

Express



Western Region Newsletter, National Ski Patrol System, Inc.

November 2007

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A note from the Western Region Director

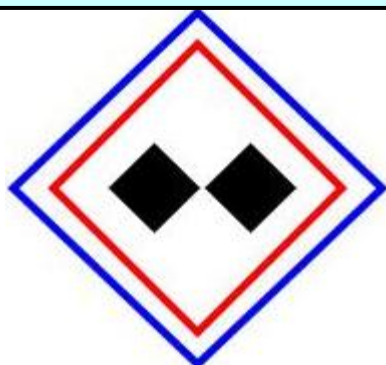
John Thomas
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As the OEC refreshers have been kicking off, I have been talking to patrollers and hearing discussion from around the Region. The message I keep hearing is that as patrollers, we want black and white answers. This is not a new message as it has been around for as long as I can remember. The problem is, there are no black and white answers, only gray areas as we have become accustomed to calling them. What can we do as patrollers to make the gray area as small as possible? My answer is: we learn as much as possible and train as hard as possible so we can become more proficient than we were last season. Will having the knowledge and being as proficient in all of our skills cause the gray area to disappear? No, however, the gray areas will get smaller. For example, the better a patroller is at assessments, the better the care can and will be given. If you understand all of the signs and symptoms, the better you can treat a fellow slider. The better your assessments, the less gray area you will have. I believe the same is true for toboggan handling skills and skiing skills.

How do you go about improving your skills and have fun at the same time? Volunteer to help your patrol in the training of any level of OEC or on-the-hill training. Get together with people on your shift or from your patrol and practice some skills: assessments, vital signs, splinting on a steep hill, backboarding in the trees, toboggan handling, etc. Use your resources within the patrol--OEC instructors, toboggan instructors, local ski school. By having them help you improve your skills, it also helps them to become better instructors. Take a class from the region--Ski Enhancement Seminars, Instructor Development, etc. Set a goal to improve ONE thing this season and work toward it. There are some great people within our region who are there to help you and make it fun. Use the resources we have.

I encourage you to spend some extra time this season and work on your goal to improve one or more of your skills so you can make the statement: your skills improved from year to year. Have a great and safe season, see you on the snow.





**Western Region
Fall Meeting
Summary**

Martin Fahje –

Western Region Fall Meeting Coordinator



The Coffee Mill Ski Patrol hosted the Western Region meeting on September 21-23. The weekend kicked off with the Western Region Board of Governor's meeting at Slippery's Restaurant, made famous by the movie 'Grumpy Old Men'.

Saturday's classes and informational sessions were located in the near by Wabasha-Kellogg High School. Session topics included:

Yoga for skiers (both an introductory and intermediate class) taught by Sue Hayes a Welch Village Ski Area Patroller.

Care of Your Back and Patient Lifting Techniques by Mary Wehde a Coffee Mill Ski Area Patroller and registered Physical Therapist. The intent of this class was how we can improve our lifting techniques in the many ways we are put in as we care for patients moving and lifting them from snow to toboggan and toboggan to aid room.

Pain and Recovery from Injuries by Aaron Boyum a Welch Village Ski Area Patroller and Registered Physical Therapist. This class was not about the pain the patient may be having, but the pain we as athletes sometimes have to work through as we are on the recovery from injury.

Altitude Sickness, how not to let it ruin Your Vacation by Dr. David Claypool an Emergency Room Physician at St. Marys Hospital. Dr. Claypool refreshed us on recognizing altitude sickness in ourselves and what we can do to alleviate the symptoms and not let it disrupt our ski vacations to the mountains.

Hypothermia and Warming techniques used once the patient is delivered to the ER by Alan Beckstrom an EMT and Flight Nurse with Mayo One. Alan refreshed attendees on recognizing hypothermia and warming techniques. He briefly spoke of techniques used in the ER and how long it takes to warm a body one degree using the aggressive techniques in the ER.

Low Angle Rescue by Terry Spohn a Certified Patroller from Elm Creek Ski Area. This demonstrated equipment and skills needed to extricate and move a toboggan over difficult terrain, over or down cliffs and barriers.

