



# The Patroller Peek

A Publication of the Far West Division of the National Ski Patrol

Fall 2003 Edition

## Far West Division Holds 2003 Summer Conference

Over 100 Patrollers Gathered at Sierra Summit Mountain for the Annual Event

*Cirina Catania - June Mountain Ski Patrol*

Over 100 patrollers gathered at the Sierra Summit Mountain Resort for the Far West Division Summer Meeting on August 1-3. Spirits were high as one-by-one the cars pulled up into the scenic parking lot and new and old friends began to spill out into the Lodge.

Impromptu groups began forming and those who hadn't seen each other for months were seen huddled together eagerly exchanging news and planning for the upcoming three days. Rich Bailey and staff were on hand to greet everyone and welcome them to the resort and it wasn't long before an ad hoc committee gathered at the bar to toast to another upcoming year on the slopes.

Many attendees brought spouses and significant others and there was no lack of activities for them. Hiking, swimming, horseback riding and boating were all made available. Groups could be seen headed out for off-road activities in the nearby mountains while the patrollers gathered to prepare for their conference day.

Friday morning began on a more serious note as the Board of Directors took their seats at 8:00 a.m. prepared for what was to be an interesting but grueling 12-hour session. The agenda was filled with Old Business, New Business,



Front row left to right Doug Hill, Sam Bradley. Back row Larry Bost, National OEC Program Director, Ray Bryan, Division Director, Ron Evenson, Assistant Division Director, Steve Francisco, Assistant Division Director

Election Reports, Conference Chair's Report, Treasurer's Report (which included a lengthy presentation of this year's budget as well as decisions concerning equipment

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### Far West Medical Advisor

## Fun Things To Do With a Sphyg!

*Eric Lambert - Far West Division Medical Supervisor*

OK all you OEC types out there. What's more worthless than a BP cuff on a cold and snowy accident site?

Couldn't think of anything, could you? You could turn it into a bolo tie, or use it for rounding up those cows like the gauchos of Argentina. There is also the ever popular whoopee/hemorrhoid care conversion kit. Heck, Ray Bryan could probably whip you up one for less than \$5K. As far as that goes it's fun just to SAY sphygmomanometer.

So what should we do? Forget BPs altogether?

Not exactly. Remember from OEC that you can get a pretty good approximate measure by checking arterial pulses. If you can feel a radial pulse, the systolic (top number) is at least 80, a femoral is at least 70, and carotid at least 60.

Am I advocating burning our sphygs?? Not at all. When you have your patient safely down in the patrol room where it's warm, quiet and dry, have at it. Remember that you need to find the brachial artery-just at the inside of the biceps, and position the little arrow that says "artery" over the radial artery. If

you're really anal, listen with the bell of the stethoscope--it's designed to pick up low pitched sounds. In cardiology, the time when the heart is beating is called systole, the time it's resting is called diastole. When you release the air, the first sound you hear is the systolic BP and the second is the diastolic. Write 'em down immediately-something about these numbers seems to want to leave the memory banks with in 30 seconds.

In some otherwise healthy patients it's difficult to get a BP. Sometimes it helps to raise the arm above the head, inflate the cuff, then bring it back down to heart level to measure the BP.

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**NEWS BRIEFS****TRI-ADVISORY AT YOSIMITE**

The Tri-Advisory Conference will be November 8 & 9, 2003 in Yosemite Valley. Registration materials will be on-line at [www.farwest.org](http://www.farwest.org), in the fall issue of the "Patroller Peek", or can be requested directly from Diana St. Clair at [outdoordi@outdrs.net](mailto:outdoordi@outdrs.net). If you don't already have a room or campsite, contact Yosemite reservations at (559) 252-4848 for the Yosemite Lodge and Curry Village, or (800) 365-2267 for campground reservations.

This year's line up includes Dr. Ben Shiffon on practical backcountry first aid, The National Weather Service on this year's forecast, new technology by REI, and the US Forest Service on night vision technology. On Saturday evening, Mark & Patty Giebel and Matt Dorman will give a slide show on their recent climb of Aconcagua.

**REGION AND DIVISION ELECTIONS**

A new election process takes effect this season, providing each patroller a vote for the positions of Region Director, Division Director, and the two Assistant Division Directors. Nominations are currently open for one Assistant Division Director position, and for Region Director in the Arizona, Mother Lode, and Southern California Regions. Nomination deadlines and submission instructions will be published in the fall issue of the "Patroller Peek".

**SUMMER CONFERENCE**

The 2004 Summer Conference planning is underway, scheduled for July 29, 30 and August 1, 2004 in the Reno/Tahoe area. Thanks to John Doolittle for signing on as the Conference Coordinator. Mark your calendars, details will follow.

The 2003 Summer Conference was held on August 1, 2 & 3 at Sierra Summit Resort. Attendance and location were excellent making for a worthwhile experience for everyone. Thanks to our national guest, Larry Bost, National OEC Program Director who discussed the distance learning pilot program, and online OEC refreshers with hands on sessions. Also, thanks go to Sandy Kowallis and her entire support team for hosting this year's event. Steve Gillette and Rich Bailey from the Sierra Summit management get our thanks too for making sure everything at the resort was perfect.

**NEW STAFF APPOINTMENTS**

One way to be considered for Division and Region positions is using the application process available at <http://www.farwest.org/library/fwdpositions.pdf> or <http://www.farwest.org/library/Application%20for%20Positions.doc>. The application process has been initiated to better identify members interested in aspiring to non-elected region and division positions. This process will also provide greater visibility of the talent within the division, and allow for more effective succession planning. Submitting an application does not ensure your consideration for a position. Each Region Director selects regional positions. The Division Director selects division positions. +

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**Division Administration & Staff****Division Director**

Ray Bryan

**Asst. Division Directors**

Steve Francisco

Ron Evenson

**Board of Directors**

Stephen Simi - Arizona Region

Tim O'Brien - Eastern Sierra Region

Ken Bergmann - Mother Lode Region

Bill Gibson - No. California Region

Larry Acord - So. California Region

Rich Bailey - Pro Patrollers

**Division Staff**

Dave Ritchie - Awards

Geoff Hutcheson - Legal

Dr. Eric Lamberts - Medical

John Doolittle - Meetings

David Coffin - Publications

David Coffin - Web Site

Peggy Jamison - Registration

Janice Waits - Secreary

Vern Herr - Treasurer

**Program Supervisors**

Mike Laney - Avalanche

Jennifer Bryan - Instructor Development

Joanne Barnes - MTR

Gwynne Pugh - Nordic

Jerry Muszynski - Toboggan

Doug Hill - OEC

Jim Otto - Certified

## FAR WEST REGION ANNOUNCES ANNUAL AWARDS

Big Bear takes Outstanding Large Patrol, June Mountain Garners Accolades as Small Patrol

