

Official Publication of the Eastern Division of the National Ski Patrol



Division Director's REPORT

by John Kane, Division Director

National Ski Patrol...sounds and looks like an organization that provides safety and service for our skiing and riding customers. Well, this is what I signed up for back in 1979 at the famed Blue Hills Ski Patrol just south of Boston, MA. What an idea; what a concept! Well, times have changed folks. The National Ski Patrol, Inc is now offering much more than patrolling on skis and snowboards.

The National Board recently identified in our Policy and Procedures a "National Bike Patrol" whereas NSP members (patrollers) may spend their patrolling career never serving our resort public on snow. In addition to bike patrolling we are now terming other patrolling events (i.e.; alpine sliding, zip lining, "Tough Mountain Challenges," and many other events happening off snow) as Summer Ops. The NSP is constantly adjusting to the needs of our resorts to be ALL SEASON operations. This opens up so many opportunities for our resorts to keep guests interested and coming back all year round.

The Eastern Division NSP attended the Ski Area Management (SAM) Summer Ops Camp at Killington this past September. Frey Aarnio (SVT RD), Dick Woolf (National Telecommunications), and Ed McNamara (National Board) were on hand to listen to the needs of the resorts and to spread the word of our new National Bike Patrol Program. So lots of opportunities ahead for the NSP.

During the summer we had our 9th Annual Certified Boot Camp at HurriKane Cove in Harrison, ME. This year we had 114 patrollers, families, and friends in attendance to support certified candidates currently in the program, those interested in participating in the certified program, and others just simply taking it all in. It was another eye-opening experience for the participants and even some of the support staff. Every year we challenge and train for what will be needed at the exam. All certified modules are represented at this event (see Certified Program at www.nspeast.org).

This particular venue takes liberties with an MCI event that

- IN THIS ISSUE
- Hall of Fame Class of 2016
 - West Point Ski Patrol
 - New Division Calendar
 - Daring Rescue
 - MTR Challenge

rivals the best of the worst events possible. Keep in mind that all events are based on real events. This MCI featured a chairlift derailment featuring an actual ski chair and a gondola deep in the woods with sheaves, haul rope, and com lines! The voodoo doctors (Scott Crofts and Jennifer Laitala) made it all happen. Special thanks to all of our certified members/instructors for making the time for our Eastern Division members. We had one member come up from West Virginia. Brian Reed wins this year's most distant traveler!

Another off-season event is the Advanced Patroller School hosted by Jeff Baker and his New York and Pennsylvania contingent. They run a lot of scenarios and combine things like lift evac with OEC scenarios that may have some MTR element thrown in based on location. You need to be thinking about all of the tools in your "box" versus just focusing on one event. Also, no one is an examiner or evaluator. Everyone works for the common goal. Pretty unique experience by all reports and this event is growing every year. Great job!

Of course there comes that time for registration and the challenges of the NSP IT system to support our needs. Recognizing that there have been a lot of improvements we know that we still have some room for improvement. I want to thank our leadership for being available to answer (or maybe finding the answer) to all questions relative to the restart of our new season.

While most of the patrol registrations have been met, I know that there are still some difficulties especially when it comes to registering candidates. My advice to PDs and PRs is don't wait until the last minute. Please register your patrol as you feel confident of those returning. You can always add or subtract members along the way. If you don't register your patrol, then your members can't pay dues for the 2018 season. If you have questions, please contact membership@nsp.org. If you still have issues contact Donna McGraw (Eastern Division Administrator) for all registration questions. If we can't provide an

Cont'd on pg 2

Cont'd from pg 1 - REPORT

answer right then, we will get the answer promptly; usually within 24 hours.

Our Marketing Committee has some really cool things in the works. They have (along with the OET program) produced an OET video that highlights high-level skiing and tobogganing. Special thanks to Jon Wilson for all he does for the OET program and at the McCauley Patroller School. Also, we have had a lot of "LIKES" for our "Meet a Member of the NSP" hosted by Mark Clem. He has interviewed over 40 members in all seasons and at many different events. It is great to see the raw enthusiasm of our Eastern Division members. Please take a look and invite Mark to your area for an interview. It's a lot of FUN and informative at the same time.

With the help of the NSP Subaru around the Eastern Division, we have attended over 150 separate events collectively and more than 78,000 miles chasing them. We have supported off-season events with the American Lung Association as Safety and Gear (SAG) vehicles in New Hampshire and Maine. These cars are available to be lent out to patrollers for key events. Please let me know if you have a key event. If the car is available then we will try to accommodate where possible.

Speaking of awesome news, STOWE returned to the NSP. We are so excited to be able to work with Karen Wagner and her patrolling staff. Rena Perkins (NVT RD) and Peg Doheny (Pro Division) are leading all charges to help Karen get what she needs to have a great start as an NSP affiliate. We are looking forward to making tracks at Stowe once again with OET programs and others. Welcome back STOWE!

The Boston Ski & Ride Expo was fantabulous this year. Bernie Vallee and his set up crew did a phenomenal job in making the NSP booth the best ever. The centerpiece was the NSP Subaru with the banners in the background. Special thanks to event coordinator Kirk Sweeny (Seaport Event Coordinator) to position our booth in one of the busiest traffic lanes at the event. I had the opportunity to serve on the Thursday night shift with patrollers from the EMARI, NH, and ME Regions. We had a lot of traffic come by the booth where we got to talk about what we do, answer some of the "Safety in Service"



A publication of Eastern Division, published twice per year.

CHARTERED BY CONGRESS

TRAIL SWEEP

encourages submission of articles, pictures, and letters to the editor. All material becomes the property of the National Ski Patrol, and cannot be returned unless accompanied by a stamped, self-addressed envelope.

John Kane/Eastern Division Director

Laura Tucker/Editor

Jim Freeman & Barb DeMarco/Production

Editorial Office

23 Narragansett Ave., Pittsfield, MA 01201

860-908-7052 e-mail: trailsweep@yahoo.com

questions, hand out some NSP swag, and even got some young adults and adults to sign up to become patrollers. It is really cool to interface with our skiing and riding public. We had a lot of young adults interested in joining the NSP at resorts all over the Eastern Division. Great turn out!

We (the Eastern Division) are always looking for great stories about events you have been to, some key information that all patrollers would benefit from, and other valued communication that others might be interested in. We try to feature stories about an ordinary patroller doing extraordinary things. There are many patrollers that could easily fit into a story line. Please help us to highlight these patrollers and what they are doing to promote Safety and Service at your area.

I want to thank all of the patrollers who voted in this year's election. We had a great turnout and great results! I'm sure that many if not all of you reviewed the national, division, and local websites to help you make your decision about who best aligned with your values. We fielded a slate of five candidates and we felt we did an excellent job of demonstrating their values and how they would represent the Eastern Division at the national level. To do that we needed a ground coordinator; an expert in every sense of the word. Tim Appleton of Southington Patrol in CT did an outstanding job in keeping the VOTE fresh in all of our minds. It was refreshing, energizing, and above all positive! He did everything a person could do to keep it fresh and new all along the process. We all thank him for his dedicated support of these individuals and his untiring devotion to the process.

Finally, we have some key anniversary events coming up this year:

- 30 years – Patroller School at Sunday River. Thanks to Sunday River Resort for their continued support. And thanks to all of the instructors who have made this program a huge success! If for your first time or your 30th time, the staff always makes it new and informative every season. Please come and spend time with the OET staff on January 25-27, 2018
- 50 years – Certified Program. The exam moves around Eastern Division at qualified resorts supporting the terrain required to hold this challenging exam. This year the exam will be held at Killington Ski Resort and we are expecting a very large turnout! This great program was created by George Wesson, Wayne Doss, Casey Rowley, Rudi Carlson and Dexter Galusha. We know that George would be proud of what this program has accomplished and all who serve to make it the great program it is. Please come and celebrate with the Certified group on March 23-25, 2018 at Killington.

I am sure that there other significant anniversaries out there. Please let us know so we can help celebrate these great events happening all over the east.

As always THANK YOU for all you do! I look forward to getting around to a lot of events this year and hope to ski with many of you. Drop me a line to let me know what event you might be at and I will do my best to be there. In the meantime, I wish you the very best Skiing and Riding this season.

Happy holidays. Be SAFE in all that you do.

Patrol Director Profile by Rob Winter, CNY Nordic Advisor

On Saturday, November 11 the CNY Region's Highland Forest Nordic patrol held its annual on-the-trail Nordic refresher. Topics included annual BLS CPR certification, bloodborne pathogen training, various medical scenarios, land navigation, and a search and rescue exercise implementing all of the training.

What's noteworthy about this year's event wasn't any of the foregoing. What is, however, is the patrol leader voted in as Patrol Director by the membership.

Jeff Sargent was elected to replace outgoing and long-time patrol Director Gary Bustos. Gary will continue on as an active patroller.