Medical Emergencies Update Ski Patrol Jeopardy by Dr. Alan Johns a Spirit Mountain Patroller and Orthopedic Physician. Dr. Johns spoke about medical emergencies which can be witnessed at the ski areas and culminated with a lively Ski Patrol Jeopardy game with the attendants.

Effective Ski Training for Patrollers by Jim Andrews a Certified Patroller from Hyland Hills Ski and Snowboard Patrol. Jim talked about teaching skiing and that teaching skiing isn't necessarily about skiing, but about teaching.

Coma Scale by Dr. Vernon Smith a Coffee Mill Ski Patroller and Emergency Room Physician at St. Marys Hospital.

Everything you always wanted to know about writing NSP Awards by Scott and Vicki Young Patrollers at Hyland Hills Ski and Snowboard Area.

Mountaineering Level one classroom by Daryl Coons the Region Mountaineering Advisor.

OEC recertification by Kathy Glynn the Region OEC Advisor.

BOG Team Building by Sharon Kaufman. Sharon conducted several Team Building activities with the Board of Governor's. The Region had recently elected a new Region Director and has a few new ARD's and advisors. We thought some of these activities would act as a catalyst to help the BOG work as a team to continue to move the Region forward.

The highlight of the day was the keynote presentation by Dr. John Hick, a former Mount Frontenac Senior Patroller and now Assistant Emergency Medical Director of Hennepin County emergency Services. Dr. Hick spoke on the need and usage of Ski Patrollers in disaster relief situations. The main focus of his talk involved the recent I 35 bridge collapse in Minneapolis. Dr. Hick and his team was one of the first units on the scene. The photos and facts surrounding this were extremely interesting. He noted that bystanders and other trained volunteers were numerous and the response was phenomenal. Of particular note was that from the time of the collapse to when the last patient was evacuated it only took 1 hour and 35 minutes.

The evening was concluded with the banquet and Awards meeting held at the Coffee Mill Ski Area Chalet.



**INTRODUCTION TO
PATROLLING
(PATROLLER 101)
Jeannine Mogan Patrol
Director, Hyland Patrol**

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Western Region patrollers, the new patrolling season is upon us! Most of you are currently wrapping up OEC classes for your candidates and planning for their hill training. Now is a great time to register for an Introduction to Patrolling course.

The benefits of Introduction to Patrolling are:

- A registered Patroller 101 course ensures that your patrol's toboggan trainers are covered under the NSP's general liability policy while they instruct your candidates.
- A simple spreadsheet can help you better track your candidates' progress through training.
- Your candidates will receive the same messages about important topics as other candidates throughout the country.
- Your candidates will get a well rounded patroller education.

The training curriculum provides instruction in the fundamental skills needed to perform entry level patrolling duties.

Basic Teaching Modules

- Risk Management
- Adapting to the Outdoor Environment
- Toboggan Handling
- Scene Management / Incident Command System
- Rope and Belay Skills
- The National Ski Patrol, Ski Area Management, and the Role of the Volunteer Patroller.
- Guest Services

'Presented as a modular approach, this course should be supplemented by area-specific training in policy, procedure, practice, and equipment.'

Here's how to get started:

1. Register for the course.
Go to www.nsp.org
"Member services" – log in
"Register a course"
Course type = "Introduction to ski patrolling"
The IOR can be an instructor from any discipline.

2. Have candidates sign a waiver
A copy can be found in the Introduction to Patrolling manual or the Central Division Policy and Procedures manual.
3. Teach the modules and area specific topics – You can find teaching ideas in the manual.
Go to www.nsp.org
"NSP Education Programs"
"Instructor Resources"
"Transportation"
"Intro-to-ski-patrolling.pdf"
4. Close the course
Course completion records can be sent to you hard copy or by email
5. Give the candidates certificates of completion

If you wish to use any of the modules as continuing education for current patrollers, it is not necessary to register for the course.

Introduction to Patrolling is a great way to introduce your new patrollers to the core aspects of patrolling!

**2007 OEC Report
Kathy Glynn, region OEC
administrator,
Angelw499@aol.com**



With the refresher and OEC class season nearing an end, I would like to thank all of the OEC Instructors, their assistants, and helpers and the OEC I.T.'s for a job well done. I have had a chance to review many refresher reports and the common theme is "the refreshers were very good". The OEC classes are going well. Everyone is using the standardized practical final evaluation, and it has been well received. Everyone's hard work is greatly appreciated.