*Cirina Catania - June Mountain Ski Patrol*

It was an exciting evening at Sierra Summit Mountain as the Far West Division announced their annual awards at the 2003 Annual Summer Conference on Saturday, August 2nd. Ray Bryan congratulated each of the winners in front of an enthusiastic crowd as he and Dave Ritchie handed out trophies, plaques and certificates to the proud recipients. Following is a wrap-up of the winners:

### **OUTSTANDING LARGE ALPINE PATROL: BIG BEAR MOUNTAIN PATROL**

With 118 volunteer members and 12 paid members, this patrol has increased registration over 155% in the last two years. They have fought for NSP and OEC programs for all three resorts owned by their management, actively participated in the regional senior training

program, worked at the resort's ski school and established weekly ski clinics. 43% have SSM, 51% Senior Ski and Toboggan, 65% Avalanche 1, 68% MTR 1 and 53% Instructor Development. Big Bear Mountain patrol was also the runner-up for the National Outstanding Large Patrol award.

### **OUTSTANDING SMALL ALPINE PATROL: JUNE MOUNTAIN (Southern California Region)**

Activated in 1999 after much effort by both the paid patrol director (Eric Diem) and the volunteer patrol representative (Steve Francisco), all patrollers (20 volunteer and 10 paid) are NSP members. Most of the volunteers of this patrol travel 5 to 8 hours to its remote location for their assigned weekend duties. Patrollers interact with resort guests to promote ski safety and visibility for the NSP. They host training days for other patrols in the region, host certified spring clinics and have several instructors in the OES, Ski and Toboggan, MTR, Nordic and Certified Programs. June Mountain Patrol also received a Unit Citation from National.

### **OUTSTANDING NORDIC PATROL: MT. PINOS (Southern California Region)**

Active for over 25 years, this patrol has consistently provided outstanding service to the public. Its 32 members patrol 34 miles of developed trails and over 40 miles of undeveloped trails extending through two counties. The patrol actively trains all season and conducts monthly meetings. They also interface with two county SAR teams. The Region Director, Region Nordic Advisor, Section Chief and Division Nordic Program Administrator are all members of this patrol, which also includes 15 OEC instructors, 7 MTR instructors, 1 avalanche instructor and 8 Nordic ski and toboggan instructors. Mt. Pinos Nordic Patrol was also named runner-up for the National Outstanding Patrol Award.

### **OUTSTANDING ADMINISTRATIVE PATROLLER (FAR WEST DIVISION)**

### **OUTSTANDING ADMINISTRATIVE PATROLLER (NATIONAL)**

#### **GOLD MERIT STAR:**

**STEPHEN FRANCISCO (June Mountain, Southern California Region)**

Steve joined NSP in 1974, became a senior in 1987 and received his National Appointment in 2000. He has been an OEC instructor since 1988, Region OEC Administrator since 1999, Assistant Patrol Rep in 2000-2001, Patrol Rep for the last 2 years, as well as Assistant Division Director for the last two years, and recently served as an active member of the National Refresher Committee. He put in over 300 hours on the hill and 1700 off the hill last season, the equivalent of a full-time job. His unequalled enthusiasm has made him a valued member of the NSP team.

### **OUTSTANDING NORDIC PATROLLER SILVER MERIT STAR AS NATIONAL RUNNER-UP**

**LYNNE FRICK-LEE (Mt. Pinos, Southern California Region)**

Lynne joined NSP five year ago and has since become a Nordic senior, Nordic *Continued on page 12*



Farwest Division Awardees show off the results of many seasons of hard work at this years Sierra Summit conference. (Catania)

## Nordic Notes and Nostrums

*Gwynne Pugh - Nordic Supervisor*

**N**ostrum. A special means or device for accomplishing something, especially a pet scheme, or favourite remedy, for bringing about some social or political reform or improvement. (A definition, amongst others, in the Oxford English Dictionary)

Well talk about what's going on!!!

Education, that's our nostrum. That is what the NSP has now defined itself as providing. There are startling statistics regarding earning power as we progress up the educational scale. So all this transformation in the NSP is just about this very issue of power. In our case, of course, it less about earning and more about power, a power derived from knowledge. The power to help others, the power to survive in the wilderness, the power of self assurance and self respect when we know what we are doing. In addition, of course, it is the transformative effect of challenging ourselves intellectually and physically. We can and must continue to grow.

One of the most effective ways to grow is to try to impart to others what we know. The challenge of trying to formulate your knowledge and then to communicate in a way that makes sense, imparts knowledge and inspires. You have all have probably had your mentors through life at one time or another. Now is the time to both find one and be one.

Wow! All these hi-faulting thoughts. What it seems to me is this can be, and is, a very exciting time because change is in the air.

I have had the privilege of talking to many of you both in the North and South about your programs and

hope to visit you soon to see how you run your programs, to learn from you and maybe to let you know what is happening elsewhere, both in the division and throughout the nation.

I have been tutored by my predecessors and hope that the dialogue can be expanded. What services can we, as an organization, give you that make you a better patroller in the backcountry? You are on the edge of the backcountry experience where so many people are now going. This is the place where it is all happening, where we are in the forefront of the outdoor recreational industry, where individuals are testing the limits of what they know and can do. We are seeing people go into the outdoors to test their limits in extreme sports, explore as adventurers and as snowmobilers, and then there are those for whom the pleasures are quieter, those who are trying to get away from it all and for many more reasons.

It is exciting to help show and be in this fantastic environment and, for me at least, part of why I became a Nordic Patroller. Why did you get in to this? I would like to hear from you. Let us make this an experience that works for all of us. We need to be professional, competent and have that sense of adventure and joy that makes it rewarding for us and worthwhile for those we serve

Think about it, talk to me, tell me what makes sense, why you think it works, doesn't work, what needs to happen. This should not be a bureaucratic process but one that serves your needs to achieve the ends that you joined the NSP for.

I hope to meet many of you in the next season or two visiting you where you patrol, and if you make it to the tri-advisory sooner rather than later.

The Tri Advisory is a great event where we have the opportunity to get together. We are inviting a number of outstanding guests, including Ben Shiffren, the Doc.; NOAA; REI to tell us about the latest and greatest, and hopefully some wonderful adventurers to talk to us about subjects that we have not yet visited. This is a tremendous time to bring your families to visit Yosemite in all its Autumn glory. We also expect to visit a rock or two near Camp 4, a national monument in its own right.