Jeff completed a successful south to north through hike of the Appalachian Trail from late April to early September this year.

Jeff earned his Nordic Senior designation in March of 2017. He earned his OEC instructor designation in September after returning home from the AT.

Most notably, Jeff received the Eastern Division Patriot Star award on Veteran's Day, the same day he was elected as PD. Jeff is a retired senior enlisted combat theater veteran of the US NAVY.

Most telling of his commitment to the NSP and his patrol, Jeff missed an opportunity to meet with his son as he came into port in NYC that weekend so that he could oversee the delivery of training as this year's O-T-T coordinator. Jeff's son currently serves as a rescue swimmer attached to an aircrew aboard a US Navy destroyer.

Photo ©Chris Lang www.alpineangles.com



guidelines for Hall of Fame eligibility were adopted and will be included in Chapter 12 of *Policies and Procedures* during the next update. Key requirements include 25 years of active service and the receipt of a National Appointment or Leadership Commendation Appointment. Nominees must have accomplished four of five of the following criteria.

1. Received a Minnie Dole Award
2. Served as an Officer, Program Director, Supervisor or Advisor at the Division or National level.
3. Received a Distinguished Service Award and/or Meritorious Service Award.
4. Served as an active certified NSP Instructor in any NSP curriculum-based program for 20 years or more.
5. Served as a National Board Member, Division Director, Region Director, Patrol Representative, Section Chief and/or Instructor Trainer in one or many NSP Programs with a combined total of 20 years. Nominations are submitted on the Hall of Fame Award form.

Nominations can be sponsored by any member and must be supported by six patrollers. A Hall of Fame Selection Committee meets at least once a year and is comprised of the National Awards Advisor, the National Chairman, and one member-at-large from each division. Please contact your Region Awards Advisor or the Division Awards Advisor for assistance with this process.

NSP Hall of Fame Class of 2016

by Jerry Sherman, Awards Advisor

During a long but exciting Awards Banquet at the Eastern Division Annual Meeting, the induction of twelve new members into the NSP Hall of Fame was announced. Established in 2013, in preparation for the 75th Anniversary celebration, the Hall of Fame now has a total of 24 members. The majority, 21, are from the Eastern Division. A complete list of Hall of Fame members can be found on the NSP website by following the Programs and then Awards tabs. We also have a Hall of Fame Gallery on the Eastern Division website. Click on the About Us tab and then Hall of Fame. Pictures of all Eastern Division Hall of Fame members are on the gallery page and by clicking on the individual you will find a

detailed history and list of their contributions.

New inductees include: Mary Davis, T. Tyler Davis, Richard Hamlin, Paula Knight, Richard Knight, John Lawson, Edward McNamara, Marcia Mundrick, John Shipman, Peter H. Snyder, David R. Walker, and George F. Wesson. They join the inaugural class of Charles "Minnie" Dole, Roger Langley, Harry Pollard, and Gretchen Besser. Donald F. Page was inducted in 2014 and the 2015 class of inductees included David H. Johe, M.D., Jerry W. Sherman, William R. Ballek and Howard C. Wyandt.

At the National Ski Patrol Board of Directors meeting in April, new



INSTRUCTOR Mentoring



by Jim Miller, ID Supervisor

A new online program, Introduction to Mentoring, is now available at www.NSP.org to assist instructors in NSP's mentoring process. This program is located on the same site as the online OEC refreshers. Go to Member Resources, Online Courses, then click the Courses link at top of page.

The program has three parts:

- The Summer 2017 *Ski Patrol Magazine* article, "Mentoring Instructors," written by Doug Hill, Far West Division ID Supervisor article explains the 10 steps necessary to being a successful mentor.
- Mentoring Ten Tips is a PowerPoint® presentation that aligns with the "Mentoring Instructors" article. I have used this PowerPoint® presenta-

tion and mentoring article as part of the instructor's continuing education (instructor development portion) requirement.

- *Guide to Mentoring New Instructors* November 20, 2015 is the handbook all mentors MUST have and understand before attempting to be a mentor. This handbook is also a good resource for candidates wanting to become instructors so they will have a better understanding of what is expected of them as they go through the mentoring process.

The National Ski Patrol is an education-based organization. NSP provides the objectives, instructor manuals, instructor guidelines, and participant materials for all its courses. The Instructor Development course is the first step introducing new patrollers to the process of becoming an NSP instructor. It is the mentor, and the mentoring process, that helps mold the instructor candidate into becoming an effective instructor.

Every region in the National Ski Patrol System is always looking for instructors that possess needed skills to become valuable instructor mentors. However, mentoring an instructor candidate is not for everyone. I hope Introduction to Mentoring will provide an incentive to instructors and get them to speak with their regional discipline advisors about becoming a mentor. Log on today.

In recent years the popularity and attendance of the Patroller Schools have increased substantially. This top ten list will help you, the patroller, to have a more enjoyable time.

1. Register for all programs in advance. Whether it be a Snowsport Enhancement Seminar or a Toboggan Enhancement Seminar, give your Instructor of Record (IOR) the relevant information to staff it correctly.
2. Listen to the Safety Brief. The IOR will know the local protocols for the ski hill. Watch the trail merge junctions, learn about toboggan loading protocols, and listen for the Kane Principle brief. None of the instructors will be asking you to accomplish any task that they cannot do themselves. Know your skill set and work within it. Demonstrate your high level of skill on the trail and slow down at all lift junctions and loading areas!
3. Know where you are traveling. If it is your first time to a new area, prepare for your weekend by reviewing trail maps and accommodation locations. Read all information put forth by the IOR and ask questions before the event.
4. Tune your skis. Show up prepared to demonstrate your skill set. Dull skis and ill-fitting clothing can ruin a day of skiing. Please take some time to maximize the teaching of the instructors by being prepared to ski all day. Warm clothes, warm gloves, tuned skis, and a prepared toboggan create opportunities to learn and have fun.
5. Know the Code and give respect to all skiers and riders. Practice the principles of the Skier Responsibility Code. Watch your counterparts and help



PATROLLER SCHOOL TIPS

by Jon Wilson
Division OET Steering

- those in need of aid. Demonstrate your professional level by leading by example and giving respect to all.
6. The free run is not a race. Generally, a free run is given to warm up and find your edges. Take your time. Learn what the snow is like, scout terrain, look at the mogul layout, watch for trail merges, stretch your legs slowly and snowplow. There are no trophies for the first one to the lift, take your time and loosen up.
7. Listen to your instructors. They have taken the time to earn their status, and have attended many clinics prior to the one you are attending. Listen to their feedback and suggestions. Interact with them and give them constructive feedback. They are not there to change you; they are there to make you more efficient. Listen to their ideas and try them.
8. Bring some cash and be prepared to spend it. Some of the smaller areas do not work with credit cards, and cash will always be accepted.
9. If you have a question, please ask. The instructors cannot read your mind and if you have a question odds are so do others. Be vocal and ask.
10. Smile and have fun. You scheduled your time to be away from your home area, and are looking to learn. Have fun! The other attendees are doing the same thing you are and a fun day of skiing with like-minded patrollers will long be remembered.

West Point SKI PATROL

by Cadet Mekayla E. Korpinen

Did you know that West Point Ski Patrol is the only patrol to consist mainly of cadets? “What is a cadet?” you might ask. Well, a cadet is a student at the United States Military Academy (USMA) located at West Point, NY. Each cadet attends the academy for four years and graduates as a Second Lieutenant in the United States Army with a bachelor’s of science degree.

We experience unique demands, as our school year includes academics, military training, physical fitness, and character development. Despite all the stresses of the academy, approximately 70 cadets ski patrol each year. When the seniors graduate, new first-year cadets replenish the patrol and start their ski patrol journey as candidates. During the fall semester, the patrol candidates participate in Outdoor Emergency Care (OEC) classes taught by cadet OEC instructors. They take their final OEC test in December and begin their Outdoor Emergency Transportation (OET) training in January following the Army-Navy game and Christmas break.

Most of the OET training takes place on weekend trips to neighboring mountains. On these trips, cadet OET instructors pair with host mountain patrollers to acquaint the candidates with the basics of OET on challenging terrain. Each year, cadets participate in the Elk Mountain Patroller School and shadow Jiminy Peak and Butternut patrollers before taking their OET final test at Okemo the first weekend of March. Cadets also receive a warm welcome at other neighboring hills outside of our WASS Region including Labrador, Windham, and Hunter

Once fully qualified as patrollers, the cadets volunteer to support events year-round. During the ski season, cadets spend weekday evenings and weekends patrolling their home mountain, the Victor Constant Ski Slope which is located at West Point. It’s a small, four-run, public mountain with a

bunny slope, three-person lift, and a lodge. At the summit we often barbecue and warm-up in Winey Outpost. The outpost is named after Mitch Winey, a former cadet and patroller, who passed away at Fort Hood, Texas during a training accident in the 2016 floods. He will always hold a special place in our hearts and we are reminded of him each time we enter the outpost by his bronzed boots and smiling face up on our wall.