As many of you know, our teaching season never really ends. There are many opportunities to provide continuing education to our patrols. Continuing education doesn't have to be done in a formal setting. It can be done in a comfortable and non-threatening environment. Look for those teachable moments where you can share information with your fellow patrollers. Thank you to all of our region's OEC instructors and OEC I.T.'s.



OEC Instructor Re-certifications

Thank you to all of the instructors who took the time to attend an OEC Instructors re-certification clinic. (Letters were mailed in May if your instructorship expires in Dec 2007.) Please remember National requires that we attend a national, division and or region instructor clinic/seminar once every three years. For the complete OEC instructor's job description, please see page 28 of the OEC Instructor's manual. We follow a division approved agenda, and our IT's work hard to make the presentations fun and informative. Thank you for continuing your OEC instructorship. You are very important to the success of the OEC program. Kathy Glynn, Western Region OEC Administrator

Senior Emergency Management.

Are you looking for a new challenge? Senior Emergency Management (SEM) is designed to develop and improve your leadership, problem management and decision making skills. It is not a higher level of OEC skills; its focus is developing your leadership, problem management, and decision making skills by using more difficult OEC scenarios than your basic OEC course. These scenarios emphasize leadership, triage, and managing multiple-injury problems. Most of your training will take place with your own patrol. The region offers 2 all day practice sessions called pre-courses. The pre-courses are set up much like the final evaluation and provide the candidate the opportunity to work with other patrollers from around the region. Attendance at one pre-course is required. The final evaluation is a full day and consists of a practice round and 2 evaluation rounds. To pass SEM, a SEM candidate must pass both evaluation rounds. Registrations are due by December 15th.

Mary Pritchett region SEM coordinator, 952-707-8984
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Kathy Glynn region OEC administrator, 651-686-0001
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SEM pre-courses will be held
Saturday January 26th, 2008 at Afton Alps and
Saturday February 2nd, 2008 location TBA and the
SEM final evaluation will be Saturday March 8th, 2008
at Spirit Mtn.

Any and all help is welcome. We always need patients and bystanders for scenarios, evaluators, and station managers. If you would like to help at any of the events, please let me know.

Critical Incident Stress Management: Sue Hayes hayes.susan@mayo.edu



What is CISM?

CISM stands for: Critical Incident Stress Management. The CISM contact person for our region is Sue Hayes.

Benefits of CISM

Emergency Service Personnel, including ski patrollers, experience more traumatic events than the general public as "part of the job" and generally cope very well. However, some situations may invoke strong reactions in even the most experienced staff.

CISM promotes the return to normal functioning more quickly and more completely than coping with a critical incident without assistance.

A Critical Incident Stress Debriefing (CISD) is:

A structured group process led by a Team of trained emergency service peer support personnel and a mental health professional:

- Safe and private
- Limited to emergency service personnel who were directly involved in the incident
- Not a critique
- Usually done between 24 and 72 hours after the incident

What is a Critical Incident?

Any traumatic event that is outside the usual range of human experience. These events have the potential of causing traumatic stress reactions that may impair cognitive, emotional or behavioral function at the scene or later. For instance, for ski patrollers:

- Child's death/trauma
- Mass casualty incident
- Death of a patient
- Several critical events over a period of time
- Incidents that attract extremely unusual or critical news media coverage

Critical Incident Stress Management (CISM) is designed to accelerate normal recovery, in normal people, having normal reactions to totally abnormal events.

How does a CISD help?

- Reduces the impact of critical incident stress
- Reduces isolation by interaction with others who were involved
- Provides an environment to talk about a difficult situation without judgment or critique



- Normalizes, through education, about stress reactions
- May help prevent delayed psychological problems
- Improves coping skills for future incidents
- Accelerates the recovery process

How do I know if I need a CISD and how do I get one arranged?

Abnormal symptoms of stress after a Critical Incident include:

- Preoccupation with the event
- Anxiety/Panic attacks
- Nightmares or difficulty sleeping
- Increase in use of substances: smoking, alcohol use, etc.

