottesville.

There are no courses scheduled, but instructors are available and ready to hold this course. Patrollers need to get a minimum of six patrollers willing to take the course. Ask your PR, section chief, or region director to help solicit patrollers to take the course. This is an eight hour course with no test. There is an assignment to do before attending the course, so all attendees must pre-register. Contact Mary Underwood, 109 Wildwood Dr., Oak Ridge, TN 37830, 865-483-3675, jnu@icx.net.

Update on Arthritis

Ian Archibald, Division Medical Advisor

As we gear up for another ski season I am reminded that our population of ski patrollers is aging especially in our knee joints. In this brief article I would like to review recent trends in arthritis treatment.

Arthritis occurs primarily in weight bearing joints due to a disturbance in the normal balance between degradation and repair of articular cartilage with the most common cause being increasing age. Obesity, abnormal mechanical loading (as occurs after ligament injury) or articular trauma can accelerate this process. Current research clearly shows that articular cartilage does have reparative ability.

Typical symptoms and signs of knee joint arthritis include pain, swelling, catching and popping with reduced range of motion. These symptoms are often worsened by relatively minor injuries and become chronic in nature.

Traditional treatments include analgesics (i.e., Tylenol), nonsteroidal anti-inflammatory drugs (NSAIDs), cortisone joint injections, reduced activities, physical therapy and surgery.

What's new?

Cox II inhibitors are a new class of NSAIDs which target the inflammatory products of arthritis while protecting the normal gastric mucosal barriers that are damaged by traditional NSAIDs. While there are still some concerns as to the safety of these medications (Celebrex and Vioxx), they are effective and better tolerated compared to traditional NSAIDs.

Intra-articular administration of hyaluronic acid has been a popular treatment in Europe, and Japan and now the USA. This normal product of joint fluid provides lubrication and protects against cellular damage. Several products are available with slight differences in administration and allergic reaction, but are as effective as NSAIDs and best used for patients who are intolerant of NSAIDs.

Glucosamine sulphate taken orally has been shown to stimulate reparative functions of articular cartilage and has mild anti-inflammatory properties. Commonly combined with chondroitin sulphate this "health food supplement" is available across the counter without prescription.

New brace techniques take advantage of lightweight materials and can reduce stresses on the affected area of the knee joint.

Finally surgical techniques are common. Arthroscopic debridement of the knee joint is a very common orthopedic procedure allowing accurate diagnosis, removal of loose bodies and small spurs, shaving of unstable articular cartilage, and removal of meniscus tears. However results depend on the severity of the arthritic changes and deteriorate with time. Recent attempts at surgical regeneration of articular cartilage include the "microfracture" technique (championed by Dr. Richard Steadman, Vail Colorado) "mosaic" technique of cartilage bone plugs transferred to defects and chondrocyte transfer. These all appear to

offer promise but so far are limited to the treatment of isolated chondral defects and not more generalized changes. The use of electro thermal devices (similar to lasers) to better deal with articular cartilage damage have had a recent wave of interest but no long term results to substantiate their use. Laser use has had a poor track record complicated by heat injuries.

Finally total knee replacement continues to gain wide acceptance for end stage arthritis. Results are satisfactory or better in greater than 90% of patients and appear to last at least 15 years or better. Younger more athletic patients can play doubles tennis and ski on groomed green and some blue slopes.

In summary, as our population ages, greater numbers of people are attempting to continue vigorous activities despite deteriorating joint function. Research continues to bring new therapies and techniques to improve arthritis care. Maybe we'll be able to keep skiing.

The Ever Frustrating Dead Radio Battery

*Rick Woodlee, Southern Division
Telecommunications Supervisor*

One of my greatest frustrations occurs when I am trying to coordinate a ski accident; then, suddenly my radio battery dies. It makes me feel like throwing the radio into the snowmaking pond. Batteries continue to be the major headache we experience using radios; therefore, I thought I would give you some information that you may find useful. Nickel metal hydride (NiMH) batteries do not exhibit the memory and reverse polarity problems that regular NiCd batteries possess. The NiMH batteries have up to 50 to 100% more capacity than a same size NiCd; demonstrate memory free operation; have a flat discharge curve; and, can be directly exchanged with NiCds. The only drawback that I can find on NiMH batteries is that they do not have as many recharge cycles that NiCds have. NiCds; however, will not have many recharge cycles if they are treated poorly.