During the other seasons, we act as the “Medics of West Point.” Whether it be a Boy Scout Camporee, triathlon, cycling race, Special Olympics, competitive club tryout, or sporting competition, there is a good chance that a West Point Ski Patroller will be there ready to jump into action. Each of our patrollers generally works up to 75 volunteer hours each year. We have proudly supported West Point in this way for over 40 years. Our current Superintendent, General Robert E. Caslen, was a patroller during his time as a cadet in 1970s.

One of our current supervisors, Lieutenant Colonel Chris Morrell, was our first ever snowboard patroller in 1996. He set the bar for more snowboarders to follow and currently our patrol is 40% snowboarders and 60% skiers. In 1976, the first females arrived at West Point and their ranks continue to increase. Although males comprise the majority of the cadet corps, females are well represented within our patrol, with 16 female patrollers and five female candidates this year.

In early December 2017, the patrol ran a completely cadet-organized OEC Refresher course for the West Point Patrol which was open to outside patrollers. The cadet instructors, assisted by volunteers from other mountains, refreshed over 65 patrollers, utilizing six stations, knowledge reviews, and hands-on practical exercises. On the same day, 14 cadets became certified as OEC instructors, culminating a semester-long effort ensuring that the current cohort of candidates was ready for their OEC final test.

Our busy schedules don’t stop us from hitting the slopes. Our love for helping others, skiing, and spending time with each other keeps us coming back. West Point Ski Patrol is our family and we hope you feel that way about your patrol too.

West Point OEC Refresher (top photo) • Cadet OEC Instructors (bottom photo)



A Very Interesting

Proposition

by Cal Goldsmith, EMARI RD



The National Board of Directors has a mechanism for patrollers to submit ideas for consideration to the Board. These are called Requests for Action or RFAs. Below is a current idea being put forth by a very accomplished leader of NSP from the Connecticut Region, which I think you should be aware of.

RFA 04-17

Allow candidates or current patrollers who have EMT or Paramedic training to join the NSP as Traditional Members without taking OEC. Their current certification and expiration date would be recorded in the records. They would have to keep their certifications current and the National office would check online at least once per year to check that they are current. Training of these people to orient them to the techniques and equipment used on the mountain would be the responsibility of each mountain as it is today. The Medical Advisor suggested possibly we could create a course to orient EMTs to OEC skills, a transition course to teach our equipment and areas we may focus on more.

The above RFA was filed by Rick Knight, National Board Member and former interim Executive Director of NSP, a position he held on a non-paid, volunteer basis for four months in Denver. During his tenure, he had reports from the staff that ski areas

It would be a dramatic change for the NSP.

that require their patrollers be EMTs and do not require OEC have been asking why these people could not be members of the NSP. At least one of these ski areas reported that they were prepared to pay dues for their entire patrol if they were allowed to join. When the OEC challenge was discussed they stated they would not pay for any additional courses or training for their patrollers, nor would they pay their patrollers to attend training if it was offered for free. They also said the same thing about refreshers unless they could also qualify as continuing education for their EMT requirements (which frequently is the case). Their reasoning was simple: they are experienced patrollers and in most cases have been patrolling for years, know their business, and have at least an equivalent level of training as OEC technicians.

Each mountain chooses the credentials they will require for their patrols. They can require OEC only credentials, EMT only credentials, or allow both. For the first two choices, as far as each mountain's patrol is concerned, my guess is it would likely be business as usual.

The situation gets more complicated for the last case, where either credential is accepted. For mountains choosing this option, there are questions to be addressed. Some ques-

tions that arise include: 1) How will refreshers be conducted? Do EMTs have to participate or only OEC techs? 2) How will new EMTs who have not been through OEC be trained on the hill to do what OEC technicians do? 3) Will EMTs be considered providers of a higher level of care, and by default have to take over any scene they come upon where an OEC technician is in charge? All questions worth thinking about, and all with likely the same answer: Each mountain will decide and implement their individual protocols.

My own thoughts on these questions were I running a mountain would be 1) Require OEC techs and EMTs to refresh together on the mountain, even if EMTs have further requirements to do. EMTs often get credit towards their EMT recertification requirements, and mountains would know everyone received the training they require to satisfy their protocols. However, mountains that use both EMT and OEC trained patrollers now have told Rick that OEC people use NSP refreshers, and EMT people use refreshers required by their regulatory authority. I'm not sure that is something I'm necessarily in favor of. Ideally, they should refresh together for the mountain's portion. 2)

Mountains will train new EMTs just as they now train new OEC technicians for on-hill duties. Pretty much the same situation I'd think. 3) This may depend on individual state laws, but I'd say first-on is in charge because for ski patrol activities their training and skills should be comparable. That is just my thought, but I do think that's the way mixed OEC/EMT mountains do it now.

I know there are other questions, complications, concerns, and maybe fears with making this move. It would be a dramatic change for the NSP. One of my own concerns is that the OEC program not be devalued or challenged as the gold standard for ski patrolling in any way. When the National Board of Directors takes up this debate, I will surely be paying close attention to satisfy myself that OEC will remain strong and as valued as it is today.

When the Eastern Division BOD had this discussion at our Fall Officers Meeting, Dick Woolf, our National Telecommunications Advisor, threw out an off-the-top-of-his-head thought that immediately brought this whole discussion into stark relief for me. He said something to the effect that this was really a question of whether

Cont'd on pg 7

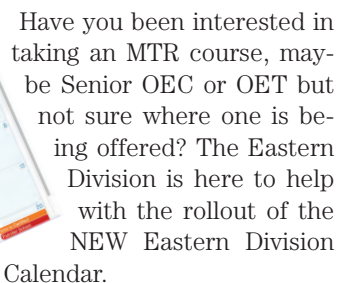
we believe NSP is strictly an educational organization or is it a member-driven organization serving the needs of all ski patrollers? If NSP is strictly an educational organization, then OEC is our primary product, and this RFA could be seen as threatening OEC's value and maybe the NSP as we see it. If, however, we believe NSP is a member-driven organization with a mission to serve the needs of all ski patrollers, then this RFA makes a good deal of sense and may actually be overdue. I've never been totally comfortable with the idea that NSP is only an education organization. The history, the prestige, the camaraderie, the professionalism all speak to NSP being much more than that. It has always felt like it to me.

Another evaluation of this RFA is how does it comport with the NSP Strategic Plan 2020, paying particular attention to the Strategic Objectives. The enhancement and protection of OEC called for in the Strategic Plan is unquestionably a priority, as it should be. But what I found interesting were two other particular objectives: ***“Enhance NSP’s value to our principal customers,”*** and ***“Increase NSP brand awareness and depth of meaning among our key constituencies.”*** I suggest we consider and evaluate this RFA with those objectives in mind. Would a decision to adopt this RFA further those objectives in a meaningful way?

Though there may still be questions about this RFA, I keep coming back to a gut-level feel that this is a good idea. It has always seemed strange to me that there are patrols out there that cannot be part of NSP. This is especially true of the Stowe patrol, arguably the birthplace of NSP. It is notable and extremely welcome that the Stowe patrol is now returning to the NSP fold. But, as there is something of a trend towards patrols having more EMTs and Paramedics on the hill, especially in some of the larger mountains, it seems like NSP should find a strategy to reconcile this with our future.

Is this RFA an idea worth considering? I think it is.

by John Laitala, Webmaster



One of the top options the calendar offers is the ability to subscribe to it. You can add the entire Eastern Division calendar, or simply any one of the programs to your personal calendar. In doing so you will never miss an event. Events will automatically get displayed on your personal calendar.

the day, a 7-day week, the month, the year, or as a list. There is something for everyone.

Sign up for notifications. This allows you to be notified by email about changes to future scheduled events on the calendar. Again to either the entire Eastern Division calendar or specific programs. You choose!

So there is NO reason for you to miss any events with the new Eastern Division calendar. Be sure to go to the www.nspeast.org/calendar to check it out.

One BIG change to note! There is a NEW process moving forward with the calendar rollout. ALL requests to have an event(s) added to the calendar need to go through the respective Program Coordinator. So if you wish to have your upcoming event(s) added to the Eastern Division calendar you must reach out to that Program Coordinator with all the details and they will be happy to add it.

2017-18 Certified Program

by Bill Jordan, Chair



It's hard to believe but it's the Certified Program's 50TH ANNIVERSARY!

A small program that started at Killington is returning home for this year's exam. The annual exam will be held March 22-25. If you plan on attending please let us know sooner rather than later. If you are in touch with anyone who was a certified patroller but is no longer active or patrolling, please make sure that you get this information to them. We'd like this to be a reunion of all those who have been part of our program.

At right is the calendar of all Certified and PSPA events for this season. As always if you have an interest in getting involved these are great low-stress environment venues to learn in.