Looking forward to see you in the middle of nowhere. ✚

## Sam Bradley Retires as FWD OEC Co-Supervisor

*Doug Hill, FWD OEC Supervisor*

**S**am Bradley, the Far West Division Outdoor Emergency Care Co-Supervisor, reluctantly announced her retirement from the Division staff position at the Far West Division Summer Meeting last month at Sierra Summit. Sam, who has been bombarded by a flurry of additional job responsibilities outside of patrol, had mixed feelings about giving up the OEC job responsibilities she shared with me for the past three years.

Her enthusiasm for the Outdoor Emergency Care program and her expertise in first aid and emergency care will be greatly missed by the Far West Division and the National OEC staff. Personally, I will miss the camaraderie and teamwork we shared in helping plan, coordinate and deliver the OEC programs to the patrollers of the Far West Division.

The national OEC staff has refused to let her go however, and already has enlisted her support for some special projects they are working on that can benefit from her talent and enthusiasm. ✚

## Many Refresher Resources Available to Instructors and Patrollers

Doug Hill, FWD OEC Supervisor

Getting ready to attend or teach at your patrol's refresher soon? There are many resources available for patrollers to prepare with, and for instructors to teach with. For instance, you can download the Scenario Discussion Forum as a MS Word document, complete it electronically, and print it to hand in at your refresher. If you did not receive your refresher study guide in the mail, you can download the entire guide as an Adobe Acrobat .pdf file and print it out. Instructions on downloading the file are on the NSP web site under "Education/Outdoor Emergency Care."

Want to brush up a little on the topics covered this year in Cycle B? There are numerous presentations and documents in the OEC Instructor's Web Refresher Section to help you get up to speed. Need even more help? Pick a chapter in the OEC book, 4<sup>th</sup> edition, and go to [www.OECzone.com](http://www.OECzone.com). Choose the chapter you would like to review, and you will be introduced to an interactive guide that will lead you through a review of that chapter's topics. It has never been easier to prepare for your refresher, so take advantage of these many OEC tools to make your refresher a positive learning experience, and to make us all more prepared patrollers when we hit the slopes this season. +



## The Deposition Zone Avalanche Program Meets the Standards

Mike Laney - FWD Avalanche Supervisor

Even though the hot weather has not yet ended, it's time to start preparing for a new season. As with all of our programs, the work of conducting the avalanche program does not end with the snowpack. Your region is already in the planning stages for scheduling and conducting courses. A goal for this year is to make Level 2 avalanche courses available in all regions (interest, terrain and snowpack permitting). A quality assurance standard for all avalanche courses is to keep them small, efficient, friendly and responsive to students. Space will be limited, so if you would like to take such a course this season, ask your patrol representative for contact information in your area as soon as possible. I recommend this approach over merely looking up course offerings on the NSP website, because when and where a course will be offered often depends on knowledge of local interest.

In the above paragraph I mentioned quality assurance. Simply stated, quality assurance is a mechanism that supports ongoing improvement of a product or service. It is a component of all NSP educational programs - part of our commitment to providing the highest quality training of its kind in the snow sports industry - which sets us apart from many other organizations offering similar educational services. But since it works in the background,

this vital component of our service to you often goes unnoticed and unappreciated. Therefore, I would like to share with you how quality assurance is being applied to the FWD avalanche program.

### Setting Standards

The American Avalanche Association (AAA) provides content standards that list topics and approximate timelines for Level 1 and Level 2 avalanche courses. The NSP Education Committee provides instructional quality standards. The NSP National Avalanche Committee provides specific curriculum objectives associated with both sets of standards. I provide division-specific performance standards for courses, instructors, instructor trainers and region administrators. Region avalanche administrators are expected to provide courses that meet the avalanche training needs of NSP members and the expectations of area managers, plus assist with instructor recruiting and development to meet local instructor needs. NSP avalanche instructors are expected to teach courses that meet or exceed all curriculum objectives and quality standards.

Assessing Performance Standards alone do not assure quality performance. The next task is to determine how actual performance compares to standards. For this, we need to get feedback from three sources. Instructor trainers provide feedback on the quality of instruction at courses, using program standards and curriculum guidelines. Students also need to give feedback on the quality of their experiences while attending avalanche courses. Finally, course instructors need to provide

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## Tri-Advisory Time again in Yosemite

NOVEMBER 8<sup>TH</sup> – 9<sup>TH</sup>, 2003

Diana St. Clair

It's that time of the year again. Yes, *Fall in Yosemite*. And you know what that means, **the Tri-Advisory!** This year's program is being hosted by the Nordic program. We have our schedule pretty well hammered. The Yosemite Valley Elementary School has been booked. The cooks are poised and ready (remember, when the Nordics cook, no one leaves hungry).

What's left? Rooms!!! If you don't already have a room or a campsite, call Yosemite reservations at 559-252-4848 for the Yosemite Lodge and Curry Village. For campground reservations call 800-365-2267.

Some 20+ years ago, instructors and patrollers alike felt a need to tap into the knowledge base of the whole division. If you talk to patrollers who have been going to the Tri-Advisory for 20 years and more, like the Murphy's or the Coady's, they will tell you the trading of ideas within the whole division is what makes our programs so great.

This year's line up includes Dr. Ben Shiffon who will talk about the practical first-aid we can use to help ourselves and others in the backcountry. The National Weather Service will be giving a presentation on this year's forecast. They have developed a computer model to predict the precipitation in the different regions of California that affects us as patrollers; it is amazing how accurate this program has been. REI will be showing us some of the new technology that can help us survive in the backcountry. We also have a ranger from the US Forest Service who will be introducing us to *night vision technology*. I am currently talking with Robert Cowen, who teaches a UTM class to Search and Rescue groups. I have taken his class several times and derive benefit from it each and every time. After taking his class mapping makes more sense. Patty Giebel has graciously agreed to do the stretches between speakers. We moved the instructor re-certification from Sunday to a break-out session on Saturday.

On Saturday evening, Mark & Patty Giebel and Matt Dorman will be

giving a talk on their recent climb of Aconcagua along with a fabulous slideshow.

Since we aren't involved in technical rescue but some of their technology applies to what we do, we have asked CMC to come and give a talk and demonstration. CMC is a company that dedicates itself to providing technical rescue equipment and training world wide. They have agreed to give us a demonstration on Sunnyside Rocks on Sunday morning. Along with the demo, some of the patrollers will have some climbs set-up. Weather permitting; we will have hot dogs available for lunch at Sunnyside rocks.

Things change in peoples lives so this is a tentative schedule. Once you register, we will keep you updated by email.