The following are some of the battery sources that I use:

1. Mr. NiCd's Batteries America at www.batteriesamerica.com.



Phone 1©800©308©4805 (These people have a wide selection.)

[The Henry radio model CS-15 uses BP-1, which is a 9.6 volt, 1100 mAh NiMH battery for \$35, not bad!!!]

2. W & W Manufacturing Co. at www.ww-manufacturing.com.

Phone 800-221-0732.

3. MAHA at www.mahaenergy.com. Phone 714-990-4557.

When ordering, you need the type/model of your radio, type/model of your battery pack, battery voltage and Mah rating to insure you get the right one. If you need any radio/battery help, please call me at 828-693-1554 or email me at N4FAT@juno.com. THANKS!!!!

Mentoring program – What does it mean for Ski and Toboggan?

*Tim Asbury, Alpine Ski and
Toboggan Advisor*



Effective January 1st all phase II classes ceased to exist. The mentoring program has replaced them. Here are the new steps to become a toboggan instructor:

1. Take the Instructor development course.
2. Contact your local IT.
3. The local IT will assign a mentor to the instructor candidate (Mentee).
4. The Instructor Candidate needs to develop lesson plans using the six pack method and teach these to students with the mentor present. The mentor needs to be present to offer support and guidance. A local IT should be around during some of these teaching sessions to monitor both the mentor and instructor candidate. Once the Mentor is satisfied the instructor candidate can demonstrate the skills necessary to instruct, a second IT will need to monitor the instructor candidate in a teaching environment and determine if the candidate is qualified.

Who are mentors? A mentor can be any current toboggan instructor. The IT should try and match the learning and teaching styles of the mentor and mentee.

Who are the local ITs?

Virginia Region:

John Schaffer 5945 Woodfield Estates Dr., Alexandria, VA 22310; 703-719-5945

Robert Miller 1400 Sunset Lane, Culpeper, VA 22701; 804-975-1755

West Virginia Region:

Jan Starr, PO Box 197, Snowshoe, WV 26209; 304-572-5695

David Cline 269 South 12th street, Weirton, WV 26062; 304-748-0336

Theodore Cady 4 Deerwoods Ct, Myersville, MD 2773; 302-293-2194

Blue Ridge Region:

Howard Tilley 2565 Old Mill Rd. High Point, NC 27265; 336-884-5857

Doug Gilstrap PO Box 5468 High Point, Nc 27262; 336-841-8813

Mark Rees 19819 Strough Farm Rd Cornelius, NC 28031; 704-896-0747

Dixie Region:

Tim Asbury 223 Stonebrook Dr. Hendersonville NC 28791; 828-697-6188

Jamey Piercy 226 Sulfer Springs Rd , Asheville, NC 28806; 828-253-3400

Clark Bell 73 Outeora Blvd, Asheville NC 28803; 828-274-3831

Wayne Morgan 447 Sunset Dr, Hendersonville NC 28791; 828-891-8174



Attention All Patrollers! Hot off the Press!—New OEC Text Fourth Edition

Judi-Kay Monaghan, OEC Program Supervisor

As ski patrolling carves into the new millennium, the National Ski Patrol has looked for ways to strengthen our partnership within the ski industry. Outdoor Emergency Care is one of the most important components of this partnership. Area operators find tremendous value in the program and our association has benefited immensely. OEC is recognized as the pre-eminent course for training rescuers that live, work and play out of doors. Therefore, the next edition of the OEC textbook will feature significant upgrades that maintain and increase the value of this training.

The fourth edition of *Outdoor Emergency Care* is scheduled for publication in early summer of 2002. NSP has entered into an agreement with publisher Jones and Bartlett to produce the definitive text for OEC students. Building on past texts and with help from many experts in the field the NSP's education department is diligently working on this new textbook and its ancillary materials. Based on The American Academy of Orthopedic Surgeon's EMT Basic text, the "orange" book, NSP members and OEC instructors can expect a reference that will be up-to-date, comprehensive, and one that will use photos of real patrollers in real situations.

Features will include:

- **Photographs and 4 color illustrations.**

Thanks to the efforts of the Mt. Hood Ski Patrol at Timberline, Oregon and the Breckenridge Ski Patrol in Colorado we will have illustrations that show patrollers demonstrating techniques and procedures in outdoor settings. Illustrations are in color and highly detailed

- **New Chapters.**

The fourth edition text will include several new and different chapters covering a variety of topics. These will include; Interfacing with EMS and Other Medical Personnel, The Well-being of the Rescuer, Behavioral Emergencies, and Outdoor Adaptive Skiing. New appendices will include all Skills Performance Guidelines and a collection of Scenarios.

- **New Design.**

Using the Jones and Bartlett AAOS EMT Basic book as a blueprint will yield a new and fresh look to the OEC text. Check out www.emtb.com to see what exciting opportunities this eighth edition text and ancillary materials provide. OEC's fourth edition upgrades also will have a great impact on new and old students alike. Every chapter will open

with a short “You are the Rescuer” scenario and end with a “Chapter Sweep” review. These reviews will include two scenarios for consideration and definitions of new vocabulary terms used in the chapter. Every attempt has been made to update vocabulary to reflect terms and phrases used in current EMS.

- **Expanded Training Materials.**

Updated and new materials for the student and instructor will include *Instructors Manual*, Test Bank, and Tool Kit. For students there will be a *Student Workbook*, an online Student Review Manual, and a website with additional resources and web links.

The NSP’s Education Department is excited to be able to offer such an outstanding reference. The National Medical Committee and a host of other contributors come from all backgrounds in the outdoor rescue field and the information provided is tailored to those who practice emergency care in outdoor settings with specific emphasis on patrolling concerns. Debuting in early summer will give members and instructors time to introduce this new book at the Fall 2002 refresher. Not to be left behind the OEC Refresher Committee will update the 2002 *Refresher Study Guide* to reflect the new text as well. The National Ski Patrol’s flagship educational program will continue to be a valuable asset!



Why Become a Ski Patroller?

Rhonda Smith, Wolf Laurel

Why become a Ski Patroller? I am sure there are as many reasons as there are ski patrollers on this topic. For Matt Lovelace the reasons off the slopes are just as important as the reasons on the slopes. The following article appeared in the Asheville Citizens—Times on August 24. Matt is a member of the Wolf Laurel Ski Patrol and is a joy to be around. He is a high school senior this year and is president of the Key Club and vice president of the Beta Club. Matt hopes to attend West Point after graduation.

North Buncombe’s Lovelace Helps Fallen Foe

Mike Volt, Staff Writer for Asheville Citizens—Times

Matt Lovelace may be North Buncombe High School’s top cross country runner. So when the runners began pounding down the home stretch in the high school boys’ race at Thursday’s WNC Cross Country Carnival, and Lovelace was nowhere to be seen, Black Hawk coach Fred Ray started to wonder where his standout was.

“We were worried about him,” Ray said, adding that he and the team began to think that Lovelace had collapsed in the heat.

A few minutes later, however, Lovelace ran past the finish line in perfect health. Not to mention in last place. But his coach wasn’t about to complain about the finish.

It seems that the stout, athletic Lovelace had stopped in his tracks when he saw Ty Price, a runner from Forestview High School in Gastonia, collapse on the Jackson Park course.

“I was running along,” said Lovelace. “I saw a guy laying face down. I figured I’d turn around and see

what’s going on. Lovelace, who is a certified emergency care technician through the National Ski Patrol, stayed with Price until the EMS arrived.

“Basically all I did was get the vitals,” he said, adding that he also checked Price’s spine and relayed information to the EMS when it arrived.

“He’s that type of individual,” said Ray. “He just chose that over [the race].”

After he was done taking care of Price, Lovelace simply started running again and finished the course.

“But I didn’t walk,” he said with a laugh. “[It’s the] first time I finished last.”

Price was treated and released from Pardee Hospital in Hendersonville, according to a hospital spokesperson, who would not comment on the cause of his collapse.

Lovelace said that he could not say for certain, but that he believed Price suffered a seizure.

“We won’t know until the CAT scans come back,” he said.