It's going to be a busy and exciting year so please check the Eastern Division website for updates.

2017-2018 CERTIFIED PSPA SCHEDULE

DATE	LOCATION	EVENT/CONTACT
Sat-Sun, 1/20-21	Elk Mountain	Intro to Certified Matt Nebzydoski manebzy@yahoo.com 570-533-1281
Weds, 1/24	Sunday River	PSPA Precourse Bob Franz president@pspa.org 603-470-7575
Thurs-Sat, 1/25-27	Sunday River	Intro to Certified Dave Walker cert372@yahoo.com 508-735-4870
Sun, 1/28	Waterville Valley	PSPA Precourse Betsey Reeves betsey213@gmail.com 978-692-3033
Sat-Sun, 2/3-4	Killington	Intro to Certified Justin Guth jguth@killington.com 484-357-6588
Sat, 2/10	McCauley Mtn.	Certified Pretest Jon Wilson jon@deliverypath.com 315-723-0929
Fri, 2/16	Montage Mtn.	Certified Pretest Ken Kelly cert587@nep.net 570-877-7264
Wed, 2/7	Killington	PSPA Precourse/Joe Kulina Kulina2@cox.net
Wed-Thurs, 3/7-8	Cannon Mtn.	PSPA Annual Exam/David Hill secretary@pspa.org
Thurs-Sun, 3/22-25	Killington	Certified Annual Exam & 50th Anniversary Sarah Keating cert564@gmail.com 570-840-7462



Nordicfest 2018

by Butch MacQueen

Detailed information and registration materials are available on the Eastern Division website calendar: <http://www.nspest.org/calendar.html>, just go to the date and clinic on the Nordic event tab. Inquiries can be sent via email to: ASPNordicFest@gmail.com. Please plan to attend for the most recent developments in Nordic patrolling.

This gathering of dedicated Nordic Patrollers from across the Eastern Division is scheduled for February 9-11, 2018, hosted by Allegany State Park Nordic Ski Patrol. The event will feature clinics and workshops that will cover most of the annual continuing education requirements for patrollers and instructors in the programs of Nordic, MTR, Avalanche, and Instructor Development.

Topics to be covered by NSP instructors are: Nordic Ski Enhancement (with a PSIA Nordic Instructor), shelter building, emergency sleds, navigation with map and compass, avalanche transceiver, matchless fire building, and outdoor cooking. Included will be an Instructor Development Module as well as the usual conversations around the evening fires. If there is sufficient interest, a Nordic Senior Evaluation may be scheduled as well.

The location, nestled in the heart of Allegany State Park, is a park covering nearly 65,000 acres in western New York State. Camp Allegany is an educational facility designed to house groups for environmental education with sleeping quarters, hot showers, a commercial kitchen and dining hall, as well as classrooms and recreational facilities for over 80 participants. It is adjacent to 35 miles of groomed cross-country trails. As this location is in close proximity to both Central and Southern Divisions, the host patrol is inviting patrollers from those areas as well.

The registration fee (only \$80 with an early discount) will cover lodging for two nights, meals (from light snacks Friday evening through Sunday breakfast), all clinics, and an event t-shirt. In addition, since many Nordic patrollers are, or have been, alpine patrollers, arrangements have been made for any patroller attending who can arrive a day early to stay at Camp Allegany Thursday night (no extra charge) and ski Holimont Ski Resort for half price (\$29.50 with their NSP ID and a photo ID). Holimont is the largest private ski resort in North America. Its challenging terrain, limited skiing traffic, and superior snowmaking and grooming combine to provide consistently great conditions. Check out <http://www.holimont.com> for more information.





Nordicfest 2018

Location: Camp Allegany, Allegany State Park, Salamanca, NY

Date: February 9-11, 2018

Cost: Early discount=\$80.00 by 1/5 \$100.00 by 1/29

Non-patrollers who wish to attend but will not participate in clinics - \$50.00

Includes: Lodging, clinics and meals; Friday - light snack;
Saturday - breakfast, lunch and dinner, and Sunday - breakfast

Registration form

Please Print

Name: _____ **NSP#:** _____

Street: _____

City: _____ **Zip:** _____

Phone: _____ **Cell:** _____

Email: _____

Home Patrol: _____

T-Shirt size: _____ **Additional T-Shirt \$15.00 Size:** _____

I am: () Avalanche Instructor () MTR Instructor () Nordic Instructor
() Instructor Development Instructor () OEC Instructor () Nordic Patroller
() Nordic Senior () Nordic Master Candidate () Nordic Master

I am an IT in the following programs: _____

I plan to arrive: _____

Make checks payable to ASP Nordic Patrol, mail to: Ellen Conrad, 364 Wilson Road, Angola, NY 14006

Please observe deadlines and allow for delivery time. Inquiries may be emailed to: ASPNordicFest@gmail.com

NOTE! You must also register on the National website for each course for which you wish credit. Go online to NSP.Org > sign in > click on "Member Resources tab > Course Schedule > then enter any of the following courses numbers in which you wish to enroll. The clinic names do not exactly coincide with the course names but you should be able to link the way they apply. Please only register for the courses you wish to attend. The Ski Enhancement will be limited to the first 20 participants in each of two sessions. **Please circle those you have registered.**

Course #	Name	Description
E132180001	Inst. Dev. Con.Ed. Avalanche	Best practices in teaching Avalanche
E132180002	Inst. Dev. Con.Ed. I.D. program	Update on I.D. Program and best practices
E132180003	Inst. Dev. Con.Ed. MTR	Best practices in teaching MTR and annual update
E132180004	MTR Enhancement clinic	Field practice in MTR skills and knowledge
E132180005	Inst. Dev. Con.Ed. Nordic	Best practices for Nordic Prog. Inst. and annual update
E132180006	Nordic Ski Enhancement Clinic	On-trail practice in development of Nordic ski skills

For a full registration packet more information about the workshop and clinics, the schedule, and the venue go to www.nspeast.org/calendar.html and click on the event on February 9.

MTR BUILDING MOMENTUM

by Steve Devine, Coordinator



If you have not looked at the Eastern Division MTR Program lately, I invite you to take a look now. Standing on the shoulders of giants, the program continues to build momentum. We have modified program delivery to encourage at-home learning prior to the actual course date. This allows us more time in the field better utilizing the great outdoors as our classroom while spending more time practicing the practical and hands-on skills including ropes, navigation, and search and rescue. Thanks to all the MTR instructors, ITs, and region advisors who make it happen. But mostly, thanks to all the patrollers who have stepped up and taken an MTR course recently. You are my heroes.

MTR instructors have been running courses throughout the spring, summer, and fall. MTR-1 courses were held at Laural Highlands, Mount Greylock, and Belleayre Mountain. Special thanks to the new MTR instructors and instructor candidates who participated in these programs. Big thanks to those who made the recent AMN conference at Winding Trails an enormous success. There are too many to mention, but Chuck Boyd, Mike Lapierre, and Mike Balk immediately come to mind.

I know many of you were looking to participate in an MTR 2 course this season. A terrific way to find all of the courses is to use the search functions on the NSP website. Log-in, go to Member Resources, and then to Course Schedule. Enter "East" in the "Division" field and "Mountain" in the "Course Contains" field. (By the way, this works for every course, just use your imagination to fill in the search fields.). Course listings are also available of the Eastern Division website. And you can always contact

your Region MTR Advisor or me for more information on course offerings.

I am pleased to announce that the MTR Challenge is ON for this season. Thanks go to the visionaries, JC Cowell and Dave Childs, and to the generosity of the folks at Gore Mountain who stepped up and offered to host the event. The MTR Challenge will be held on Sunday, March 4, 2018. The MTR Challenge is a 2-member team event offering an opportunity for MTR instructors and like-minded outdoor enthusiasts to put their skills to the test. Ten 2-person teams will be accepted. The event is open to all patrollers who have completed MTR 1. So, pick a partner, create a team name, and start training. We will also need a lot of help supporting the event, so please contact me if you are interested in participating or assisting. I would like to dedicate this season's MTR Challenge in memory of Deb Cowell who did so much to support the NSP on so many levels. I am still learning her lessons and her voice continues to resonate through so much of what we do.

I will close with a promise from the MTR program to support all the other programs in the NSP, including Nordic, Avalanche, YAP, and Certified. I also challenge all MTR instructors to take a step to make MTR relevant in your home area. If you are a member of an alpine patrol and you are wondering how the MTR program can help you, ask your patrol supervisor how your low-angle rescue system works. If your patrol would like help working out that scenario, please contact your local MTR instructor, MTR IT or MTR Region Advisor and suggest an MTR Clinic for low-angle rescue. After all, not all patients end up on the trails.



MTR 1 – November 2017

BELLEAYRE



Eastern Division

MTR CHALLENGE

North Creek Ski Bowl at Gore Mt.