Register as soon as possible. We need the headcount for the most important issue, food! Send your Check & Registration ASAP to:

Diana St. Clair  
23271 El Gato Way  
Lake Forest, Ca. 92630  
949-837-8693

Email - [outdoordi@outdrs.net](mailto:outdoordi@outdrs.net) ✚

## Investigation of E-Education for OEC Programs a Priority at National

Doug Hill, FWD OEC Supervisor

Larry Bost, the national Outdoor Emergency Care program director, spoke briefly at the Far West Division Summer Meeting about e-education programs, that is delivery of certain aspects of OEC programs over the internet. A committee has been formed at the national level to examine

the feasibility of offering certain didactic portions of OEC courses and refreshers electronically over the world wide web. OEC e-courses have already been piloted in several areas of the country, and more are being tested this fall. Of course, electronic education will never replace the necessary practical skill sessions of the OEC programs. but may be available in the near future to allow a more flexible OEC class schedule. This may encourage more potential members to take our OEC courses. ✚

## Instructor Activity Logs

Jennifer Bryan, Instructor Development Supervisor

Instructors, did you know that you can easily document and keep track of your instructor activities? Just sign on at [www.nsp.org](http://www.nsp.org). Go into Member Services, enter your patroller number and password. When your member profile comes up, look to the far left of the screen and scroll down to Education Tools, select Instructor Activity Log. Select this and put in your information. That's it, and there it shall remain for your reference! ✚

Welcome to the 2003 Tri-Advisory Conference  
 November 8-9, 2003  
 and Yosemite National Park



PRE-REGISTRATION

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
 \_\_\_\_\_

Phone: (h) \_\_\_\_\_ (w) \_\_\_\_\_ E-mail \_\_\_\_\_

Patrol Affiliation: \_\_\_\_\_

Your position in the patrol: \_\_\_\_\_

Discipline Interest: (*Nordic, Mountain Travel & Rescue, Avalanche, other*) \_\_\_\_\_  
 \_\_\_\_\_

Instructor: \_\_\_\_\_ (Yes) \_\_\_\_\_ (Discipline)

Guest(s) Name: \_\_\_\_\_

If you are attending with children, what are their ages: \_\_\_\_\_

**Please state any special food allergies, non-dairy, etc. or if you are vegetarians:**

Patroller Registration Fee:	\$30.00	= \$ _____
<i>(Includes dinner Saturday evening)</i>		
<b>Guest – Dinner only:</b>	\$12.00 ( <i>adults</i> )	= \$ _____
	\$6.00 ( <i>children - 12 and under</i> )	= \$ _____
<b>Tri-Advisory Polo Shirts:</b>	\$20.00 x _____	= \$ _____
S, M, L, XL, XXL:	(# of shirts)	
<i>(The Conference shirts are a prepaid item.)</i>		

**SEND CHECKS & REGISTRATION TO:**

*Diana St. Clair*  
 23271 El Gato Way  
 Lake Forest, CA 92630  
 Ph: 949-837-8693 Email: [outdoordi@outdrs.net](mailto:outdoordi@outdrs.net)

Conference - Continued from page 1

purchases), an inspiring Community College Report, Legal Matters, the Division Director's and Program Directors' Reports. Once those subjects were covered in depth the Strategic Planning Session began. In attendance were board members Ray Bryan (Chair), Ken Bergman, Bill Gibson, Steve Simi, Vern Herr, Jerry Muszynski, Steve Francisco, Rich Bailey, Ron Evenson, Tim O'Brian and Janice Waits. Several patrollers sat on the sidelines and observed the proceedings with great interest. I encourage all of you to try this yourselves, as it was informative and inspiring to see the level of professionalism and dedication exhibited by these men and women. They all give so much of their time to the National Ski Patrol and work tirelessly on our behalf on a daily basis. For those of you who could not be there, minutes of the meeting are available on the Far West Division web site at [www.farwest.org](http://www.farwest.org).

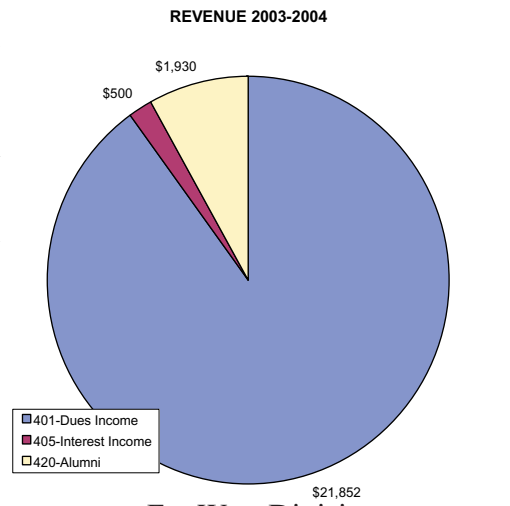
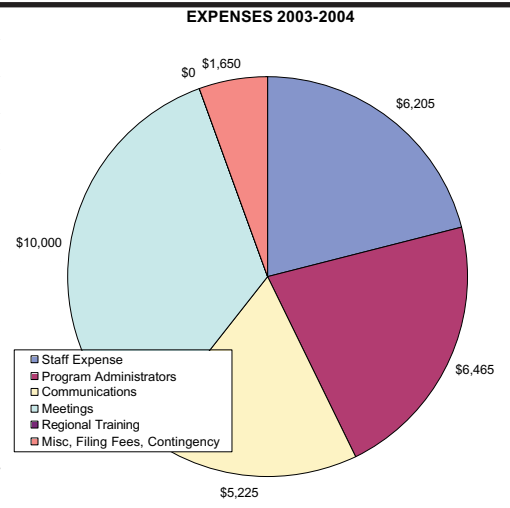
Saturday morning, the patroller participants met for breakfast and official registration at the Sierra Summit Lobby and Ray Bryan, Division Director, welcomed everyone at the opening session. We were fortunate to have in attendance Larry Bost, OEC National Program Director, who flew in from North Carolina just to lend his support of our Far West efforts. Larry is particularly excited about the new on-line version of OEC, known as the distance learning pilot program, which is being launched in select regions of the country. He expressed his support of The Far West Division and offered the best wishes of the National Office.

Break Out Sessions began in

the afternoon and continued throughout the day. I visited as many as possible but found myself wishing I could be cloned so I could participate in every one of them. Some of the topics covered included Toboggan (Jerry Muszynski), Awards Writing (Dave Ritchie), Ropes (Mark and Patty Giebel), OEC (Doug Hill and Sam Bradley), Avalanche (Mike Laney), Hill Safety (Rich Bailey), Instructor Development (Jennifer Bryan), Mountaineering (JoAnn Barnes), Transceivers (Jim Otto), Effective Power Points (Susan Kaempfer) and Risk Management (Rich Bailey).

By the time 6:00 p.m. had rolled around, everyone was ready to relax and enjoy the mixer at the Sierra Summit Bar and Patio. Anticipation was building, as the awaited Awards Banquet was scheduled for that night. By 7:00 p.m. the decibel level at the resort had climbed, drinks were flowing, laughter began to break out in various corners of the room as groups began gathering for the dinner and presentation. We all enjoyed a delicious dinner prepared by the Sierra Summit staff and as dessert was served, the presentation of the awards began. (See separate article in this newsletter for the details).