If you experience any of these symptoms or have experienced a Critical Incident, help is available. You may contact Sue Hayes at 507-281-5702/507-255-5921/ hayes.susan@mayo.edu. You may also contact your Patrol Representative to arrange a debriefing.



**Ski Enhancement Seminar
More Smile Per Mile Jim
Andrews NSP-C/PSIA Ski
School Supervisor**
Jima@mckeeandrews.com

What is a Ski Enhancement Seminar? Great question! A SES is your chance to spend a day with PSIA credentialed clinic leaders and improve your technique and expand your fun zone. Typical group sizes are around 8 people. A typical SES starts at 8:30AM when we spend a few minutes indoors in the morning getting a chance to know each other and to find out what specifically people in the group are looking to accomplish that day. Next we get out on the slopes and have a few easy cruiser warm-up runs and start getting our sliding muscles tuned up for the day. Your clinic leader will then lead a session designed to help you improve. Terrain will be chosen that will allow for confidence building and learning. As the session progresses, and as your turns improve, terrain challenge will be added. Your clinic leader will typically hit several different areas of improvement opportunity so that everyone receives valuable training. Near the end of the day, your clinic leader will encourage some free skiing and a short session of individual coaching. It's a great day of fun and learning. How much does this cost? An all day lesson like this typically would cost \$100 or more at a resort. Your cost is only \$20. Ski Enhancement Seminars are listed on the Western

Region Calendar.
Sign up early before sessions fill up.

Your Western region Ski School can provide a SES at your area. All you need is a workable date for staff and students and minimum 7 registered and prepaid students.

Central Division Level II Avalanche Course: Kristi A. Olson Avalanche Supervisor

live2skimountains@hotmail.com



This season the Advanced Avalanche Course will be held from March 15th to the 22nd 2008. It will again be held in Utah. We retained a large house at the Canyons that should prove to be an interesting departure from past events. Last year we developed a relationship with the Canyons and had an opportunity to use their transceiver park. They were accommodating enough to blow new snow over the park so that the location sites were not at all obvious. Snowbasin has also installed a T park that we can practice on.

We moved the dates to the very end of the Midwestern ski season so that everyone can have an opportunity to enjoy this advanced course. March usually ushers in some of Utah's greatest snowfalls. Because of this later date we also have an opportunity to see both types of avalanche (dry and wet). If you are interested in attending the Advanced Course please contact:
Dale R. Mihuta, Central Division Avalanche Advisor (dmihuta@fuse.net) or
Darcy Hanley (darcy@zoomtown.com)

On-line scheduling; could it work in your Patrol?

Roger Petry rpetry@d.umn.edu
Member Spirit Mountain, Giants Ridge,
Lutsen patrols, Region Webmaster.



Scheduling can be a time consuming, labor intensive activity for any organization. Factor in the "volunteer", non-employee aspect of our organization, members with family commitments and other demands on their time, coupled with daytime, evening, "swing", and event shift categories, and the task of setting up a patroller schedule becomes a difficult job. This article shares the experiences of three Western Region ski patrols which incorporated on-line scheduling into the process.



Two paradigms are being reconsidered: one is the change from paper to a computer screen; and the second is the re-evaluation of who does the scheduling. Traditionally, patrollers are asked to provide their prioritized preferences, and the scheduler or scheduling committee would lay out the season's patrolling schedule and make the assignments based upon such factors as seniority and coverage requirements.

The transition from paper to the computer screen seems easy enough – for those who enjoy working with computers. However, not everyone has access to the Internet, or enjoys working with computers.

The transition allowing patrollers to partially or completely create their own patrolling schedules is more complex. Sign-up times based upon seniority could relegate newer patrollers to choices from among only the less desirable duty-days. Can patrollers be trusted to comply with scheduling requirements including nights and events? Will some duty-days be filled with only "old friends", and is that a valid concern? Will there be bunching, with holes remaining in the schedule?

The answers and success depend upon good oversight by patrol management, buy-in by patrollers, the complexity of the schedule, mixing member-driven with traditional scheduling methods, and follow-up.

Afton Alps made the decision several years ago to consider member-driven on-line scheduling, learned of an on-line scheduling service created by a ski patroller in the Intermountain Division, researched the options, and has since fully switched to this mode of scheduling. To briefly summarize the process, each fall, an empty schedule, the patroller roster, and shift-type designations are sent to the scheduling service provider, along with a date when Afton patrollers may begin to sign up. Once the sign-up period has begun, patrollers sign-in with their NSP member number and a password, and add their names to open slots in the shift categories for each patrol day.

For more information, please contact Tom Long, Afton Alps Patrol Director. Tom's observations are included at the end. www.gledhills.com is the service providing on-line scheduling to the Afton Alps Patrol and about fourteen other patrols in the U.S. Steve Gledhills operates the service, and does not currently charge a subscription fee, but will accept donations for his operating costs. Steve Gledhills may consider charging a modest fee in the future.

The Lutsen Mountains and Giants Ridge Patrols have implemented, and are evaluating on-line scheduling

as "pilot projects" this season using custom programs written for each Patrol, and tailored to each Patrol's requirements and schedule layout. As with the Afton Patrol, the Lutsen and Giants Ridge Patrols have web sites, with member-only access to pages for the roster, schedule, awards, events, patrol manual components, etc.; and public home pages with on-line application forms to facilitate recruitment. The Lutsen and Giants Ridge patrollers are accustomed to checking information on-line and printing individualized schedules.

The Lutsen and Giants Ridge patrollers also sign-in with their NSP member number. A page is displayed first which lists membership information from the NSP database including contact info, courses attended, instructor status, IT status, etc. In this page, patrollers can update the contact info, and can check boxes to indicate training, courses, and NSP certifications they'd like to pursue. The information provided is retained in a local database, and provided to the Patrol Representative and Patrol Secretary.

For the Lutsen Patrol, it was a fairly easy transition from the seniority-based sign-up on paper to the same seniority-based sign-up on-line in a web page. The schedule is an uncomplicated set of mostly weekend duty-days, each with a single opening-to-closing "shift".

Weekend and weekday duty-days for the Giants Ridge Patrol are comprised of a day-shift, usually a night-shift, and a fairly frequent event-shift. Patrollers who patrol weekends, are required to patrol some number of night- and event-shifts, in addition to day-shifts.

For more information about the Lutsen and Giants Ridge scheduling programs, please contact Susan Mullenix (Lutsen Patrol Representative) or ReNae Magajna (Giants Ridge Patrol Representative), or Roger Petry (Western Region Web manager.) The observations offered by Susan Mullenix and ReNae Magajna and two members of the Giants Ridge scheduling committee have been included. Thanks go to Tom, Susan, ReNae, Chris, and Sheila for their contributions, and Steve Gledhills for information about his scheduling system.

Comments from Susan Mullenix, Lutsen Ski Patrol Representative
 "Traditionally we signed up for patrol days during our OEC refresher. A few years ago, we determined we could not afford to take that time out of a very busy day. Roger Petry developed a program allowing us to schedule patrol days on-line through the web. It was a resounding success!



Using a seniority list, Roger set up the program allowing determined groups to sign-on during assigned weeks. It felt like magic. I was thrilled to go online and see the names appearing. I could see at a glance who in the group had scheduled and who needed a reminder. Several special considerations not yet programmed into the system are: preference to patrollers signing up for full weekends and for patrollers willing to work full 3 or 4 day holiday spans. I'm not sure how to incorporate that into the process without making it too cumbersome or time consuming."

Comments from Tom Long,
Afton Alps Ski Patrol Director

"Afton's online schedule has been a work in progress as all new systems are. We work out bugs every year and continue to refine it throughout the season. For the patrollers, the advantage is that they can work their duty shifts into their busy lives online. The flexibility it offers is wonderful. If they want to take a month off, they just load up in other months. For the Patrol Director, it not only simplifies scheduling, but also provides a means of tracking who is skiing when and how many hours or shifts a particular patroller is skiing. It identifies those that are going that extra mile as well as who are not pulling their weight. I highly recommend an online system. It's easy to use and easy to manage."

Comments from ReNae Magajna,
Giants Ridge Ski Patrol Representative

"This is Giant's Ridge first year for patrollers to electronically select their patrol shifts on-line by a program developed by Roger Petry. The program's simplicity of use gained an overwhelming support from our patrollers and because of the positive feedback we are now considering expanding its utilization next year. We are still in the "pilot" stage of discovering the numerous computer tools available to meet our specific scheduling need. The possibilities seem endless!! Give it a try!"

Comments from Chris Johnson and Sheila Colosimo,
members of the Giants Ridge Patrol scheduling committee

"This year all patrollers had equal access to the online schedule so that they could choose four shifts, including a night shift. The shifts that were chosen online were not changed by the scheduling committee. After allowing patrollers to schedule shifts online, the rest of the schedule was done manually as in the past. The process took extra time for the scheduling committee. Even though the online scheduling will certainly be expanded in future years, our committee is not sure that the entire schedule can be done online with adequate coverage for all shifts."



Area Spotlight: Christie Mountain Snow Area: Bob Moe moeski@chibardun.net

Christie Mountain Snow Area, located at W13755 Highway O in Bruce, Wisconsin is famous for family fun, skiing, boarding, tubing, great equipment rental, (including telemark equipment) and GREAT snow!! The area is named for the ski turn: stem Christie. Dick and Diane Pezson founded the patrol the same year the area opened 1997. The first patrol leadership included: Diane Pezson, patrol director, Eileen Connelly, Don Gilson (still active) and Dennis Potter (still active, see photograph below). Christie has a 350 vertical drop and the longest trail is 4000feet!! During the 2006-07season, 43 patrollers proudly wore Rust and Blue. The Christie Mt. patrol is always looking for more Rust and Blue, please contact: Bob Moe (715) 234-7095.



Dennis at 39 MPH!! (above) and Christie chair (below)





Tubing (above) and Dropping in (below)



Patroller Spotlight: The People Make a Difference: John Thomas, Region Director

**By: Deb Endly OEC
Supervisor Central Division**

John Thomas (JT) is the newly elected (April 2007) Western Region Director. JT lives in Lake City, MN with his wife Cindy. They have three children Michelle 24, Sarah and Tim 20. (Tim Thomas is a Ski patroller at Welch Village).

JT is a Software Development Manager for IBM, working with a team of software developers that create the operating system for the IBM Blue Gene computer, the fastest computer in the world! His education includes a BS degree in Computer Science

and additional degrees in Welding and Truck Mechanics.

JT has been skiing for several decades, starting when he was 13 at Welch Village. His first ski lesson was with his brother who taught him how to, "slide down the snow". He credits Jim Andrews, Paul Aasen, Gray Groven, and Phil Montville with teaching him to become a dynamic skier.

He became a ski patroller in 1981 when his friend Wolfgang Schmidt convinced him to sign up. He quickly learned from Jim and Audrey Sass that patrolling is much more than skiing and a cheap lift ticket. This year marks the start of JT's 27th year of patrolling. JT started his patrolling career with the Coffee Mill patrol from 1981- 1991. He moved to the Mt. Frontenac patrol from 1991-2002 and when Mt. Frontenac closed, JT went to patrol at Welch Village from 2002- to the present.

JT's patrolling years have been long and varied as has his equipment. When asked about his first pair of skis and boots, JT remembers exactly the equipment he had: Nordica boots and Yamaha skis with Salomon 444 bindings. As his skiing ability improved so did his equipment. He is currently skiing on Volkl Race Tigers, Salomon SC10 and Salomon Pocket Rockets. When asked where his favorite place to ski outside of the Western Region, JT did not hesitate to list Grand Targhee Resort in Wyoming because of the "down home feeling."

When asked to comment about why he continues to patrol, JT said "I have enjoyed learning about the sport, helping people in need and the friendships I have made throughout the region and division." JT has words of wisdom for new patrollers and candidates, "don't stop working on your skills and keep learning as much as you can. Set a learning goal for each season and strive to make your goal. Try to get out and meet other patrollers in the region."

In addition to being the newly elected Region Director, JT is currently a PSIA Level II instructor, with the season learning goal of achieving a PSIA Level III instructor. He is also a Toboggan Instructor Trainer (IT), OEC Instructor, Senior Ski and toboggan examiner and Certified Patroller. JT travels approximately 600-700 miles per week teaching/patrolling during the season. An example of how dedicated he is to sport of skiing and patrolling happened last year. JT stated that the week started on Tuesday night with a clinic at Buck Hill for skiing and teaching enhancements; Wednesday night was a teaching night at Coffee Mill for patrollers and their children; Thursday night was a teaching night at



Steeplechase for patrollers; Friday night was an open clinic night at Welch Village for interested patrollers; Saturday was the Blizzard Ski School (a traveling ski school from the Twin Cities) Saturday night was a regular patrol shift at Welch Village with his son Tim; Sunday was either a clinic with Blizzard, Senior Clinic in the region or Toboggan clinic, Monday night he waxed his skis and then rested! When asked why he has such a busy schedule, JT said, "I am willing to teach any patroller/student that wants to learn."

JT was asked to define his Leadership specific to his role at IBM and the NSP Western Region. JT stated, "making sure the team knows the end goal. Letting them do what it takes to get to the goal and monitoring them to make sure they meet the goal. There are many ways to get from point X to point Y. As a leader, you need to let people learn and discover how to get the task completed and not tell them how to do it."

Regarding short term and long term goals for the Western Region JT indicated that short term goal is, "Working on communication with the Patrol Representatives, Area Management and patrollers." Long term, "To make the programs the NSP offers valuable to every member".

I asked him what will he do that will make a difference in patient care/patrol excellence? JT responded that, "We have great leadership in the region OEC program. Kathy Glynn, Mary Pritchett and Deb Endly will lead the region, providing excellent programs and will continue to improve the OEC Program for the region."

Finally JT said: "I would encourage every patroller to think about their patrolling activity and how they can learn more about OEC, toboggan handling, skiing or other patrolling activity. Get involved, stay active and learn as much as you can to improve your skills. Make patrolling fun and invigorating. I hope to see as many patrollers as I can on the snow."

Interview by: Maggie Herman

NSP Elections – John Thomas, Western Region Director

The Division Board voted to change the election calendar for the Division Director, Region Director and Section Chiefs. What this means is that anyone interested in running for an elected position needs to have their position and application statements completed by December 30. This change will allow the newly elected person to transition in April vs waiting until June since many decisions are made at the Spring Board meetings that effect the next season. Western Region has two Section Chief

elections coming up: Section W3 and W6. Nominations for these positions will be open soon. If you have any questions about this change please contact JT.

My Patrol Jacket Ritual

Every time I put on my Patrol Jacket, I stop for two minutes.

I stop for two minutes and remember the tradition of excellence that has passed before me.

I think of Charles Minot "Minnie" Dole who had the courage to step forward and help others.

At that moment, I am a Patroller. I stop and think about the importance of remembering compassion, kindness and the opportunity to make a difference in others lives.

For that period of time, my patrol shift, I am the agent and servant of the patient. To whatever situation I enter, it will be for the benefit of the injured or ill.

I put on my Patrol Jacket and I am a better person.

All other things are inconsequential.

That is what the jacket is all about.

Adapted from: Gregory L. Henry, MD, FACEP

Final Sweep

Remember the NSPWR calendar at

http://www.d.umn.edu/~nspscdwr/calendar2007_2008.php

Looking for a Challenge?? There are always opportunities to learn and grow: Senior Program

Contact: Terrie Brandt Brandtdt@charter.net.

Certified Program Contact: Terry Spohn

tspohn@threeriversparkdistrict.org

Steeplechase Ski Area, Mazeppa, MN is for Sale.

Please contact: Kevin and Amy Kastler

kkastler@skisteepchase.com

Area Spotlight: will be an ongoing article in the NSPWR Newsletter. Please let us Spotlight your area.

Patroller Spotlight: The People Make a Difference: will be an ongoing article in the NSPWR Newsletter. Do you know someone on your patrol, who makes a difference each day?

Patrol Representatives: Please print and post the newsletter in your patrol room. Patrollers, if you know someone who does not receive email, please print this and share it with them.

Format Survey: Our goal is effective and cost efficient communication to all patrollers. Please give us feedback about the eNewsletter.