Sunday • March 4, 2018



10 miles, 2000 vertical feet, 10 survival stations, Unlimited Adventure



PURPOSE

- Establish new limits to your skills.
- Be efficient.
- Increase safety for you and your students.
- Increase participation in MTR Programs.
- Share knowledge.
- Hang with cool people. Do cool things.



GOALS

- Be safe. Have fun.
- Challenge your skills against others.
- Promote excellence. Reward it through recognition.
- Develop MTR instructors with exemplary skills.
- Create new frontiers in training and excellence.
- New concept in multi-disciplinary challenges.



BASIC CONCEPTS AND RULES

- Timed event in backcountry environment.
- Start and finish at the Yurt, North Creek Snow Bowl.
- All participants start at the same time.
- Travel 10 miles. Climb 2000 feet.
- Accomplish 10 survival stations.
- Time bonuses and penalties for skills performance level.
- 2-member teams. 10 team limit!
- Each participant must have minimum required gear.
- Team members must stay within 100 yards and within limits of visual contact of each other at all times.

10 TEAM
LIMIT

Participants: Please register in course [MTR-E, E106180001](#)

Interested in volunteering?

Contact Patrick Haughton: patrick.haughton@gmail.com

HELP
WANTED

What is the OEC MODULE of the Senior Program?

by Paula Knight, OEC Supervisor

The OEC Module of the Senior Program is an essential component of the NSP's Senior Program. Its mission statement is: The OECMSP component is a national education program that encourages members to participate in field relevant exercises to help them develop skills in decision-making, problem management, and leadership as it relates to the treatment of patients.

This program is designed for NSP members who desire to achieve competency at the upper levels of expertise as patrollers. OECMSP is designed to challenge you to develop and enhance your decision making, problem management, and leadership skills.

You must be ready to diligently work throughout the season preparing to test your ability to handle complex medical or trauma scenarios. With highly developed OEC skills, you will be asked to problem solve complex scenarios requiring the demonstration of taking command of the problem, anticipating the outcome, and problem-solving positive outcomes for your patients.

The OECMSP evaluations traditionally occur once a year toward the end of the ski season. Your region will run a series of clinics and opportunities to prepare you for your evaluation. To prepare for your final check, you will need to complete an application and perform a series of skill checks as well as passing four on-snow scenarios. You will be asked to analyze and solve two written scenarios and create one scenario of your own. Check in with your region's OEC administrator to find out the schedule of clinics and evaluation day.

On the OECMSP evaluation day, you will work on a team being given the opportunity to demonstrate your understanding of decision-making, problem-solving, and leadership. The day's evaluation will include a warm-up scenario and then two scenarios on which you will be evaluated.

National Ski Patrol's *Policies and Procedures* outlines the full scope of this program and defines its parameters. The *Ski Patrollers Manual* has additional information which includes the guidelines for the scenario analysis and development as well as the scenarios used for preparation. Application forms and additional information can be found on the Eastern Division's website or check in with your region's Senior Testing Coordinator or Region OEC Administrator.

If you feel you are ready to challenge the Senior program, talk with your patrol director and go for it.

Set Goals and Work

by Jim O'Connor, OET Supervisor

While the excitement of the first runs in November fills in for the strength and agility lost with the last runs of April, set some goals on what to accomplish this season. Goals should be personal, area and region-specific, and include others to make it fun. Maybe they include the number of days on snow, skills and technique to develop, specific courses to take, patroller schools to attend, or courses to offer. Make the goals achievable and write them down. Include OET instructors and get credit for having fun.

Over 800 of you set the goal at one point to become an OET instructor. Maybe you may know it as a toboggan instructor. Each instructor must renew their status every three years by completing a Toboggan Trainer Workshop and Instructor Continuing Education Clinic. These courses are commonly offered together regionally and at patroller schools. Check your instructor status in your NSP profile to see when you're due. Your Regional Advisor is updated on instructor status in December and can work with you and the division on corrections and updates. Toboggan instructors are the backbone of our instructor group. They register and conduct courses like Toboggan Refreshers and Toboggan Enhancement Seminars at the local areas.

Over 250 of the 800 toboggan instructors in the division are Trainer Evaluators. They are the core group of instructors that develop and evaluate the Senior Program. They also recertify every three years by completing three courses; the Toboggan Trainer Workshop, SnowSports Trainer Workshop, and Instructor Continuing Education. They run training clinics for all patrollers and senior candidates.

There are toboggan instructors on Eastern Division Staff, who along with the region advisors and some trainer evaluators are instructor trainers. They are appointed by the Division OET Supervisor each year and are required in the registration process to oversee each course offered by toboggan instructors. The instructor trainers oversee the OET programs and courses in the division. They also provide quality assurance at senior evaluations. These assignments assure that standards for terrain and performance at senior evaluations are the same across the division.

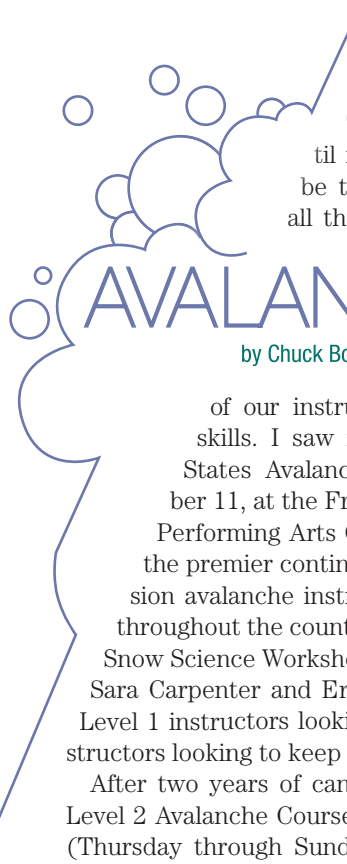
All these events and choices can be a little overwhelming but here's a little cheat sheet for you when you want to get more involved.

The Alphabet Soup of Outdoor Emergency Transportation aka OET

IOR	Instructor of Record
IT	Instructor Trainer
OETIC	Instructor Continuing Education
RA	Regional Advisor
SASE	Senior Alpine Skiing Evaluation
SATE	Senior Alpine Toboggan Evaluation
STW	SnowSports Trainer Workshop
TE	Trainer Evaluator
TES	Toboggan Enhancement Seminar
TI	OET (Toboggan) Instructor
TREF	Toboggan Refresher
TTW	Toboggan Trainers Workshop

Visit the national and division websites, check out the OET calendar, read the materials, and set some goals. Get in some extra days on snow and have fun!

Laugh Often, Love Snow!



The leaves have changed, but up until now it still seemed a bit too warm to be thinking about avalanches. Thanks to all the instructors who attended the AMN

AVALANCHE

by Chuck Boyd, Coordinator

continuing education seminar in September. The strength of our program comes from the commitment

of our instructors to continue to improve their skills. I saw many of you at the ESAW (Eastern States Avalanche Workshop) on Saturday, November 11, at the Fryeburg Academy's Leura Hill Eastman Performing Arts Center in Fryeburg, ME. This event is the premier continuing education event for Eastern Division avalanche instructors. Like many similar workshops throughout the country, it is like a mini ISSW (International Snow Science Workshop) with top keynote speakers such as Sara Carpenter and Eric Knoff. It is an important event for Level 1 instructors looking to become Level 2 and Level 2 instructors looking to keep their skills current.

After two years of cancellations, the 2018 Eastern Division Level 2 Avalanche Course is scheduled for March 8 through 11 (Thursday through Sunday) at the Atmospheric Science Research Center and Whiteface Mountain, NY. Participants should plan to arrive Wednesday evening. The purpose of the L2 course is to help prepare the patroller and backcountry users for all aspects of avalanche hazards and rescue operations. Along with the L2 course, we will be holding instructor continuing education training and the Nordic Master Avalanche assessment. Registration and lodging information will soon be available on the at www.nspeast.org on the calendar page. Registration will be limited to the first 12 people and you must have completed your Level 1 training within the last four years.

The Rocky Mountain Division invited us to an interdivision Level 2 avalanche course where I instructed.

We will again be scheduling three division Level 1 avalanche courses in the Eastern Division avalanche terrain. The first will be at Smugglers' Notch, VT, February 2-4, 2018; the second at Whiteface Mountain is still in the scheduling phase and will be posted on the website as soon as it's available, and the third will be held on Mount Washington, March 16-18, 2018. You will need to go to the NH Region's website for registration information. All these courses will be held to a 12 person maximum. There will also be several regional courses available, so keep an eye on your region's website for more details, I know that the NJ, EPA, and CT Regions have events planned this winter, and I'm still waiting to hear from several others.