As the groups and individuals walked up to the front of the room to receive their awards, I couldn't help but feel proud to be a part of this wonderful organization. Inspired by the activities of the Board, the information gained from the breakout sessions and watching the camaraderie which so proliferates this group, I came away with a renewed commitment to patrolling and even more



Far West Division  
Revenues and Expenses

enthusiasm for the NSP. This is something every patroller should experience at least once and preferably on a regular basis.

Sunday, following another group breakfast, the Board met once again to wrap up some unfinished business, several special sessions were conducted and the Program Supervisors and Regions had one last meeting before the closing session in the Day Lodge at Sierra. Everyone agreed that a good time was had by all and they vowed to return again. So thank you, Rich Bailey, Steve Gillette Sandy Kowallis, Chris Tennant, John and Peggy Jameson, Linda Boudreau, and everyone on the 2003 committee for a great conference. See you in Tahoe in 2004. ■

## New LCD Projectors and OEC CD's Well Received by FWD Instructors

*Doug Hill, FWD OEC Supervisor*

The word from across the division is that FWD instructors have enthusiastically received the new Sharp LCD projectors approved by the Far West Division Board in February and funded from the Community College fund. The projectors and OEC toolkit and testbank CD's are being used in the

OEC classes now starting up across the division.

The Sharp LCD projectors allow instructors to use the many Powerpoint Presentations available through the NSP Instructor's website or those created by themselves or their patrols. It will also allow projection from an external digital source such as a VCR, DVD player, digital camera, or even the World Wide Web. One of the new projectors was available and used for many presentations at the FWD Summer Meeting last month. ♣

## SKIING IN NEW ZEALAND

*By Chuck Herbert*

If you have skied all over North America and Europe and are looking for something new and different you might wish to visit New Zealand (NZ). We have just completed such a visit and would like to share the experience with you. Our visit was very brief and by no means definitive, but it gives a flavor of the skiing and patrolling that goes on down there.

Queenstown (QT) or Wanaka on the south end of South Island make an excellent base from which to ski four of the "fields" and to heliski the Harris Mountains. August is a good time to visit NZ, especially if your travel agent can pick a week when local schools are not on vacation. Access to Queenstown is easy by air out of Auckland or Christchurch. NZ is a beautiful country and it is worthwhile to view other attractions besides just the skiing. For example, a good program for a week might be to ski four days at the nearby "fields" and heli ski one day. On a day of inclement weather it might be best to make a bus tour to Doubtful or Milford Sound or to visit local wineries and sheep stations. When skiing, make sure

to check in with the paid patrollers who are very friendly and helpful.

On our particular trip we stayed in QT at the Blue Peak Lodge, two blocks from downtown and with a stop for the buses going to all the ski areas. Although we brought boots, to avoid "schlepping" skis and poles we rented very reasonably modern, shaped equipment from "Extreme Green Ski and Board Rentals". The first day we skied at Coronet Peak, the resort closest to QT. Typically, the washboard dirt road rises via innumerable switchbacks from the green valley to the base station at 1230m. With a top elevation of 1650m they have a drop of 420m. The weather was beautiful, affording marvelous views of adjoining peaks and Lake Wakatipu. Unfortunately, recent drought conditions restricted skiing to "firm" groomers with snow making. The detachable quad, two chairs and a T-bar carried a lot of public, making the slopes somewhat crowded. We introduced ourselves to Ned Kelly, the director of the 20 person paid patrol that services Coronet Peak and the nearby Remarkables. Their equipment, training and problems seem very similar to those encountered in the Western US. The first aid is almost equivalent to EMT level and their toboggans are aluminum versions of a Cascade. All are explosive certified

*Continued on page 14*

## New OEC Program Approved by National Board at May Meeting

*Doug Hill, FWD OEC Supervisor*

The new **Outdoor Emergency Care Enhancement Seminar**, successfully piloted last season in the Far West Division and across the nation, was approved and funded as an official NSP program by the National Executive Committee at their summer board meeting. Far West and Central Division OEC staff worked together to create the new program patterned after the existing Ski Enhancement and Toboggan Enhancement Seminars. The program will provide OEC Instructors and patrollers a continuing education tool designed to enhance and polish OEC skills in a relaxed non-threatening, non-evaluated environment.

The new OEC program consists of a series of injury and illness-directed modules, each taking approximately ½ day, and includes brief lectures, skill demonstrations, realistic practice scenarios, and group discussions. Six modules have been developed to date: Lower Extremity Injuries, Upper Extremity Injuries, Hip and Pelvic Injuries, Injuries to the Head, Face, Neck and Back, Injuries to the Chest, Abdomen and Genitalia, and Treatment of the Unresponsive or Altered Guest. Two additional modules are being developed at this time: Treatment of the Injured Pediatric Guest, and Treatment of Special and Adaptive Injured Guests. All material in the OECES program is based on the 4<sup>th</sup> Edition of Outdoor Emergency Care. The OECES Instructor's Manual will be available soon on the NSP Instructor's Web or on the "My Bookshelf" section of your personal NSP page. ♣

## Renewing Instructors

Jennifer Bryan, Instructor Development Supervisor

Are you staying active instructing in your discipline? Did you keep a log of your instructional activities this past year? When an instructor does not have the opportunity to instruct at least once a year in their field, his/her instructional knowledge declines.

Each year, one-third of all instructors in all disciplines are up for renewal. The division supervisor in each discipline is responsible for reviewing his/her instructor roster and renewing those instructors who are active, while dropping/purging the roster of those who are no longer able to be active.

Building an instructor roster with in-active (and unknowledgeable) instructors is not helping your patrol, region, or division. This entity alone can severely impact quality

management in any discipline. Maintaining an instructor roster cannot be a friendship roster either.

Supervisors are aware that people's lives and commitments change. Someone who was the best instructor five years ago may not be able to make the same commitments today or tomorrow. Let them cycle out, remember times change. Your best instructor may be back later. Give the option to bow out for a while.

For an instructor to stay current, he/she need not teach a full course necessarily. Co-teaching, workshops, refreshers, and seminars are all alternate methods by which to stay active.

With that, I want to say thank you to everyone I have instructed with over the years and say good-bye for now. My commitments too have



Lift evac instruction at Bear Mountain at the On the hill refresher. (Calkins)

changed and it's time for me to bow out for a while. Over the years, I have been extremely fortunate to watch the Instructor Development Program grow and to work with many talented people from the Far West Division as well as from national committees. Thank you all for enhancing my ski patrolling experiences! +

## Pre-Season Sports Fitness

Cathleen Calkins - Bear Mountain Patrol

What happens when you start the ski and snowboard season with the dexterity to fluently descend a mogul field or bust some huge air and stomp it? Clearly, enhanced enjoyment of the sport and a reduced risk of injury. The good news -- the "pre-season" is not defined as lengthy. Snow sports experts agree pre-season fitness can be attained in as little as 5-8 weeks prior to the first day on the slopes. A good all around pre-season fitness program comprises aerobic/anaerobic stamina, balance, strength and power, agility, and flexibility.

Aerobic endurance allows us to ride varying terrain all day long, while anaerobic stamina equips us for brief, intense activities such as climbing a hill, skiing a toboggan to the base area, or cross country sprinting. Balance and power assist turn initiation and negotiating uneven surfaces such as "crud." Skiing and snowboarding also require significant lower body and core muscle strength (abdominal and back). Strong core muscles create a solid center and even provide the faculty to arrest a fall. Running and mountain biking

are excellent activities to develop aerobic stamina while developing balance and increasing power and strength in the lower body.

Additionally, snow sports require agility for quick changes in body position in a coordinated and controlled manner, and independent foot action for maneuvering through heavy snow or off piste. Down hill trail running combines agility and balance, and even boosts eye-to-foot coordination. Correct body position for downhill running mimics proper stance on a board or skis -- slightly aggressive, downhill lean with weight centered over knees and balls of feet. Finally, flexibility is essential for performance because of the increase in efficiency and range of motion. Yoga, pilates or simple stretching movements are good activities for promoting muscle suppleness.

Pre-season fitness can be accomplished by stepping up your current routine to includes sports and activities that transfer ski and snowboard skills. For further reading, check out Steve Ilg's book "The Outdoor Athlete: Total Training for Outdoor Performance" and "Conditioning for Outdoor Fitness: A Comprehensive Training Guide" by David Musnick, et al. +

## Mountain Travel and Rescue CHANGING LEADS

*Joanne Barnes (outgoing) & Robert Parkhurst (incoming) FWD MTR Supervisors*

After more than a year of hard work, the new electronic MTR Instructor's Manual is now available. It is even on the bookshelves of the first group of MTR instructors who attended the FWD Summer Division Conference August 2<sup>nd</sup>. All FWD MTR Instructors recently received an e-mail with two worksheets that summarize what they need to know about the recent changes to the MTR curriculum and the instructor approval process. Once they complete the worksheets, they will be given the manual compliments of the FWD. Our goal is to have all MTR Instructors complete the refresher information by November 8<sup>th</sup>.

FWD was instrumental in pointing out the need for a rewritten MTR IM. That has been accomplished.

*Avalanche - Continued from page 5*  
feedback from the perspective of curriculum coordination, course management, instructional supplies and facilities. Improvement Support Standards and feedback together do not assure program improvement. Feedback must be used to identify ways to support improvement of overall program quality, including program policies and structure, instructor development, curriculum development, course management, instructional materials, course offerings, facilities and equipment

.It is this focused, data-driven support that makes quality assurance work. Do your part. We are all stakeholders in the quality assurance process because our levels of training and proficiency makes us who and what we are as patrollers. This year, if you take an avalanche

It's now time for others to implement the programs. In early May, as soon as Robert Parkhurst graciously accepted the offer to succeed me as the FWD MTR Supervisor, we began to work together to ensure a smooth transition and decided that the Tri-Advisory, November 8-9, would be the most appropriate time. The T-A in 1996 was when Terry McNeill had transferred responsibilities to me.

Robert started his NSP career 7 years ago with Central Division. When he moved to CA in 1999, he joined the Pinecrest Nordic Ski Patrol where he assisted John Kretschmann and Larry Crawford with their successful MTR program. He became Mother Lode Region's MTR Administrator in 2001 and an Instructor Trainer in 2002. During this time, he has doubled the number of instructors in the region, expanded the MTR program to evening lectures at the REI stores, and created the demand

course, expect to participate in this process -- take time to think about and comment on what we are doing right (always appreciated) and suggest ways to make the experience better (also appreciated). This way, we can be confident that our members will continue to receive the best avalanche training available anywhere!

Reading what I just wrote reminds me that that our instructors deserve recognition, thanks and support for their tremendous service to the members of this division. One way to support them is to join them. If you take a Level 2 avalanche course this season and find that you like the program, consider applying for instructorship; the attending instructor trainer would be happy to discuss the program and requirements for instructorship

for a second MTR class for the Mother Lode Region. Please join me in welcoming Robert as the FWD MTR.

For the 2003 – 2004 season, the FWD MTR program has a simple goal of expanding course enrollment and instructor ranks by 5%. The revised MTR curriculum added a “new” course called Mountain Travel and Rescue Fundamentals. This course eliminates the overnight requirement of the former Basic Mountaineering class and we plan to offer two classes in it this season. We hope that this will encourage more people to enroll in the program. If you have not taken an MTR course, we hope to see you in one this year. If you have taken an MTR course, consider becoming an instructor. It will help you further develop your skills!!!

*Joanne Barnes can be contacted at: joannebarnes@att.net and Robert Parkhurst can be contacted at rtparkhurst@msn.com*

with you. If you have already taken the Level 2 avalanche course and are interested in becoming an avalanche instructor, feel free to contact me directly. The application process is simpler than ever.

And now for my annual plug for the Far West Division Tri-Advisory Conference. If you are an NSP instructor of any discipline, or have considered becoming one, the Tri-Advisory conference is an event that you should not miss. Get updated on the latest program developments, learn new stuff from superb keynote speakers, speak to your program supervisors about issues of interest or concern, meet great people, be entertained, and enjoy magnificent surroundings in the heart of Yosemite Valley. See you there! Mike can be reached at [stauchwall@hotmail.com](mailto:stauchwall@hotmail.com)

*Awards - Continued from page 3*

ski and toboggan instructor, OEC instructor and IT and an MTR instructor. She is helping to create a mountain bike patrol in conjunction with the Forest Service, NORBA and NSP. She assists with the Tri-Advisory meeting held at Yosemite and is an active member of the NSP Nordic SAR team. Lynne put in over 700 hours of NSP service time last season. When not patrolling, she is an avid ski mountaineer, mountaineer and big wall rock climber. Her skills, confidence and attitude made her an obvious choice for the Far West Division Outstanding Nordic Patroller.

**OUTSTANDING PAID PATROLLER  
SILVER MERIT STAR AS NATIONAL  
RUNNER-UP, OUTSTANDING PAID  
PATROLLER  
ERIC DIEM (June Mountain, Southern  
California Region)**

Eric has been a paid patroller at June Mountain since 1982, Patrol Director since 1987 and a member of NSP since 2000. He lobbied incessantly and intelligently with his resort management and was able to convince them that all members of his patrol should join NSP. As a result, his patrol is the only patrol in the entire region to be fully NSP certified (both paid and volunteer) and OEC is the only accepted standard of care on the hill. He is vocal in his desire to see other patrols in the region follow suit and is constantly spreading the word about the value of being affiliated with NSP and OEC. His commitment, dedication and high skills level directly contributed to his appointment as the Far West Division Outstanding Paid Patroller.

**OUTSTANDING ALPINE PATROLLER  
YELLOW MERIT STAR  
JOHN MASZTAKOWSKI (Sugar Bowl,  
Mother Lode Region)**

Jon joined NSP in 1993 and became a senior in 1995. This past season he put in over 220 hours on the hill and 60 hours off-hill creating a senior training program and instructing in both OEC and ski and toboggan. Largely through his efforts, his patrol increased from 8 seniors in 1997 to 28 in 2002. When not patrolling, Jon sets up snowshoe races and family events nationally. He is an avid mountain biker and works as medical support at the remote station for a 24-hour NORBA mountain bike race. His excellent skiing, sled handling and OEC skills coupled with his spirit of volunteerism embody the finest elements of patrolling.

**OUTSTANDING PATROL  
REPRESENTATIVE  
YELLOW MERIT STAR  
DON JOHNSTON (Sugar Bowl, Mother Lode  
Region)**

Don joined the patrol as a candidate in 1987 and was awarded a National Appointment in 2002. In his 300 hours on the hill and 600 hours off hill last season, Don served as an outstanding example of leadership and inspiration. He has been patrol leader since 2000, a time when there was significant tension

between the paid and volunteer staff and resort management. He faced this challenge with intelligence, integrity and composure. The patrol now functions as a single seamless unit with excellent resort support.

**OUTSTANDING INSTRUCTOR  
YELLOW MERIT STAR  
BARBARA HICKMAN (Prospector Patrol,  
Mother Lode Region)**

Barbara has been instructing OEC for seven out of the ten years she has been with the ski patrol. For the past four years she has been the OEC Instructor of Record and the OEC advisor for the past two years. She volunteered much of her time to review and edit the current OEC Study Guide as well as the 4<sup>th</sup> Edition of the Outdoor Emergency Care book, for which she re-wrote the chapter on shock. According to her patrol rep, "she brings energy and dedication to the OEC refreshers, OEC evaluations and SR EM's and creates a learning environment that brings out the best in people."

**OUTSTANDING STUDENT PATROLLER  
YELLOW MERIT STAR  
DAVID TRAIGER (Mt. Waterman Patrol,  
Southern California Region)**

David became a candidate in 2000 at the age of 15 and a patroller in

*Continued on page 13*

2002-2003 OUTSTANDING AWARDS  
FAR WEST DIVISION

<b>Student</b>	David Traiger	Mt. Waterman Patrol - (SC)
<b>Auxiliary</b>	Mike Shorrock	Sugar Bowl Patrol - (ML)
<b>Instructor</b>	Barbara Hickman	Prospector Patrol (ML)
<b>Administrative</b>	Stephen Francisco*	June Mountain Patrol (SC)
<b>Paid</b>	Eric Diem**	June Mountain Patrol (SC)
<b>Nordic</b>	Lynne Frick-Lee	Mt Pinos Patrol (SC)
<b>Alpine</b>	Jon Masztakowski	Sugar Bowl Patrol
<b>Nordic Patrol</b>	Mt Pinos Patrol (SC)	
<b>Small Alpine Patrol</b>	June Mountain Patrol (SC)	
<b>Large Alpine Patrol</b>	Big Bear Mountain Patrol* (SC)	
<b>Division Director's</b>	Joanne Barnes	

\* national winner

\*\*national runner-up

## NSP Lending Library

NSP maintains a lending library of videos and other education materials for the benefit of the membership. You'll find a wealth of information for your area, divisional or personal training programs. To borrow a video, check out the NSP Lending Library Guidelines and Request Form. Then, send the completed form to the NSP Member Information and Services Team.



### Awards - Continued from page 12

2002. This dedicated young man put in over 180 hours of duty on and off the hill last season and still managed to maintain a 4.3 GPA in school. He has a positive attitude, enthusiasm for learning and a willingness to accept challenges and is a unique role model for other young patrollers. We have also enjoyed his music entertainment at our patrol banquets. David has a great future ahead of him and we are proud to have him on the NSP team.

### OUTSTANDING AUXILIARY PATROLLER MIKE SHORROCK (Sugar Bowl, Mother Lode Region)

Since joining the patrol in 1994, Mike has served as Treasurer, board member and most recently as Elections Chairman of the Sugar Bowl Patrol. He has been in the California Division of Forestry for over 25 years and is currently a battalion chief. His work with the local NSP, EMS, SAR and fire prevention services allows him to effectively cross-pollinate his skills and benefit all of those organizations. Mike is a calm, quiet yet authoritative manager and is an outstanding example of a true leader.

Congratulations to all! 🚒

### Sphyg - Continued from page 1

Many patrollers don't do this enough to maintain an adequate skill level.

My recommendation would be to buy a bunch of those oscillometric digital cuffs. Cheap, easy and accurate. For a critically ill patient, there are even ones available that inflate with the push of a button and print pulse and BP on a little adding machine type tape.

Now that you know everything about BPs, I offer a scenario:

You are in the cafeteria and a teen grabs the table and collapses. On exam, he is pale, sweaty, and has shallow alternating with deep respirations. No radial or femoral pulse, but carotid pulse is 30. Your pulse is considerably faster. What's the diagnosis??

If you said fainting, you get a gold star for today. This kid has fainted--the medical term is vasovagal syncope. The vagus nerve is so named because it's a vagabond--wandering a long course through the body. Even though it's a cranial nerve and goes to the ear and tongue, it also goes to the intestines, stomach, and heart. At the cardiac

level it slows pulse and decreases BP.

Treatment for our young gent is supportive. Lay him down and elevate his feet. After he wakes, get him up gradually--sitting before standing.

One last tip. There is one pulse that is consistently ignored every first responder class I've ever seen. The preauricular. It is more than just an OEC trivia pulse. If you check just in front of your ear, you should be able to find it with no problem. Before the days of electronic monitoring it was used by anesthesiologists to monitor pulses during an operation, since there is a drape between the anesthesiologist and the sterile operating field.

If you think about it, this is a lot like our patients when we get them all wrapped up for their sled ride down the hill. It's an easy way to check a pulse in a bundled patient, and with a bit of practice, one of the easiest ones to find.

That's it for this time. See you on the hill! - Doc

Dr. Eric Lamberts can be contacted at [ewl@unr.edu](mailto:ewl@unr.edu) 🚒

### Submissions to the Peek

The Far West Division Patroller Peek invites you to submit general interest articles be published on these pages. Articles are chosen at the discretion of the editor. Articles must be submitted by email and sent to [patroller@socalnsp.org](mailto:patroller@socalnsp.org).

We can only accept articles in the following format: Plain text in either the body of an email or as an attachment; *Microsoft Word*, *Pagemaker*, or *Illustrator*. The original digital photos must also be sent along with the article We cannot accept page spreads sent as bitmaps, tiffs or as *Adobe Acrobat* (.pdf) files.

Pictures are always welcomed and encouraged especially those taken of patrolling activities. Pictures may be sent as .jpeg, .jpg and .tif. You may send us photographic prints. The Patroller Peek can only return submissions if they are received with a stamped and self addressed envelope.

## Many Refresher Resources Available to Instructors and Patrollers

Doug Hill - FWD OEC Supervisor

Getting ready to attend or teach at your patrol's refresher soon? There are many resources available for patrollers to prepare with, and for instructors to teach with. For instance, you can download the Scenario Discussion Forum as a MS Word document, complete it electronically, and print it to hand in at your refresher. I

f you did not receive your refresher study guide in the mail, you can download the entire guide as an Adobe Acrobat .pdf file and print it out. Instructions on downloading the file are on the NSP web site under "Education/Outdoor Emergency Care."

Want to brush up a little on the topics covered this year in Cycle B? There are numerous presentations and documents in the OEC Instructor's Web Refresher Section to help you get up to speed. Need even more help? Pick a chapter in the OEC book, 4<sup>th</sup> edition, and go to [www.OECzone.com](http://www.OECzone.com). Choose the chapter you would like to review, and you will be introduced to an interactive guide that will lead you through a review of that chapter's topics.

It has never been easier to prepare for your refresher, so take advantage of these many OEC tools to make your refresher a positive learning experience, and to make us all more prepared patrollers when we hit the slopes this season. ♣

*New Zealand - Continued from page 9*

and they have quite a few snow safety days each year. They love their work, are very proud of their competency and, as is the case with some North American colleagues, do not feel fully appreciated by their area management. As many of them are veterans of many seasons, with growing families and mortgages, job security over the summer is a primary concern in their negotiations with management. Several members have been on exchange programs with resorts in California and Colorado.

The second day we took a 1 ½ hour commute to Treble Cone. On the way we passed Lake Wanaka and the town of the same name. It is smaller and even prettier than QT, less touristy, but more remote and much more difficult to reach (QT is 15 minutes from its airport). The tortuous access road from the valley to the base is an engineering marvel. Although the bus trip from QT costs \$35NZ(\$24 US), it is worth every penny. Stewart, the patroller we visited in their top shack, told us about their work and suggested the best places to ski. The front side trails served by the detachable quad were crowded and firm, but the back bowls served by another chair and T-bar had some good snow and an interesting selection of open slopes, gullies and steps. Although the locals had left tracks almost everywhere, the less skied terrain had become somewhat windpacked and was not much fun.

The 660m vertical is the highest in the QT area. Lunch on the sunny deck was interrupted by an akia, a rapacious parrot-like bird that had no scruples about pecking at food left unattended at tables. Despite the

queues that occasionally extended to 15 minutes, the decent skiing and magnificent views of Lake Wanaka made the whole day a memorable experience.

Since uncertain weather eliminated heli-skiing and made the one hour trip to Cadrona not worth while, we visited the Remarkables on the third day. This field has only 357m. vertical drop, but its top elevation



reaches 1940m. and it is served by 3 quad chairs. Tarn Pilkington, the patrol director told me that the black diamonds off the Shadow chair were icy, but snowmaking on the less challenging runs made decent skiing.

As we were getting off the chair shortly after noon, we observed a female patroller reaching for a sled. We followed her down to a lower slope where four patrollers were working a wreck in the well around a large rock. We were favorably impressed by the professionalism of the group treating the serious head wounds of the unconscious young skier. Getting the victim out of the well on to the back board was not easy while continuously applying O2. After a short initial steep section they had a patroller ride in the sled manipulating a bag valve. Air evaq was waiting at the heli-pad at the base, but despite the

*Continued on page 15*

*New Zealand - Continued from page 14*

efficient patrol work, we read in the paper the next day that the skier had not made it.

On the fourth day of our stay we chose to go sightseeing to the famous Doubtful Sound in the beautiful western Fjordland National Park. On the way one sees innumerable fields with large herds of sheep, cattle and domesticated deer and elk. The scenery around Lake Manapouri and the fjords is indescribable with wispy waterfalls plunging from snowy peaks to the rain forest at sea level. From the comfortable tour boat one can see seals and bottlenose dolphins sporting in the Sound and the Tasman Sea. On the return trip one visits a most interesting 600 MW underground hydro-electric powerhouse.

Most accommodations in QT are reasonable and offer cooking facilities for the thrifty Kiwis. Most are within easy walking distance of the town center where there are ample opportunities to shop and dine. Venison and fish chowder are unusual and delicious choices at The Tatler or the Britannia Restaurant on the Mall. With the NZ Dollar worth about \$.60 US, almost everything in NZ seems reasonable to someone from the US. Day tickets are only NZ\$74 (US\$44) and, as Seniors, we skied for US\$26.

Although it did not work out on our trip, the heli-skiing in the Harris Mountains would be an outstanding feature of a ski trip to NZ. For those able to spend a longer time, a visit to the Mt. Hutt Field near Mt. Cook and Christchurch or skiing on the Franz-Joseph or Tasman Glaciers are alternate attractions. We chose instead to stop off in Tahiti to spend eight days sailing on the boat of ex patrollers Brent and Sue Lowe. But that idyllic cruise in the Marquesas is another story. +

## Instructor Tool Kit

*Jennifer Bryan,  
Instructor Development Supervisor*

Each time you instruct a course, are you in the same place each time? Chances are you're not! You get to take your show on the road all the time and teach in a wide variety of settings. And while this is exciting and novel, it can also lead to unfortunate surprises. Besides your subject materials ( texts and instructor manual) the following is a list of suggestions for a mobile Instructor Tool Kit

### Tool Kit Contents:

- easel
- 2x3 write-on/wipe-off board
- and/or flip chart
- wide markers & eraser for board or flip chart
- thumb tacks
- white sheet (portable screen)
- masking tape
- scotch tape
- duct tape
- paper clips
- stapler & staples
- pack of ink writing pens
- yellow highlighter

Keep these items readily accessible in a backpack, office file-box, tackle box, etc. But keep these items together so that you'll always be able to hit the road. Your tool kit will assist in your success. +



*The OECZONE is a great resource for reviewing your OEC skills. Visit the OECZONE at OECzone.com.*

**REGION DIRECTOR ELECTIONS:** