



SOUTHERN CROSS

A Publication of the Southern Division/National Ski Patrol Spring 1997

Message from the National Chairman

by John J. Clair

[The following message reached the *Southern Cross* in late January—soon after the winter issue went to press. See "Editorial Comments," p. 3. Ed.]

Fellow patrollers, I am taking this opportunity to speak to each of you through your division newsletter. I want to thank your division director for making this space available so that I may pass on some thoughts I have on where the National Ski Patrol (NSP) is today and where our association needs to be going in the future.

This, to borrow a model from the ancient Chinese, is "The Year of The Patroller" for

the NSP. Nationally, and locally too, we will focus our efforts and resources on you the patroller. We are working to enhance the delivery of services the NSP provides to you. Prime examples of these services are Outdoor Emergency Care (OEC) and our other education and instructor courses, Ski Patrol Magazine, the NSP home page, fax-on-demand, and the NSP Winter Catalog.

As a patroller my duties are much like yours, but as National Chairman my job is completely different from what each of you do. I am charged by your board of directors to have the NSP effectively meet your needs as patrollers at your home ski areas. Most of you have little, if any, direct interest in how the NSP accomplishes these administrative

tasks. The national staff (office and volunteer) and I work to make sure that when you order something from the catalog, look for an OEC or mountaineering course, or try to access any other NSP service, it is available for you. Further, we want to ensure that the merchandise, educational materials, courses, and services we provide meet your needs and expectations.

There are more than 650 NSP-affiliated patrols across the country. We provide patrol services at areas and resorts with vertical feet of less than 100 to more than 4,000, and with skiers-per-day figures of several hundred to many thousands. These statistics serve to illustrate that NSP mem-

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Director's Report—Southern Division

Board Votes to Drop Rust and Blue Parka

by Bernie Smith

At its midwinter meeting, the National Ski Patrol's board of directors decided to drop the rust and navy parkas from the supplies catalog in the fall of 2003. The parkas may continue to be worn until such time as the patrol (or ski area management) decides to establish a new standard uniform. The navy blue pants will be dropped immediately from Ski Patrol inventory.

Reasonable Success

I think we were all somewhat disappointed at the weather for the 1996-1997 ski season. However, in spite of the early January warm spell, I expect our ski areas will report that they had reasonably successful seasons.

Congratulations

My congratulations go to the following personnel:

- **Shep Snow** and **Lacy Williams** (Bryce Mountain) who received their National Appointments on February 15 at Bryce Mountain.
- **Nici Singletary** (Wintergreen) and **Shep Snow** (Bryce Mountain) who completed requirements for Certified Patroller.

Personnel Changes

David Durham (Wolf Laurel) will be submitted for confirmation as our new Snowboard Advisor. David is a Senior on telemark skis, alpine skis, and snowboard.

Mark Rees (Ski Beech) has indicated a desire to move on to other challenges.

Shep Snow (Bryce Mountain) is retiring from active military service to Idaho (see

Avalanche Advisor report elsewhere in this issue). He has assured me that he will have space available at his retirement home (in sight of Schweitzer resort!) for visitors. Bryce Mountain patrol has circulated a calendar among its members for sign up days. J. R. Ortiz has indicated an interest in taking the Avalanche Advisor position.

Raymond B. ("Bernie") Smith is Director, Southern Division.

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Director's Report—Blue Ridge Region **Ski Patrolling and Life**

by E. B. Fox

The following letter was addressed to the members of the Appalachian Ski Patrol:

Eight years ago I joined the patrol as a sophomore in high school with no idea what I wanted out of life or even what life had to offer. Over the years, I have grown up and learned things about life that can never be taught in school through your sharing your past experiences and knowledge with me.

The patrol has become a second family to me, with many of you serving as second parents and brothers and sisters. As you know, Appalachian is where I have spent all of my spare time during past ski seasons. I have done this not because I had to, but because I wanted to. I like to ski but the real reason I'm there so often is because I love patrolling. Every day is different and offers the chance to learn something new.

I can honestly say that joining the Appalachian patrol is the best choice I have made so far in my life. Because of

the patrol and all of you, I have become the person I am today. Patrolling helped me learn about the importance of helping others and kept me focused on my goals while keeping me out of some of the pitfalls in life that I have seen many of my peers fall into. This May I am graduating from college and moving to Japan to teach English. I want to say thank you to everyone for doing so much for me over the past eight years and I wish all of you the best in the future.

Sincerely, Matt Raymond

Every now and then I think it is important that we step back from the day-to-day grind of patrolling and think about the real purpose of this organization. Our mission statement aside, we do a lot more than promote ski safety and perform first aid. We are a family; and we can take pride from supporting and nurturing the growth of our family members. This is what it's all about.

We will miss you, too, Matt. Thanks for a great testimony!