Life Flight Visits Sky Valley Refresher

Bob Lang, Sky Valley Patrol Representative

The Sky Valley Ski Patrol's recent On-the-Hill refresher training in November was highlighted by the visit of an Atlanta area Life Flight crew in their ambulance helicopter. The patrollers received a briefing by the crew and all in attendance had the opportunity to talk to the crew and examine the helicopter.

Just thirty minutes flight time from the Sky Valley ski area, the LifeFlight crew of three, stationed at a forward operating location in Canton, Georgia, stands ready to respond to calls for transport of seriously injured patients to area trauma centers.

The crew is composed of a pilot, flight nurse and paramedic. The aircraft is equipped to handle most emergency transport situations similar to that of a conventional ground ambulance. There are a few different types of helicopters available that can respond, and most of these rotorcraft are capable of transporting a maximum of two patients. Advanced notification is necessary for multiple patients to ensure that the crew can properly configure their equipment. Other useful information to transmit to the crew besides the number of patients is their estimated rough weight and ages. It is a compact space with little room for non-essential equipment or personnel.

When a unit arrives to airlift a patient, the crew can land, load the patient with rotor blades turning, and be airborne again in approximately five to seven minutes, depending on the distance from the patient location to the landing zone.

When working with helicopters, there are several important considerations. One item of essential information that the crew needs is an accurate landing zone (LZ) location. Latitude and longitude coordinates obtained from a portable Global Po-

sitioning System (GPS) is one method to accomplish this. The LZ should be an open, flat area at least 75 feet by 75 feet, and clear of overhead wires, buildings, and towers and utility poles. Avoid sloping terrain and rounded knolls that can make landings difficult. There should not be any snow on the LZ, because the rotor downwash will cause the snow to whirl about creating a whiteout condition that is hazardous for landing.

In addition, ski area radio frequencies, given to LifeFlight in advance, can be programmed into their aircraft's radios allowing air-to-ground communications. This facilitates evacuation coordination considerably.

The obvious hazards to people on the ground are the helicopter's rotor blades atop the helicopter and at the tail. Normally, patrollers should not approach a helicopter when the rotor blades are turning. Wait until they come to a complete stop. You want to avoid a blade-strike, and there is a considerable amount of debris and dust blowing around the aircraft. Approach the aircraft from the front between the 10 and 2 O'clock (forward quadrant) positions where the pilot or crew can see you and monitor your approach. Keep away from all exhaust ports, especially if the engines are running to prevent burn injuries. Common sense applies



Sky Valley Ski Patrol members with Life Flight crew. (L to r. kneeling) Gordon Pettit, Flight Nurse - Robin Stein, Sylvia Talley, (Standing) Steve Mason – Sky Valley Ski Area manager, Bob Lang, Paramedic - Jason Davis, Pilot - Mike Antoninsen, and Steve Blackmon



LifeFlight Paramedic, Jason Davis, explains to Sky Valley patrollers how patients are transported.

when operating around helicopters.

The advantage to airlift evacuation is that a seriously injured patient can be transported to the appropriate treatment faster and with less jostling than a land vehicle. The pilot, Mike Atoninsen, said that response time could be greatly reduced if they are alerted early enough. The crew is on a five-minute standby from the initial alert to getting airborne. Pilot

Antoninsen commented that if there is a possibility that airlift is needed, make the decision early. They can be airborne and enroute to the ski area before a final decision is made. If their service is not needed they can be called back with no cost to anyone.

When assessing a patient's injuries, the patroller's decision to call for air evacuation is not always easy, but an airlift evacuation capability is a valuable asset to have available to the ski area. Ski area management protocols should determine when helicopter rescue is necessary and appropriate. They can help guide the patroller's decision-making process, and provide a framework from which to proceed. The protocols should state the requirements and through refresher training, airlift evacuation can safely be blended into a patrol's operations.

The Sky Valley patrol appreciates the opportunity to meet with the LifeFlight crew, and learning about the hazards associated with air ambulance helicopter operations. This type of training helps to prepare our members respond to emergencies more efficiently and effectively. Our thanks to Ken Collins for arranging the visit.



Powderfall 2002

Reminder

Powderfall 2002 will be held on April 17-21 at Snowbird, UT. For information and applications go to:

<http://www.nsp.org/education/eventstoc.asp>.

If you have any questions about whether or not Powderfall is an educational, worthwhile and — most importantly — fun way to spend a week, just ask any of your Southern Division colleagues who attended last year when it was held at Whistler-Blackcomb, BC.



Shown in this picture submitted by Judy Kay-Monaghan from left to right are: Nate Wagley, Timberline; Frank Readon, Timberline; John Shaffer, Massanutten; Ed Pouncey, Wintergreen; Jim Kneas, Alumni Wintergreen, Judi Kay-Monaghan, Division Supervisor OEC, David Stolz, Wintergreen; John Dobson, Division Board Rep; Nici Singletary, Div Dir; Clint Butts, patroller Pacific Northwest Division, former Wintergreen.



Why Give an Award?

Celeste Bernstein, Sky Valley

Being a volunteer patroller is a full time weekend job; for the pros it is a full time weekday job. Any of us who have worked a sold out holiday can frankly appreciate that sentence. Patrolling can be aggravating, it can be full of time consuming paperwork, we get skied/boarded over (Noooo, the cross is NOT a target) and it can be thankless. What we don't get in money we do get in appreciation; from our hills, from other patrollers and sometimes from the public. An award is a way for NSP to say "Thank you" to those volunteers, pros, management and others who put forth the effort to make the organization what it is. Our service does not have to be thankless.

Our service does not have to be thankless... An award is a way to say "Thank You!"

I must say, it is paperwork (Yucky Yucky Yucky) but if you can get through the paperwork so that that person is recognized and thanked, it is worth the effort. I love to see the person's face when they are awarded. I have seen some who blush bright red, others who don't know what to do; they become very uncharacteristic looking and others whom do the "deer in headlights" type of thing; who me? Spouses, partners and family can also be thanked for supporting the patroller in the long hours they dedicate to the slopes by giving a certificate of appreciation or angel pin. I must admit some deserve Super Angel pins for supporting those patrollers who year after year dedicate the long hours to the slopes.

An award is the only formal thank you we get from NSP. Why give an award? Because an award is a way of giving a deserved thank you and making that person feel appreciated.



Wintergreen OEC Candidates Bob Fedak, Scott Burry and Mike Bird demonstrate spinal immobilization as evaluator "T" Harris evaluates. (Submitted by Nici Singletary.)



Brent Galloway (Ober Gatlinburg) models the latest in stylish head gear for this season's well dressed patroller. Très chic, Brent! (Submitted by Bob Weed.)

Kids' Safety Poster Contest

Sponsored by: National Ski Areas Association, Southeastern Ski Areas Association and Southern Division of the National Ski



Patrol

Create A Poster Using The Responsibility Code Below And You Could Win Up To a \$500 Savings Bond—Or Additional Prizes!

•• Winning Division Entries Will Be Forwarded To National Competition ••

Responsibility Code:

1. Always stay in control and be able to stop or avoid other people or objects.
2. People ahead of you have the right of way. It is your responsibility to avoid them.
3. You must not stop where you obstruct a trail or are not visible from above.
4. Whenever starting downhill or merging into a trail, look uphill and yield to others.
5. Always use devices to help prevent runaway equipment.
6. Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
7. Prior to using any lift, you must have the knowledge and ability to load, ride and unload safely.

National Safety Poster Contest Rules:

1. All entries must be created by an elementary school aged child.
2. One entry per child.
3. 8 1/2" X 11" or 11" X 17" poster size.
4. Pencil, crayon, paint, or other "school" materials may be used. (No macaroni!)
5. Write name, address, and telephone number of entrant on the back of entry. **DO NOT FOLD ENTRY.**
6. Entry deadline: February 1, 2002. Send entries to: Ski Safety Poster Contest, 50 Elkwood Avenue, Asheville, NC 28804.

**NATIONAL
SAFETY
AWARENESS
WEEK
JANUARY
19-25**



**HEADS
UP**



**SOUTHERN DIVISION NSP
SPRING OFFICERS MEETING
May 3 & 4, 2002**



Holiday Inn Sun Spree Resort, Asheville, NC
www.sunspree.com

HOTEL REGISTRATION INFORMATION

This year's Spring 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 of the Southern Division for their contributions to the NSP system and the fine ski areas that we all represent.

This meeting is open to all members of the Division, including spouses and friends. Get in touch with Alumni members and ask them to attend the meeting. Come see how the Division operates and enjoy the day and evening with your friends. For those individuals that do not need to attend the General Session, there are 18 holes of golf and/or plenty of tennis courts at the resort, the spectacular Biltmore House tour or simply visiting downtown Asheville. There is plenty of activity to keep everyone busy!

The Resort is located just off of I-40, on I-240, Exit 3B. The address is: One Holiday Inn Drive, Asheville, NC 28806. [The toll free number for reservations is 1-800-733-3211.](tel:1-800-733-3211) The special NSP room rate is \$79 per night. All rooms have two double beds for room sharing. Room reservation must be made prior to April 3, 2002 to receive the special rate. After that date, the block of rooms reserved will be released and subject to the prevailing room rates at time of booking. Be sure to mention you are attending the National Ski Patrol meeting for the discounted rate.

For those who arrive Friday evening, join us in the Thomas Wolfe Hospitality Suite. It opens at 7PM and closes at midnight on Friday; opens on Saturday after the General Session until 7PM when the banquet begins; opens again after the banquet is over and lasts until the host closes the door!



SOUTHERN DIVISION NSPS
SPRING OFFICERS MEETING

May 3-4, 2002



Holiday Inn Sun Spree Resort, Asheville, NC
MEETING AND AWARDS BANQUET RESERVATION FORM

MEETING BADGE INFORMATION:

Name(s): _____

Address: _____ Email address _____

City: _____ State: _____ Zip _____

Patrol: _____ Title: _____

AWARDS BANQUET INFORMATION – Saturday Night

Names of Additional Persons in Party:

Name: _____ Title: _____ Patrol: _____

Name: _____ Title: _____ Patrol: _____

Total in Party: ____ x \$25 = TOTAL ENCLOSED: \$ _____

Mail completed form and check (made out to “Southern Division NSP”) to:

Lee Wilkinson
24 Elk Mountain Ridge
Asheville, NC 28804

RESERVATION FEES MUST BE RECEIVED BY APRIL 15
****ALL FEES ARE NONREFUNDABLE AFTER APRIL 25, 2002****

**SOUTHERN DIVISION OFFICERS & STAFF DIRECTORY
2001-2002 SEASON**

Changes and corrections submitted as of 1/2002 are noted in **bold**.
Complete roster found on Division website. (PR) = NSP Patrol

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(O/F) **434-325-2228**

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grash01@pol.net

Southern Division Calendar For Remainder of 2001-02 Season

Region	Month	Date	Event	Location	Contact
DIVISION	JAN	26,27	CERTIFIED FULL CLINIC	SNOWSHOE, WV	LYNN PACE 865-984-1123
VA	JAN	26	SR OEC CLINIC	WINTERGREEN, VA	MARY GRAHAM 919-510-0850
DIXIE	JAN	27	SR S&T EVALUATION FOR DIXIE REGION	GATLINBURG, TN	JAMEY PIERCY 828-253-3400
VA	JAN	27	SR S&T CLINIC	WINTERGREEN, VA	JOHN SHAFFER 703-719-5945
DIVISION	FEB	2,3	NORDIC SEMINAR	WHITEGRASS, WV	PENNY DIMLER 703-425-2736
VA	FEB	2,3	CERTIFIED FULL CLINIC	MASSANUTTEN, VA	LYNN PACE 865-984-1123
DIVISION	FEB	2,3	STUDENT PATROLLER SEMINAR	BEECH MT, NC	JOANNE EHLINGER 336-727-1995
VA	FEB	2	AVALANCHE AWARENESS	MASSANUTTEN, VA	BILL KOST 703-671-5678
WV	FEB	2	SR S&T CLINIC	SNOWSHOE, WV	BECKY SHARP 304 572-5695
DIXIE	FEB	3	SMOKEY MTN BASIC S&T EVALUATION	WOLF LAUREL, NC	DENNIS SLAGLE 423-581-5818
DIXIE	FEB	9	AVALANCHE AWARENESS	DIXIE, TBA	BILL KOST 703-671-5678
BR	FEB	9	SR OEC EVALUATION	TBA	HARVEY VARNER 336-785-4533
BR	FEB	9	CERTIFIED CLINIC, ALL MODULES	TBA	LYNN PACE 865-984-1123
WV	FEB	9	SR OEC CLINIC	TIMBERLINE, WV	BOB BODAMER 740-377-9460
BR	FEB	9,10	CERTIFIED FULL CLINIC	TBA	LYNN PACE 865-984-1123
BR	FEB	10	BASIC S&T EVALUATION	BEECH MT, NC	RICK LAWS 828-396-7792
DIXIE	FEB	10	DEEP SOUTH BASIC S&T EVALUATION	SKY VALLEY, GA	DAVE PARKER 770-751-7255
DIXIE	FEB	10	SR OEC CLINIC FOR DIXIE REGION	CATALOOCHEE, NC	LARRY ERB 828-645-4718
BR	FEB	23,24	SR S&T EVALUATION	BEECH MT, NC	RICK LAWS 828-396-7792
VA	FEB	23	SR. OEC EVALUATION	WINTERGREEN, VA	MARY GRAHAM 919-510-0850
WV	FEB	23	BASIC S&T EVALUATION	WINTERPLACE, WV	BRIAN HAGER 304-787-3221
DIXIE	FEB	24	SMOKEY MTN BASIC S&T EVALUATION	CATALOOCHEE, NC	RHONDA SMITH 828-645-9171
VA	FEB	24	SR S&T EVALUATION	WINTERGREEN, VA	JOHN SHAFFER 703-719-5945
WV	FEB	24	SR S&T CLINIC	WINTERPLACE, WV	BRIAN HAGER 304-787-3221
WV	MAR	2	SR OEC EVALUATION	WINTERPLACE, WV	BOB BODAMER 740-377-9460
BR	MAR	3	BASIC S&T EVALUATION	APPALACHIAN, NC	RICK LAWS 828-396-7792
DIXIE	MAR	3	SR OEC EVALUATION FOR DIXIE REGION	CATALOOCHEE, NC	LARRY ERB 828-645-4718
WV	MAR	3	BASIC OEC EVALUATION	TIMBERLINE, WV	RICHARD COX 540-786-0713
WV	MAR	9	BASIC S&T EVALUATION	TIMBERLINE, WV	RICHARD COX 540-786-0713
DIXIE	MAR	9	MOUNTAIN TRAVEL AND RESCUE	SMOKY MT NATL PK HQ	NEIL BOOTH 770-941-4268
DIVISION	MAR	10	AWARDS NOMINATION DEADLINE		HARRY STOWE 336-294-2049
WV	MAR	16	SENIOR S&T EVALUATION	SNOWSHOE, WV	JAN STARR 304-572-6713
DIVISION	MAR	21	CERTIFIED EXAMINER'S CLINIC	SNOWSHOE, WV	LYNN PACE 865-984-1123
DIVISION	MAR	22,23	CERTIFIED EVALUATION	SNOWSHOE, WV	LYNN PACE 865-984-1123
NAT'L	APR	17-20	POWDERFALL NAT. EDUCATION CONF	SNOWBIRD, UT	
DIVISION	MAY	3,4,5	SPRING CONVENTION/AWARDS BANQUET	ASHEVILLE, NC	NEIL BOOTH 770-941-4268
DIVISION	SEPT	7	FALL OFFICERS MEETING	WYTHEVILLE, NC	NICI SINGLETARY 434-325-1024

Frank Feeney

In memory of Frank Feeney, Wintergreen Ski Patrol 1976-2001, shown here being presented with the 1990 award for Outstanding Alpine Patroller by former patrol leader Lou Argow. Frank's obituary has been submitted for publication in an upcoming issue of *Ski Patrol Magazine*.



From The Scrapbook

Jannette Bennet, Division Historian



Chris Newcomb (left, Hawksnest) and John Lackey (Bryce) at the summit of Long's Peak (14,255 ft), CO in 1995.

Timberline, March 14, 1993. Patrollers standing on top of the Coconut Lounge. The building is over nine feet high. Notice the building eaves behind the front two patrollers.



The 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 author with articles. Deadline for spring issue is May 25, 2002. Send submissions to:
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Snowshoe, WV; 1989

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First Class Mail