The National Avalanche Committee (NAC) is still in the process of rewriting the current avalanche curriculum to meet the new changes in avalanche education. This new pro/recreation track of avalanche education has been established and we have started on the new Level 1 course as I write this. We just finished defining the new companion rescue course and after the next NAC conference call we should finalize that course curriculum. The companion rescue course will be a standalone course that will be able to be taught in any region of any division in the NSP. The new format will look something like this: Level 1, Companion Rescue, Level 2, Organized Rescue. On the Pro side, there will be a Pro 1 bridge course, Pro 1, and Pro 2. The pro courses will be taught by course providers recognized by the American Avalanche Association.

The 2018 Avalanche Scholarship application is available online with a March 31, 2018 registration deadline. This year's scholarship is to attend the next ISSW.

ALUMNI—40 Years Later

by Gerry Clark, Alumni Advisor

It's been forty years since the start of the Alumni Program and boy how we've grown. When back in 1977 the program's main purpose was to keep former alumni in touch with events and activities, now the program is opening up roles in which alumni can be more involved without having to make the once a week commitment.

All this is accomplished by staying up to date with your refreshers. In doing so, you can staff the aid room when available; this alleviates the patrol from sending someone down from top station to take care of the patient. If this is something you, as an alumni, are interested in doing contact your PD and let him or her know of your interest. Most areas can always use help, especially during the weekdays when they are most short-handed.

Alumni have evolved to become more valued to patrols, regions, and divisions. This year with the election of new board members, we counted on all our alumni in the Eastern Division to step up to the plate and vote. Let's keep on growing and supporting our division. Let's put our heads together

and define how else we can support our regions and divisions.

On another note, it finally happened. The first face-to-face meeting with all the region alumni advisors. In an effort to keep the Eastern Division Alumni Program moving forward, we need to all be on the same page and have continued open communication. One of the items of great concern is the updating of the alumni database. Having each region's database up to date will allow for better communication amongst the alumni.

With changes and events happening constantly, an up-to-date database allows the region advisor to communicate with their alumni. Contact your alumni advisor and let them know your current email or other contact information. If you are not sure who your advisor is, go to your region's web page and look under staff, or you can contact me and I'll send you the information.

Let's have a great ski season this year and have more alumni events in each region to get everyone together. Next year we are planning another division alumni advisor meeting in the April timeframe. Hopefully, the same weekend as the annual meeting.

2017 AWARDS

2017 EASTERN DIVISION OUTSTANDING AWARDS (not published in previous issue)

Alumni	Don Cirkot	CT
Nordic Patroller	Chuck Crockett	EPA
Patroller	Maddy Nyblade	WAPP
William Gross Memorial Safety Award	Eric Scarbrough	SVT

National Appointment

Sandy Baltimore	#11894	EPA
John Boburchuk	#11904	WAPP
Jerome Washo	#11926	EPA
Robert Fidiam, Jr.	#11942	EPA
Diane Murray	#11980	WAPP
Richard Drew	#11988	ENY
Joelle Kraft	#11978	NVT

Leadership Commendation Appointment

John Migliaccio	#8521	WMASS
-----------------	-------	-------

Distinguished Service Award

Richard Bensel	EPA
Charles Crockett	GV
Harlan Davis	ME
J. Kirk Garber	WMASS
Bill Gotternmeier	GV
Larry Hassman	EPA
David Hayes	EPA
Bela Musits	ENY
Bob Wright	NH

Meritorious Service Award

Karen Cote	NH
------------	----

Yellow Merit Star

Alan Atkins	SNY
William Bock	EPA
John "Chip" Childs	ME
Meredith Currier	ME
Steve Duncan	GV
Ted Eames	ME
Raleigh Ehrlenbach	ME
Anthony Galioto	SNY
Mark Kendrick	EPA
Vulf Kovnat	SNY
Terry Lee Macarille	SNY
Heather Newman	ME
Fred Shelley	GV
Steve Sobolewski	EPA
Fred Tim	EPA
Christina Wells	SNY

Purple Merit Star

Kelly Cota	NVT
Christopher Hayward	ME
Aaron Johnston	EPA
Davis Marchand	NVT
Gary Marks	GV
Dennis Penny	EPA
Jacob Reich	SNY
Mark Rowland	ME
Florin Toader	WAPP
Christopher Tota	SNY

Blue Merit Star

William Bock	EPA
Sam Brown	ME
John Burke	SNY
Shelley Fiumano	GV
James Flaim	EPA
Nathaniel Goodwin	ME
Robert Hamilton	SNY
Lori Flaim	EPA
Brian LaBrecque	ME
Kelly LeBlond	ME
Christopher Lincoln	ME
Martha McIntyre	GV
Christopher Scott	ME
Glen Semple	ME
Eric Speedy	WAPP
Chad Storey	SNY
Kevin Watson	ME

Green Merit Star

Joseph Parent	ME
---------------	----

Patroller Cross

Carolyn Campbell	SVT
Edward Bovell	EPA
Marybeth Ross	SVT
Mark Silhavy	SVT
Bernard Wilson	EPA

Angel Pin

Pat Bruno	EPA
-----------	-----

Patroller Achievement Award

Evelyn Alcorn	WAPP
Neal Beent	ME
Jack Brinegar	WMASS
Dan Elliot	ME
Phil Firl	WAPP
Harold Herschlag	ME
Walter MacDougall	ME
Joanne Nussbaum	WMASS
Jack O'Neil	ME
Fred Wilcoxon	ME
Jeff Worth	ME

National Certificate of Appreciation

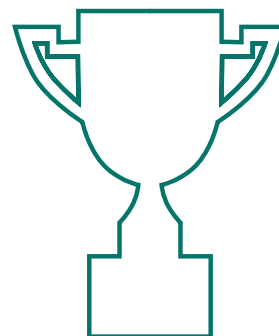
Chris Kellogg	ME
---------------	----

50 Year National Lifetime Service Award

Tom Buckwalter	EPA
Leigh Clark	NVT
Jim Giffin	NVT
John "Tom" Gyger	ME
Ed Hirshman	EPA
Mark Juckett	NVT
Michael McAllister	NVT
Rik McClave	WMASS
William Weiss	NVT

50 Year Eastern Division Award

Jerald Rohling	SNY
----------------	-----





Let it Go!

by Craig Larson, YAP Coordinator

I hate karaoke. I don't like it. I don't listen to it. I don't understand it. I don't do it.

My daughter was given a karaoke machine for her birthday. This might have been the beginning of my hate. This was not just a karaoke machine. This was a KARAOKE MACHINE dressed in pink and blue with all kinds of knobs, buttons, and built-in track player. Right there, smack dab in the middle of the box plastered across the machine sat a picture of Elsa, Anna, and Olaf. It was so pretty. So pretty until the box was opened.

As I type and ponder this I can feel my blood pressure rising. My armpits are sweating and I'm feeling warm on the face. Writing this may just be the therapy I need for this horrible birthday gift. A Frozen-themed Karaoke machine? Who buys this for a six-year-old girl? Why couldn't it be a doll, or a ball, or a nerf gun?

Her face was so happy. Her excitement so pure. Her enthusiasm so rich. My reactions; the opposite! This machine should have stayed in the box. Forever.

I think my disdain for this toy started when I began to read the tracks. Track 1 "Let It Go," Track 2 "Let It Go," Track 3 "Let It Go," Tracks 4, 5, and 6, "Let It Go." Track 7 Bonus "Let It Go" Spanish Edition. I've watched the movie. I've watched the movie more than once. I've watched this movie more than ten times. I know for a fact this movie contains more than one song. Let me hear the rest of those songs.

My daughter, who was all too eager to sing, could see the pain and panic on my face as I thumbed through the instructions and track playlist. "Let It Go." I could already hear the song playing in my head. This is the song she always sang. This is the song they all sing! Kids everywhere are fascinated with this song. Only this song. Sing a different one, please.

The play button was pushed. It began. The song played. Again and again and again for hours upon hours. Days upon days. Weeks upon weeks. It truly was a broken record. The same thing over and over and over again. The high pitched voice from the microphone every time her favorite part began. "Let It Go."

Her birthday has since come and gone. Toys have come in and out of the playroom. Her interests have changed,

but that machine still sits on the shelf. There it sits playing the same tune again and again.

I have learned a great lesson from this gift. Let it go. I was so focused on the track that I was missing the tune. I was so focused on the repeat that I was missing the song. I was so focused on the over and over that I was missing the voice; her voice, the voice of a six-year-old singing (many call it screaming) into the microphone. She had no hesitations. She had no fears. She had nothing to hold back. She sang it over and over again. She had done just that; she let it go. All of it.

Life is busy. The hustle. The bustle. School. Homework. Work. Family. Friends. It all pulls at us; wanting our time, our energy, our focus. It's time to take a moment and act like a six-year-old. Let it go for just a moment. I am not suggesting one forget and ignore the responsibilities of life. Just the opposite. Take a moment, just one moment, and let it go. Be still. Be silent. Be in the moment.

Winter is here. The season has begun. My schedule is full of things to do and get done. The list is long. With so many things wanting my attention I have made a decision. I have decided to let it go each and every day. I have decided to take one moment and let it all go. This is my time out. Not long. Just long enough for me to focus. Just long enough for me to gain clarity. Long enough got me to be in the moment. Long enough to LET IT GO.

Can you let it go?

Each year young adult patrollers from around the division gather for a long weekend at the Eastern Division Young Adult Patroller Seminar. Holiday Valley, Ellicottville, New York, will host this event March 16-19, 2018. Holiday Valley has it all: 1,400 acres of terrain, wide-open cruisers, steeps, bumps, and some happy trees. It's time to Let It Go and attend.

Those who have been to a Young Adult Patroller Seminar speak highly of this event and plan to attend again.

"What a great event. There are no other Young Adult Patrollers where I ski. I never knew there were so many. I'll be back next year." – First-year attendee.

"I look forward to this event each year; the friends, the hands-on learning, the skills, the competition, and all the free stuff." – Third-year attendee.

Cont'd on pg 17

Cont'd from pg 16 - LET IT GO

If you have never attended an Eastern Division Young Adult Patroller Seminar, this is the year! Let it go and attend.

Here's what you get by attending this great event:

- Three nights of lodging (Friday, Saturday, Sunday)
- Breakfast on Saturday and Sunday
- Dinner on Friday, Saturday, and Sunday
- Lift tickets
- Free skiing on Friday and Monday
- Hands-on skills training
- Patroller Skills Competition
- Mystery events
- FREE swag and so much more! All for \$375.00!

Get your registration in early, postmarked by February 10, 2018, as we cannot guarantee space for late registrations. A late fee of \$50.00 will be enforced IF space allows. Fill out the registration form and put it in the mail today. New this year – online registration which will be coming soon! More information regarding the Eastern Division Young Adult Patroller Seminar and online registration can be found on the Eastern Division webpage, Eastern Division Facebook page, and Instagram. Check these places often. Event questions can be emailed to easterndivisionyap@gmail.com.

It's time to let it go. Take time each day to do just that. Make plans to attend this event. Bring your patroller friends. Make a new friend. Win free stuff. Sing Karaoke... maybe, just maybe. A pink and blue Frozen Karaoke machine is sitting on the shelf waiting for you to LET IT GO.

Sunday River Patroller Makes DARING RESCUE



Joseph Parent, an 82-year-old retired insurance agent of Portland, ME, and his wife, Shirley, spotted a smoky wreck as they were returning home from North Conway, New Hampshire. "We saw smoke and a car off the road. It had hit a big maple tree," Parent said in a telephone interview. "I stopped the car and grabbed my gloves."

Parent, who has worked as a volunteer ski patroller at Sunday River for 30 years, did not hesitate when he saw someone inside the vehicle. Janet Heggeman was trapped in her vehicle after she lost control and the car went off the road. The car struck the tree head-on. The tree snapped about 20 feet above the point of impact and her vehicle burst into flames trapping her inside. She was screaming, he said, and the airbags had deployed, making it difficult to see through the front window. Most of the flames, at least at first, were confined to the area in front of the steering wheel.

"The car was on fire. It was pretty harrowing," Parent said. "The smoke was unbelievable. I couldn't see the lady's face, it was that thick." Parent

was not alone. There were at least two other people working feverishly to get Heggeman out before flames engulfed the car.

One man crawled onto the rear seat and unlocked the front passenger side door against which Heggeman had been pressed by the impact. While another person opened the door, Parent carefully cradled the victim under her arms as he pulled her out. "We thought the car was going to explode. People were yelling at us, 'Get out of there!'" Parent and the other rescuers then carried Heggeman to safety.

"We saved a life, no doubt about it," said Parent, who usually goes to the gym on Monday nights to work out. He was too tired and decided to stay home.

When someone asked why he would endanger his own life, he said "I'd want someone to do the same for me."

Heggeman suffered extensive, although non-life threatening injuries and was transported to Maine Medical Center.



EASTERN DIVISION YOUNG ADULT PATROLLER SEMINAR REGISTRATION

REGISTRATION DEADLINE POSTMARKED February 10, 2018 – NO REFUNDS AFTER FEBRUARY 20, 2018

Registrations received after the deadline will be charged a late fee of \$50, availability permitting, as space is limited

Fill in completely and return with a \$375.00 check made payable to NSP Eastern Division to:

Craig Larson, 46 Brooks Road, Paxton, MA 01612

Please type or legibly print all information except for signatures.

Last _____ First _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Age _____ Male or Female _____ T-shirt Size (circle) small medium large x-large

NSP # _____ Home Mountain _____

I have a dietary concern, please list here _____

I understand my commitment and responsibilities to the National Ski Patrol while I am attending this seminar.

Young Adult Patroller Signature _____

TO HELP US PLAN, FILL IN THE FOLLOWING;

FREE SKI FRIDAY _____

ENHANCEMENT TRACK _____

ARRIVAL DATE _____

REGION DIRECTOR _____

FREE SKI MONDAY _____

COMPETITION _____

DEPARTURE DATE _____

YAP _____ YAP ADVISOR _____ ADULT CHAPERONE _____ S&T TE _____ OEC TE _____ OEC INSTRUCTOR _____ TOBOGGAN INSTRUCTOR _____

*TICKETS WILL BE GRANTED TO THOSE WHO CHECK OFF FREE SKIING FOR THE ABOVE DAYS.
YOUNG ADULT PATROLLERS WILL BE ENROLLED IN THE COMPETITION GROUP UNLESS CHECKED OTHERWISE.*

Advisor/Chaperone attending with Young Adult Patroller _____

Attending adult advisor/chaperone must be at least 21 years of age and be endorsed by the young adult patroller's parent or guardian. No more than 5 young adults per advisor/chaperone

The above named Young Adult Patroller is a registered member of NSP and approved for the seminar.

Patrol Director OR Young Adult Advisor (Print/Signature) _____

REQUIRED MEDICAL AUTHORIZATION FOR MINORS UNDER 18

This authorizes the ski patrol, EMS personnel, a licensed physician, surgeon, or other recognized hospital staff member to carry out emergency medical care deemed necessary for my child/ward in an emergency, when normal permission is unavailable.

Name of Minor _____ Emergency Contact # _____

Parent/Guardian Signature _____

Physician's Name _____ Physician's # _____

Insurance Company _____ Policy/Plan # _____

Special Emergency Information/Instructions _____

RELEASE AND INDEMNITY AGREEMENT — REQUIRED FOR ALL YOUNG ADULT PATROLLERS

The undersigned, as a participant, or as a parent or guardian of a minor who is participating in the 2018 Eastern Division Young Adult Training Seminar, in consideration for being allowed to participate in such event, hereby releases the National Ski Patrol System, Inc. and the Eastern Division, Holiday Valley and any and all officers, members, volunteers, agents and employees thereof from any and all claims or liabilities of any kind whatsoever arising out of my or such minor's participation in the 2018 Eastern Division Young Adult Training Seminar. I/we further release and waive any rights, causes of action, or claims against said Ski Patrol or Ski Area, and any officers, members, volunteers, agents, and employees thereof which I/we may have arising out of any personal injury, property loss or damage, or any other liability incurred during skiing and related activities of the 2018 Eastern Division Young Adult Training Seminar. As further consideration for being permitted to participate in the 2018 Eastern Division Young Adult Seminar, I, or we on behalf of said minor, hereby agree to indemnify and hold harmless the National Ski Patrol System, Inc. and the Eastern Division, Holiday Valley and any and all officers, members, volunteers, agents, and employees thereof from all damages, judgments, expenses (including attorney's fees) and costs whatsoever arising out of any claim or demand by the said minor or by persons acting for or on behalf of said minor in respect of the aforesaid injuries or damages. I also grant permission to the National Ski Patrol to take my photographic image and to use the same for any lawful purposes, including publicity, illustration, advertising and web content.

Participant _____ Participant Signature _____ Date _____

Parent/Guardian _____ Parent/Guardian _____ Date _____

Memorial Scholarship Fund Q&A

by Harriet Frawley, Memorial Scholarship Fund Advisor

- Who helped start the Eastern Division Memorial Scholarship Fund?

Among his many contributions to the Eastern Division, Don Page was also instrumental in the founding of the Memorial Scholarship Fund during his tenure as Division Director. This past year his memory was honored by several donations to the fund in his name.

- Where do donations come from?

Donations may be made in honor of patrollers or friends of patrolling. They often come from individuals, such as friends or family members, but can also come from patrols, regions, or other organizations.

- Who can apply for a Memorial Fund Scholarship?

Patrollers who are registered members of the Eastern Division of NSP and are seeking to continue their education may apply. Unfortunately, there has been some confusion. The scholarship is not for children of patrollers (unless they are patrollers themselves). That's one more reason to become second generation patrollers! While most applicants are college-bound high school seniors, any patroller seeking to continue their education is eligible.

- What is the application deadline?

This year's scholarship application deadline is March 31, 2018. But why wait? Applications will be accepted at any time starting January 1, 2018.

- Where do I find the application?

Go to the Eastern Division website www.nspeast.org and select "Memorial/Scholarship" under "Programs." The link to the application can be found on the lower half of the page. Once you download the Word document, enable editing so you can type your info directly in and to also give yourself enough room for your answers.

- Are any additional documents required for the application?

The application prompts you to include a school transcript. It also asks, "Is there anything else you feel would be of interest to the scholarship committee?" This is your chance to include anything that helps tell your story; a news clipping, original essay or poem, artwork, photographs, etc. One previous applicant sent a montage of activity photos – certainly worth a thousand words each.

- When are the scholarships awarded?

Scholarship awards are announced at the Spring Officers' Meeting and recipients are notified shortly thereafter. I wish all the best for this year's applicants.

- Any additional questions?

Please feel free to contact me at frawleys@optonline.net. Further information, including my mailing address, is also available on the Eastern Division website.

In Memoriam

ALFRED E. "FRED" FERGERSON



There's a huge emptiness with the sudden passing of Alfred "Fred" Ferguson just short of his 50th year on the Song Mountain Ski Patrol in the CNY Region. Fred died suddenly on November 17 at the age of 69.

He was an integral part of the patrol's fabric all of those years as an OEC and CPR instructor, board member, and Chief of the Hill. Patrollers looked to Fred for advice, leadership, and a sense of humor that will be greatly missed. It was Fred's competitiveness and desire to excel at everything he did that precipitated his climb up the ranks of the patrol, as well as the many organizations to which he belonged.

Awarded National Appointment #5832 in 1981, he served as Syracuse Section Chief from 1985 until 1987, and was currently chair of the Region Awards

Committee. He had also served as assistant section chief, and section telecommunications and first aid advisor.

Fred was instrumental in bringing the first radio communications in the Syracuse Section to the Song Mountain Patrol in 1978. He also organized yearly section-wide first aid refreshers in the years prior to OEC.

A licensed funeral director who owned Ferguson Funeral Home in North Syracuse, N.Y., Fred gave generously of his time and energy to the community. He was North Syracuse's deputy mayor, a village trustee, and village police commissioner. He was a past master of the

local Masonic Lodge and was a member at the highest levels of the Masons; the Tigris Shrine, Royal Arch Masons, and the Commandery, York Rite College. Fred was also a member of the Knights of Columbus.

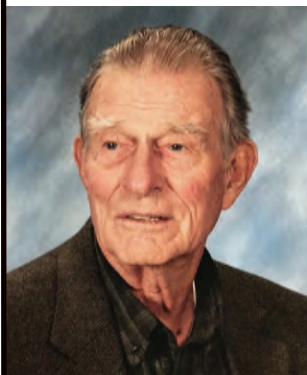
In addition to skiing, Fred was a pilot who volunteered with the Civil Air Patrol. He was also a certified solo, rescue, and master scuba diver. Years ago, he operated an ambulance service and helped teach EMT courses and instructed at a regional police academy. He had also served as a special deputy sheriff.

Fred is survived by his wife Patricia; son Bill, who is also a patroller at Song Mountain; daughter Victoria; and brother James. As a tribute to Fred, a large contingent of patrollers wore their parkas as they paid their respects at calling hours and at the funeral mass. Fred made a difference, and everyone recognized the patrol's loss.

*Jeff Paston
CNY Awards Advisor
CNY Region Historian*

In Memoriam

GEORGE L. HELWIG



George Helwig, past Eastern Division Director, National Appointment #5188, died peacefully in his sleep on Friday, August 25, 2017, having accomplished the last thing on his bucket list, living to 95+. He had just relocated to Chapel Hill, NC and celebrated his 95th birthday the week prior.

He became a member of the National Ski Patrol in 1947 and was active in the organization for over 50 years, teaching advanced first aid for many of those years. He started patrols at a number of ski areas and patrolled at areas in New England, Ohio, Pennsylvania, Maryland, and the west. He was a member

of the Chadd's Peak Ski Patrol and the Keystone Nordic Patrol, both in Eastern PA.

He was the Region Director of the Eastern Pennsylvania Region from 1979-1983. Subsequently he became the Eastern Division Director, succeeding John Clair. George was the recipient of the Eastern Pennsylvania Region's 1982-1983 award for Outstanding Administrative Patroller. The EPA Outstanding Nordic Patroller award is named in his honor. George was an avid skier and skied into his 80s.

George led by example, always challenging himself and those around him to put forth the best effort possible. He was there at the Vermont State Ski Dorm where the Eastern Division Nordic Program began and avidly promoted the infant program. He completed advanced Mountaineering (MTRII) and Advanced Avalanche (AVYII), talking and singing ALL the way up the trek to Tuckerman Ravine while politely admonishing the rest of us, two and three decades his junior, about lack of conditioning as we huffed and panted our way up the steep trail.

His life-long obsession with physical fitness allowed him to compete in the Maryland Senior Olympics well into his 80s, earning gold and silver medals in several events. This ended when he lamented, "There isn't any good competition left in my age bracket."

Countless current and former NSP leaders were the beneficiaries of George's mentorship and friendship over the years, many through his mantra, "Your first job is to identify and start training your replacements." Good advice to this day. But, for those who knew him well, for us, there can be no replacement.

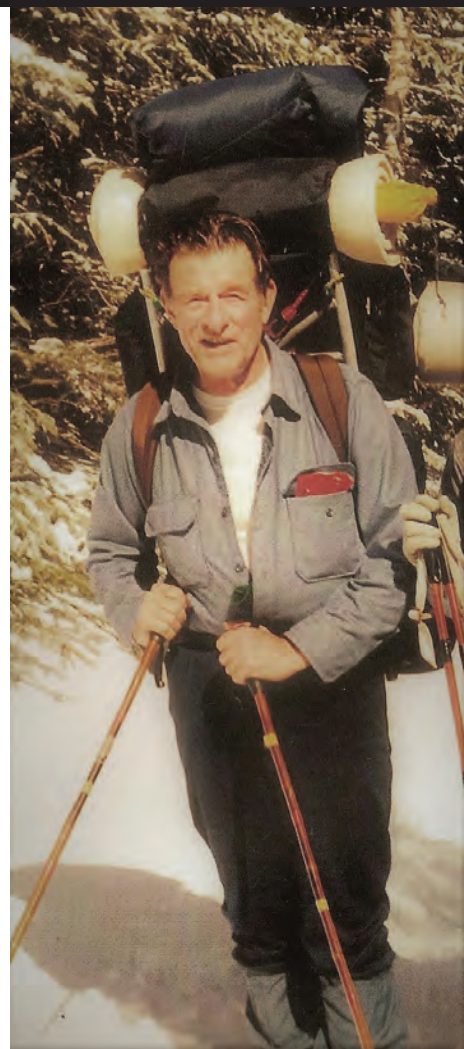
George graduated from Montclair High School and Springfield College in New Jersey. He served in the Army during World War II, landing in Normandy on D-Day, arriving in Paris on V-E Day. George was awarded the Purple Heart and served in the Military Police at the Nuremberg Trials. After the war, George received a master's degree from Harvard's Graduate School of Education. He retired from the Army Reserve as a Lieutenant Colonel in 1973.

George taught biology and was the Assistant Director of Athletics at Hebron Academy, Maine, from 1948 until 1959, where he met his wife, Sally (Sarah Virginia Lewis). They were married in 1950. Sally, also a patroller later in life, died in January 2006.

As Director of Athletics at Western Reserve Academy in Hudson, Ohio from 1959 until 1974 and through his efforts and initiative, high school soccer was introduced throughout the entire state. He was recognized as the father of scholastic soccer in Ohio.

In 1974, George relocated to West Chester, PA and became the first Executive Director of the United States Pony Clubs, Inc., a national non-profit organization modeled on the British Pony Club for, as George put it, kids and their horses. During his tenure, the clubs and events multiplied. He received a United States Pony Club Founder's Award in 1996 and was recognized as one of its Star Legends at the organization's 50th-anniversary celebration in 2004.

George and Sally moved to Amherst, Massachusetts in 1988. George did fundraising for the Clark School for the Deaf and the Mount Holyoke College Equestrian Center and admissions



work for Mount Holyoke. He took up sailing and began volunteering for the United States Coast Guard Auxiliary. George "retired" a second time in the mid-1990s, and he and Sally moved to Severna Park, Maryland. He continued to sail and volunteer for the Coast Guard Auxiliary. He also volunteered with the United States Naval Academy sailing program.

George is survived by his children, Anne Adams, of Bethesda, Maryland; Karen Chambers (Bob Olsson), of Chagrin Falls, Ohio; and David (Janice), of Durham, North Carolina; four grandchildren; and three great-grandchildren. There will be a private memorial service in Provincetown next June.

Sandi Scull
National Appointment #7035