E. B. Fox is Director, Blue Ridge Region.

Director's Report—Virginia Region **Expand Your Paradigms**

by R. Morgan Armstrong

Now that the warmest winter on record for the Virginia Region is behind us, it is time to finish the record keeping for the old ski season and begin planning for the 1997-1998 ski season. I'd like to ask all section chiefs and patrol leaders/directors for the Virginia Region to please send your year-end report to me immediately if you have not already done so. Last fall I suggested that you prepare your end of year report as you progressed through this ski season and I hope you have that ready. I need your final report so I can prepare the Virginia Region year-end report.

Planning for the new ski season should start now. I want to have the 1997-1998 ski season calendar set early this year so we can resolve conflicts and publish the calendar soon after the Spring Convention. Again, all patrol leaders/directors and section chiefs should mail a tentative calendar of events to me immediately if they have not already done so. I also request input from any interested patrollers in the Virginia Region on nominations for the following region positions: Proficiency Advisor, Mountaineering Advisor, Senior Coordinator, Chief Examiner, Avalanche Advisor, Fund

Raising/Awards, Student Advisor.

The above positions were all run in a professional and efficient manner this year, but I believe the work of the region should be carried out by volunteers. If you would like to continue in the position, please let me know. If any patroller would like to nominate themselves or another patroller, please also let me know. Many of the advisors could use some help and an understudy would make future transitions much smoother. Finally, if you believe the person who ran that program last year did a good job, I think it is appropriate to let the Region Director know that as well.

We have had a good season, but improvement to the system is also possible. Expand your paradigms and let me know how the region can spread the burden and improve.

Finally, if there are any responses to the above requests or if you have ideas you would like the region to try in the future or discuss for future implementation, please send them to me at this address: R. Morgan Armstrong, Virginia Region Director, 104 Adrian Street, Bassett, VA 24055-9005.

R. Morgan Armstrong is Director, Virginia Region.

Advisor's Report— Election Coordinator

Smith Re-elected

by Jim Hunter

Raymond B. "Bernie" Smith was re-elected for another two-year term (1997-1999) as Director of the Southern Division. The next election will be in 1999.

As noted in the fall, 1996, *Southern Cross* (p. 6), "The Division Director is the only elected official of the Southern Division. Only Patrol Directors . . . are eligible to vote. Each patrol has one vote."

Smith was unopposed in the 1997 election.

Jim Hunter is the Southern Division's Election Coordinator.

Editorial Comments

by Tom Kell

I appreciate the efforts so many readers have made to contribute newsworthy items and notices to the *Southern Cross*—and it pains me when I have to reject an item that is both timely and important but is out of synch with our production schedule.

Case in point: a contributor sent me a notice in February about a Phase I course. The deadline for the spring issue is early April, so his notice reached me in plenty of time. The problem? The course was in April. The spring issue doesn't come out until May.

Timing is everything

For the *Southern Cross* to carry a notice about an April event, I have to have the item in early December for publication in the

winter issue, which comes out in January.

The *Southern Cross* is a quarterly. It comes out every three months. Each issue has a long production time. That means lead times are huge. To help contributors understand this, I run all the copy in/issue out dates in the masthead of each issue.

Because lead times are so long, the *Southern Cross* is not a medium for late-breaking news—or even seemingly-well-in-advance announcements.

At present, the best you can do is plan really, really far ahead. But what else can we do? Publishing more often would be costly. A web site? An e-mail system?

Again, please send me your thoughts (see the masthead—the box on this page—for my mail and e-mail addresses, etc.).

Calendar Updates

On a related point: starting with this issue, I shall run a calendar in each and every *Southern Cross*. Be sure to send me your updates.

Next is the summer issue. Copy in, mid-

June. Issue out, late July (see the masthead). The summer issue is the one in which to announce your September and October courses and events. The fall issue does not come out until mid-October (see the... Okay. You get the picture.)

Last issue, I received no calendar updates from contributors, just text items. So I ran only text items.

Readers, however, were outraged. Well, okay. One reader. And he wasn't "outraged" exactly. Just disappointed:

"Today I received my *Southern Cross*," he wrote. "I quickly turned to the calendar of events in the division. **Not.**"

He went on to explain that the calendar and schedule of courses and meetings within the division are important to him. And, since his was my very first Letter to the Editor, I took his complaint to heart: henceforth the *Southern Cross* will always contain a calendar.

Even if I have to make it up myself!

Tom Kell, according to the masthead, is editor of the Southern Cross.

SOUTHERN CROSS

Southern Cross is a publication of the Southern Division of the National Ski Patrol. Its purpose is to inform, acknowledge, motivate, increase camaraderie, and provide a forum for the exchange of ideas by involving a diverse group of Southern Division members, publishing a schedule of events, and recognizing the accomplishments of patrollers.

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Change of address: The *Southern Cross* uses mailing labels obtained from the national office. Send change of address information to:
National Ski Patrol, 133 South Vann Gordon Street, Lakewood, CO 80228. Include name, NSP reg #, ss #, new and old address, and new phone number.

Advisor's Report—Dear Dr. John **Mountain Bike Injuries**

by Dr. John Dobson

Question: My resort is sponsoring a large mountain-bike race this summer. Will the injuries I treat at this event be different from those I encounter on the ski slopes?

Answer: Mountain biking, a new Olympic event, has recently become a very popular recreational pastime in the United States. It is estimated that 16.2 million people participated in this sport in 1995. Reported injuries caused by mountain biking more than doubled between 1994 and 1995 (23,000 to 48,000).

Unlike skiing, 50 percent of bikers' injuries occurred in the upper extremity/thorax with the majority concentrated in the

shoulder and ribs. Twenty-two percent of the injuries recorded involve the face and head. Only seven percent were found in the knee. This percentage is much less than the 30-percent knee-injury rate normally seen in skiing. About one-fourth of the injured bikers sustained a fracture, while another one-fourth had lacerations. Other types of injuries included contusions, muscle strains, sprains, and dislocations. Although you will not be working in a winter environment, your OEC training has prepared you well to evaluate and stabilize those injuries associated with mountain biking, and you should feel confident about your participation as you approach this exciting event!

John Dobson is Medical Assistant.



Steep terrain, snowboarders, and moulage add realism to Senior OEC Evaluation at Snowshoe-Silver Creek. Left, **Marti Mitchell** evaluates patient who has collided with snowboarder. Right, **Michael Cassis** applies splint to boarder's "open radius/ulna fracture." Below, **Joe McNeer** evaluates **Jane Poundstone's** secondary survey.



Director's Report—West Virginia Region

Region Announces Five New 'Seniors'

by *Bob Bodamer and Joe McNeer*

West Virginia Region is proud to announce that the following five patrollers, all from Silver Creek-Snowshoe, have completed all of the requirements and electives of the senior program: **Ian D. Archibald**, **Daniel Phillippi**, **Jason Hall**, **John Mitchell**, and **Jerry Goldfarb**.

Senior OEC Clinic at Timberline

Timberline Ski Patrol hosted a Senior OEC Clinic on February 8. Candidates included **Karen Burke**, **Eric Krichbaum**, and **Stephens Mundy**. Senior evaluators included **Greg Rash**, West Virginia Chief IT (Senior), **Bob Bodamer**, West Virginia Region Director, **Joe McNeer**, Blackwater Section Chief, **Bill Olden**, Instructor, **Hugh Blocker**, IT, and **Dan McCord**, OEC Region Administrator. In charge of moulage was **Janette McNeer**. Patients and participating Timberline patrollers (patients) included **Ted Baugh**, **Louann Maclay**, **Janette McNeer**, **Jesse Brooke**, **Karen Wintersteen**, **Rachel Nugent**, **Lauren Hendrick**, and **Len Lindsay**.

Post-clinic comments indicate the clinic benefited both candidates and patroller "patients." A special thanks to all who participated in this very important event. Also a



special thanks to **Charles Lentz**, Southern Division OEC Supervisor, who provided the necessary scenarios on short notice.

Senior OEC Evaluation, Snowshoe-Silver Creek

On March 15, eight Senior candidates participated in the Senior OEC evaluation conducted at Snowshoe-Silver Creek ski resort. The event, sponsored by the Snowshoe Ski Patrol and attended by patrollers from both Snowshoe and Timberline, resulted in six completing the Senior OEC requirements.

Jane Poundstone (Snowshoe), **David Caudill** (Silver Creek-Snowshoe), **Michael**

Cassis (Snowshoe), **Marti Mitchell** (Silver Creek-Snowshoe), **Daniel Phillippi** (Snowshoe), **Jason Hall** (Silver Creek-Snowshoe), **Shane Bradley** (Snowshoe) and **Eric Krichbaum** (Timberline) each had their Senior OEC skills evaluated by instructors from throughout the division. Evaluators included **Charles Lentz**, Southern Division OEC Supervisor; **Judi Kay-Monaghan**, Assistant OEC Supervisor for Senior OEC, **Bob Bodamer**, Director, West Virginia Region; **Larry Bost**, Division Training Advisor; **Joe McNeer**, Blackwater Section Chief; **Jan Starr**, Allegheny Section Chief; **Bill Olden** (Timberline); **Greg Thomas** (Snowshoe); **Jim Maxwell** (Winterplace); **George McMurray** (Winterplace); **Michael Van Woert** (Silver Creek-Snowshoe); **Gerald Temple** (Silver Creek-Snowshoe); and **John Mitchell** (Silver Creek-Snowshoe). Moulage support was provided by **Janette McNeer** (Timberline).

Basic Evaluations, Timberline

On February 23, 1997, Timberline Ski Patrol conducted its OEC evaluation for this year's candidates. **Shelli Wooldridge**, Timberline's Assistant Patrol Director for OEC, organized and conducted the evaluation and participated as the candidates' advocate during the evaluation. Participating in the

Message from the National Chairman

event were candidates **Dan Brown, Lauren Hendrick, Len Lindsay, Rachel Nugent, Karen Wintersteen, and Jesse Brooke.** Evaluators included **Hugh Blocker, Eric Krichbaum, Janette McNeer, Craig Obey, and Joe McNeer.**

On March 1, 1997, the patrol conducted its ski and toboggan evaluation for its candidates. **Mike McDermott**, Timberline's Assistant Director for Operations, organized and conducted the evaluation. Participating candidates included **Jesse Brooke, Len Lindsay, Karen Koehnlein, and Rachel Nugent.** Training injuries prevented two additional Timberlines candidates from participating. **Mike McDermott** acted as the advocate for the candidates.

The event was complicated by rain and fog during the entire evaluation. Evaluators included **Tim McGowan, Mike McDermott, Hugh Blocker, Joe McNeer, Jan Starr, Greg Thomas, and Craig Obey.**

Timberline Patrol Director **Tim McGowan** announced at the patrol's celebration Saturday evening, March 1, that all candidates demonstrated the necessary auxiliary patroller skills. He also congratulated Timberline's new Basic Patrollers, **Jesse Brooke, Len Lindsay, and Rachel Nugent.**

Ski and Toboggan Phase II, Timberline

On February 22, 1997, **Dave Kline**, West Virginia Chief Examiner, conducted a Phase II S&T Course at Timberline Four Seasons Resort. Participating in the course were **Frank Reardon, Janette McNeer, Mike McDermott, Craig Obey, Bob Phillips, Bryan Phillips, and Tom Bayer**, all of Timberline Ski Patrol. Timberline patrol director McGowan said "we look forward to having a larger S&T training base for our 97-98 ski season."

Bob Bodamer is Director, West Virginia Region. Joe McNeer is Blackwater Section Chief.

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bers, across the country, patrol in many different circumstances and require different services. Some of your needs are different from other patrollers because of the dictates of geography, environment, or area size. In the past we tried to meet all of these diverse needs by supplying (not always successfully) such things as down parkas and raincoats. So, I would ask that when you see an item in the catalog that doesn't seem to make sense or that you think isn't needed, please try to consider that some other patroller may have a need for it.

Being good at patrolling takes time and effort—yours and mine. I have heard that some of you think that the NSP requires too much of its patrollers. Some say ski patrolling has become too much like a job. The truth is, the NSP does expect a lot of its members, but that is because a lot is riding on the proper application of outdoor emergency care and rescue skills. Yet, at the same time, the camaraderie inherent among volunteer patrollers—combined with an opportunity to ski or snowboard "on the job"—makes this "work" fun. In the next several years, as each of us is asked to meet ongoing changes in the ski industry, it will be more important than ever to strike a balance between volunteering and having fun, while doing so in a world of increasing demands and rules.

I am committed to making sure that our programs are not seen as barriers or burdens. Excellent patroller skills achieved through sound education and practice will improve your value and standing at your area. You must be able to easily obtain the courses and training you need. I have instructed each of the national advisors to review the quality and availability of all of our programs. We stand firm on the required content of our courses but permit great flexibility and creativity in how a course is taught. Most NSP programs are designed to be conducted at the local ski area. This minimizes the time you spend

away from the area, so that you're not away "training" all the time. If you encounter a requirement that seems to hinder a program's effectiveness, I encourage you to ask the instructor or program administrator why he or she has taken that approach and whether there might be a better way.

You and I have a task of vital importance to accomplish in the next several years. From your position at the local ski area and from mine at the national level, we must increase our value—real and perceived—to area management. Our cooperative efforts with the Professional Ski Instructor's Association and the National Ski Areas Association provide a strong partnership at your ski area. Don't stand alone. Get involved in helping your area increase the positive experiences of each guest. When you ride on a chairlift with customers, try to find out what they think about your ski area. Guests have to want to return instead of going to Disney World. Do you help this happen?

The National Ski Patrol, thanks to the support of its membership, the vision of its board, and the professional expertise of the national staff, has enjoyed phenomenal success, increased recognition, and enhanced respect from ski industry leaders in the last 5 to 10 years. To see the trend continue will require renewed dedication and effort from each of us. Today your responsibilities as a patroller extend far beyond emergency care and toboggan handling. If we want to look back in another five years with the same pride we have today, we will need to recognize, face, and make necessary changes in the way we patrol and what we offer as individuals and as an association.

Have a great ski season. I hope to get the chance to meet many of you on snow over the next several months.

John Clair is chairman of the board of directors of the National Ski Patrol.



Finding the Hidden Snow: A White Grass Experience

by Tom Dillon

Canaan Valley, West Virginia—

Avalanche dogs, they say, can sniff out anything else where there is only snow. Chip Chase can sniff out snow where there is anything else but.

This hasn't been a very good snow year in the mid-Atlantic. There had been hardly a flake of snow all the way to West Virginia, and Canaan Valley was as bare for February as I had ever seen it.

Only on the downhill ski slopes, where snow guns had been spewing water and compressed air every cold night since November, was there decent cover.

But Chase was undeterred. On top of Cabin Mountain, he said, we would find snow. It's 1,000 feet higher than the valley floor—itsself 3,000 feet—he noted, and 2,000 feet higher than the approach valleys. There would be snow.

Further, he said, we didn't even have to climb. We could buy one-time-ride lift tickets on the main chairlift at the Canaan Valley Ski Resort and ski off the back side of the mountain, away from the crowded downhill ski trails.

Not that the tourists were believing him. They hadn't all winter, he said, despite his having spent more than 15 years in the valley that's the mid-Atlantic's best-kept wintertime secret.

He had made the same suggestion to a woman from one of the eastern cities a day before, he said, and gotten a response to the effect that she had not been born yesterday and he shouldn't try to make a fool of her.

It turned out, as I figured it would, to be her loss; I've know Chase for a good number of years now, and what he says is usually right. But more on that shortly.

Chip Chase runs what surely must be the most basic ski area in North America, a network of hiking and cross-country ski trails on Weiss Knob, a north-facing slope near the eastern continental divide. The skiers themselves cut the trails and clear them each fall.

The lodge is a 40-plus-year-old wooden affair which didn't have a full floor in it until two years ago when some of the regulars got tired of gravel sticking in their ski boots. But don't call it dead-ends-ville, or especially not ski-bunny land. These are mountain people.

It's called White Grass, which some of the more cynical might say reflects the

amount of snow that falls here. But that's wrong, too, a lot of the time.

Around 1949, the area was the site of the first downhill ski area in the Southeast—a valley discovered by airline pilots who realized that it always held snow when no other place did, even Pennsylvania.

(At least that's one of the stories. Some old-timers in the Washington, D.C., ski club dispute the pilots' involvement, and they may be right. The capital's ski club did have a lot to do with the early development of southern skiing.)

Whatever, the old wooden building was built around 1950, then abandoned after big-money resorts grew up nearby in the 1960s and 1970s. It was rediscovered by Chase and his friends in the 1980s when they restored the building and added a natural foods cafe.

The little building is no bigger than a medium-sized house, but it's known by cross-country skiers all over the mid-Atlantic, including me. It has a strange pull, much of which has to do with acceptance and hospitality.

I only get there once a year anymore, almost always with no advance notice, but it's always like I was expected on that very

Nordic skiers find snow, tranquility at West Virginia's White Grass Ski Touring Center.



day, and there's almost always someone to go skiing with. Chase even says he likes the bad snow years because there's less business; it gives him more time to ski.

I was only there for four days this year, and one of those days I had to climb an entire mountain carrying skis to find snow—which, when we found it, was frozen hard as a rock.

My skills aren't like Chase's, though. On the day I joined his tour, we skied off the back side of the downhill ski slope at Canaan Valley and into a spruce forest harboring northern flying squirrels and ruffed grouse.

Shortly, it was quiet and the forest closed in and the sounds of the lifts died away.

We skied narrow paths in the spruce glens for an hour—finding about a foot of snow when we dug into the snowpack—before we made our way back to the downhill resort and carefully descended its runs on our cross-country skis.

At the bottom, we encountered yet another skier skeptical about what we'd been up to, except this guy was an acquaintance who should have known better. We tried to tease him, but probably wound up rein-

forcing his opinion that there was no snow.

We piled into the car for the short trip back to White Grass with the knowledge that we'd had a great afternoon; that, probably, not many people were going to believe us; and that, since we didn't mind keeping our wintertime secrets, maybe it didn't make much difference.

Tom Dillon, an alumni member of the NSPS, travels to Canaan Valley from New Bern, North Carolina. Chip Chase is manager of the White Grass Ski Touring Area.



Advisor's Report—Archivist/Historian

Historian Needs Photographs, Artifacts

by Jane Miller Watson

Hi to all patrollers!

My name is Jane Miller Watson. I am a member of the Beech Mountain Ski Patrol, and I have assumed the position of Southern Division historian from Cathy LaMarre. My address is 85 Sioux Trail, Greenville, TN 37743. Please use this address to send me photographs or other pertinent information to be retained in the Southern Division scrapbooks or photo albums.

You can also contact me by e-mail,

janemw@greene.xtn.ne, or telephone: (423) 636-1096.

When sending photos, please identify all persons appearing in them so that they will be properly identified in the Division albums. The albums are a great source of history since they contain photos dating back many years. Also, as a part of the history, past copies of the *Southern Cross* are retained. In the future I hope to develop an on-this-date-in-history feature that will give newcomers a glimpse into our history and offer a "trip down memory lane" for those who

remember or took part in those events.

Thus far this season I have received photos from only two individuals. If you would like to have photos included in the 1996–1997 album, please forward them to me as soon as possible. Also, if you have older photos, you can send those to me as well—just be sure to mark the year and identify the people.

Thanks for your help!

Jane Miller Watson is the Southern Division's Archivist/Historian.





I Really Don't Understand

by Larry Bost

Why my wife threw her tennis racquet at me and left the court in tears. Why she said all those terrible things about my Mother. I didn't even think she knew some of those words! All I was trying to do was help.

I also don't understand why she can't take a little constructive criticism. All I said was that her casserole was missing something, salt maybe. I mean, if you are going to spend three hours cooking you want to get it right, don't you? Move over Rover, we're roommates again.

I am sure that you have never experienced similar situations, but it is true that people react differently to certain things and in certain situations. It's human. We all see ourselves differently from the way others see us and that's what makes us unique.

In our "mind's eye" we looked like Alberto Tomba on that last run. When we are told that we looked a little out of control or we need to work on our form, we could possibly get a little defensive and maybe even combative.

As instructors/trainers, we always have to be aware of that self-portrait we all carry with us. We need to be aware and understand that patrollers can react quite differently to the same feedback or constructive criticism. Some can handle the direct, blunt approach that would destroy others. Some patrollers respond to a more soft and tender approach, the "let-me-down-gently" method. Everyone wants to be successful, and our goal as instructor/trainers is to make everyone successful. If they are unsuccessful, so are we. Remember, "fail" is not part of our vocabulary.

You may not be the right instructor for that patroller or for that class. I have certainly learned that I am not the right person to instruct or provide feedback to my wife in any situation. Someone else's approach or method may work instantly. Did you do something wrong? Probably not. You may have said the same thing word for word but

it worked for another instructor. Why? Personalities, method of delivery, chemistry or whatever. They can touch that right button and learning occurs while the button we touch may be the "off" button. *Reinforce* is a lot better plan than *total retreat*.

Every step up or advancement a person

makes in the patrol should be built upon a foundation of concerned, caring, and supportive fellow patrollers. Then we are all successful!

Larry Bost is Southern Division Training Advisor.

Southern Cross Calendar

Division & National

May 16-18	Southern Division Spring Officer's Meeting, Snowshoe.
June 21	OEC Summer Continuing Education Seminar, Wintergreen. Charles Lentz, (704) 264-5261.
July 19	OEC Summer Continuing Education Seminar, Asheville, N.C. Charles Lentz, (704) 264-5261.
August 22-24	Southern Division Fall Officer's Meeting—4-H Center, Abingdon. This is the NASCAR Bristol race weekend.
Summer/Fall	Avalanche Instructor Workshop. J.R. Ortiz, (757) 874-5265.
November 2-6	National Avalanche School, Phase I
Dec 97-Feb 98	National Avalanche School, Phase II
Feb/Mar 97	Southern Division Advanced Avalanche Course. J.R. Ortiz, (757) 874-5265.
March 15, 1998	Awards nominations deadline. Sam Bruce, (803) 730-8383, FAX: (803)892-5757.

Virginia Region

June 21	OEC Instructor Update, Wintergreen. Judy Kay-Monaghan, (703) 971-7841.
June 22	OEC Phase I, Wintergreen. Judy Kay-Monaghan, (703) 971-7841.
July 3-6	World Cup Downhill Mountain Bike Race, Massanutten. Kenny Hess, (540) 289-4954. E-mail: skimass@shentel.net.
July 19	OEC Phase I, Northern Virginia (Centreville/Fairfax). Cathy Riley-Hall, (703) 246-3967, FAX: (703) 385-3807.
August 9-10	OEC Phase II, Northern Virginia. Judy Kay-Monaghan, (703) 971-7841.

West Virginia Region

May 16-18	Southern Division Spring Officer's Meeting, Snowshoe.
June 7-8	Twenty-four hours of Canaan, a 24-hour mountain bike race at Timberline Four Seasons Resort. Patrollers needed. Tom Goldsworthy, (703) 549-4755. E-mail: tgoldsw@dandp.com.
Jan/Feb 97	Student Patroller Training Seminar. Julie Notz, (423) 670-0586.

Attention All Patrollers

Volunteer marshals and first responders needed for two mountain-bike events.

Twenty-Four Hours of Canaan—Timberline Four Seasons Resort, June 7-8.
Tom Goldsworthy, (703) 549-4755 or tgoldsw@dandp.com.

World Cup Downhill—Massanutten Resort, July 3-6.
Kenny Hess, (540) 289-4954 or skimass@shentel.net.

Volunteers do not have to ride bikes or serve all days of the Massanutten event.



Advisor's Report—Avalanche

Training Brings Rewards

by Shep Snow

J. R. Ortiz (Wintergreen), currently the Virginia Region Avalanche Advisor, will take over as Southern Division Avalanche Advisor this summer. I am retiring and moving to Idaho.

This was a busy year in the avalanche department. Although only two basic classes, one advanced class, and three certified clinics were taught, we laid the foundation for a full program next year. Here's what's cooking:

We now have complete Basic Avalanche instruction kits for each region. The kits include a course outline, slides, slide script/outline, practical exercises, handouts and videos. The course length is approximately 4-5 hours in the classroom and 1-2 hours outdoors. Additionally, Southern Division

now owns a set of beacons, which will be retained by the Program Director and mailed to the instructors before classes.

An instructor workshop will be scheduled during the off season. Both current and prospective instructors will be asked to attend. The workshop will familiarize instructors with the basic avalanche instructor kit and exercises. Additionally we will work the 1997-98 schedule, with a goal of one class per region. Finally, we will look for a commitment from current instructors—there wasn't a lot of activity this year. We need to shift our focus to Basic courses within the Division rather than commuting to Advanced courses for other folks.

The first-ever, 100 percent Southern Division Advanced Avalanche Course was conducted this year. I took six students through nine ski areas in Montana, Idaho,

and Canada in February and March. The class was a total success and we are planning a similar class for next season. Contact J.R. Ortiz [(757) 874-5265] if interested and watch for an article in the Summer edition of *Ski Patrol Magazine*.

Shep Snow is the outgoing Southern Division Avalanche Advisor.

15th National Avalanche School

by Frankie J. Barr

The only combined indoor and outdoor avalanche course of its kind held in America, the National Avalanche School is the oldest and the finest in the nation. No other course is as comprehensive or flexible.

The 1997 National Avalanche School will be held at the Hyatt Regency Hotel in Incline Village, Nevada, November 2-6. Phase I is a five-day classroom session consisting of lectures, small group workshops, and discussions.

Attendance is limited to 200 students who are assigned to work groups based on the kinds of avalanche problems of most interest to them. Work groups typically include developed alpine and Nordic ski areas and backcountry travel. Tuition is \$350.

Phase II is a three-day field session in which avalanche specialists familiar with local conditions will demonstrate fundamental principles and practices. The field sessions are offered between December and February in various locations in the West. Phase II is optional, but students must have successfully completed Phase I before attending Phase II. Tuition is \$160.

Brochures and applications are available from the national office. Contact Frankie Barr (303) 988-1111, ext. 132.

Frankie Barr is Administrative Director, National Ski Patrol.



Advisor's Report—Awards

Prepare [for] the Ides of March

by Sam B. Bruce

Although this season's awards deadline—March 15—has just passed, it's a good idea to start planning now for next season's awards. The "Ides of March" have a nasty way of sneaking up on folks. For us, they tend to hit just when we're busiest patrolling.

One thing each patrol should do now, during the off season, is appoint a patrol awards advisor and forward his or her name to me. I then can work with the regional and patrol awards advisors to ensure that the appropriate forms are used.

Each award nomination has to be on the *right form* and be *signed by the right people*. If they are not, I simply have to return them to the regional awards advisor.

Each patrol should submit nominations to the Division for awards for their best patrollers in each category. All patrollers

work hard each year and appreciate being recognized by their peers. The forms are easy to use.

The hardest part seems to be starting the process early enough to get the forms to me for my review by March 15th. If I don't get them by then, they don't get judged. If they don't get judged, they have no chance of winning awards at the Divisional level and being forwarded to National for their review.

So start thinking about it now. Get awards advisors in place and start filling out those awards nomination forms during the summer and fall so you can get them signed and submitted in plenty of time. If you wait until the ski season "heats up" in January and February, you may find that March 15 has come and gone and your awards nominations have to wait another year.

Sam Bruce is Southern Division Awards Advisor.





Are You Prepared and Ready?

by Charles Lentz

It is a beautiful winter day in the mountains, the sun is shining, the wind is calm, and the temperature is just below freezing, making this one of the best ski days this season. You are skiing down your favorite black diamond run when suddenly you hear a woman screaming in the distance.

Cautiously speeding up, you notice a middle-aged woman waving her arms at you near a bank on the steepest part of the slope. As you arrive, you see two skiers off the bank, one standing and the other lying prone. The woman identifies herself as the wife of the skier who is face down. She tells you the two men have been friends and rivals ever since childhood. She further states that they collided while racing down this most difficult slope and seem to be severely injured.

As you gaze at the two men at the bottom of the bank, you remember that the patrol is extremely thin today with only two volunteers other than yourself and the lone pro patroller. You radio for additional assistance before securing your body cord to a tree and descending down this steep incline to assess the patients. The primary surveys reveal that the man lying prone is having difficulty breathing and is bleeding severely from his left femur area. The man who appeared to be standing is actually impaled on a tree limb through his abdomen. The limb is supporting the man upright and you observe a large pool of blood at his feet.

Are you prepared and ready to handle this situation?

I hope so.

Each year OEC refreshers are held throughout our division to help prepare you for just such an emergency. However, the ball is in your court. Your area refresher will only be as beneficial to you as you are willing to make it. The refresher guide enables you to study and prepare, but you must take the initiative to use it to review and enhance your skills.

Unfortunately many patrollers just skim

the refresher material and prepare just enough to get by. Unfortunately the refresher is the only first aid practice these patrollers get—so when they arrive at an accident scene like the one described above, they freeze, panic, or begin frantically calling for help instead of thinking clearly to formulate a plan of action that will give these two patients the best of emergency care and expedient transport to the nearest medical facility.

Don't let this be you! Remember we are there to assist the skiing public by giving them the best first aid that we can.

I had the pleasure of attending several refreshers this year where I found most patrollers ready and willing to learn new material and review their OEC texts. That's what it takes! Ready and willing patrollers who seek to gain new medical knowledge to help all that are in need.

We must not wait until the refresher to prepare for next ski season, but *start now* to review and study our OEC text. As dedicated patrollers, we must commit to being life-long learners. Soon the new third addi-

tion of OEC will be published requiring mastery of even more material. I urge you to *start this very hour* learning and preparing so that you will feel confident in handling a situation like the one above.

Two OEC Summer Continuing Education Seminars will again be offered for all interested patrollers and patrollers who wish to become instructors. These seminars will focus on new material contained in the third edition as well as enhancing teaching methodologies. I strongly urge you to attend the one nearest you as part of your continuing education. Simply send the registration form back that is printed on the insert.

Have a great summer! I look forward to seeing you at the seminars and on the slopes next ski season.

Charles Lentz is the Southern Division's OEC Supervisor. Volunteering to assist with OEC training this summer and fall is another good way to sharpen your own OEC skills. You don't have to be an instructor to help out—and learn.



Singletary, Snow Certified

by Mike Fisher

Congratulations to **Nici Singletary** and **Shep Snow** who have become our newest certified patrollers. Thirteen Southern Division candidates participated in the exam this year along with two from the Central Division. The large group was a scheduling challenge successfully met thanks to the injured Bernie Smith who manned the phones and

jostled the schedule from his command post in the Snowshoe patrol room. (Bernie broke his thumb skiing at Snowshoe.) Next year candidates will submit their requests in advance for parts of the exam they wish to take. Several people audited the exam and will return next year to participate. A big *thanks* to all examiners!

Mike Fisher is Certified Advisor.

Cathy LaMarre Publishes in National Magazine

Cathy LaMarre's article, "Patrollers, Protect Thy ACL," appears in the Winter 1997 *Ski Patrol Magazine*. Congratulations, Cathy, on an excellent piece of writing—on a topic that is extremely important to each of us! Cathy is patrol director, Hawksnest Ski Patrol, Boone, North Carolina (and the ACL, as we all know, is our knees' anterior cruciate ligament).





1997 OEC SUMMER SEMINARS



The 1997 OEC Summer Continuing Education Seminars are open to all interested patrollers, but are required training for all current and potential IT's. Every instructor must attend at least one Summer Seminar or its equivalent every three years. This is your chance to receive state-of-the art continuing education in teaching, mentoring, and monitoring strategies for your use with Outdoor Emergency Care. Guest presenters from different areas as well as local presenters will teach at the following seminars:

Saturday, June 21, 1997 at Wintergreen Ski Area, Virginia

Saturday, July 19, 1997 at St. Joseph's Hospital in Asheville, N.C.

TIME: 8:30AM to 4:30PM

Several patrollers who attend Powerfall this year will also bring back new ideas, programs, and techniques presented at this event. The 1997 OEC Summer Seminars promise to be great programs for all patrollers. We look forward to seeing you and working with you.

TENTATIVE AGENDA FOR BOTH SEMINARS:

- *Breakout sessions for networking, sharing, and training
 - *Pediatric Emergencies and Care
 - *Effective Evaluation Techniques
 - *Working With Management
 - *Personality Profiles
- *More efficient delivery and practice of Outdoor Emergency Care for use on the hill
- *Updates on the new third edition of Outdoor Emergency Care
- *Additional programs will be added as needed later

To Register: Name _____ Patrol _____

Circle appropriate status below:

IT Instructor IT Candidate Patroller

Note: IT's are appointed on a need basis and candidates must apply to the Division OEC Director using the form in the OEC Instructors Manual.

Seminar You Plan To Attend? _____

A \$20 registration fee is required and must be received with your registration. This fee covers the cost of materials and refreshments. Registration is not complete without this fee and must be received by **June 2nd** for the Wintergreen Seminar and **June 30** for the Asheville Seminar.

Send to Charles L. Lentz, Div. OEC Director, 299 West Grandview Heights, Boone NC 28607
Phone: (704) 264-5261



Advisor's Report—Student Patroller **Student Seminar A Success**

by Julie Notz

Thanks again to everyone who participated in the Student Patroller Training Seminar at Ober Gatlinburg!

Fifteen students and 15 adults were involved in three categories—OEC, skiing, and toboggan handling. **Andy Knick** (Wintergreen) took top honors in OEC while **Kris Drake** (Ober Gatlinburg) took top honors in skiing and toboggan handling. Kris also won the overall category. Way to go guys!

If you weren't able to attend this year, then plan to be there next year. We were lucky enough this year to have help from some of the top guns of the Division. We

received a wealth of great information and experience from **Bernie Smith, Lynn Pace, Dennis Slagle, Mark Taylor, Jamey Piercy,** and **Jim and Mary Underwood.**

Thanks again to the Hawksnest Ski Patrol and the money they raised at their ski swap.

Next year's Student Patroller Training Seminar is to be held in the West Virginia Region. Any volunteers?

Hope to see you all again next year!

Julie Notz is the Southern Division Student Patroller Advisor. Volunteers can contact her at 9508 Markirk Lane, Knoxville, TN 37931. Phone: (423) 670-0586.

*Southern Division
Spring Meeting and
Convention at
Snowshoe Mountain
Resort on May 16-18
featured
golf tournament,
Hawaiian Luau.*



Student Patrollers and "top guns" at Ober Gatlinburg for 1996-1997's Student Patroller Training Seminar.

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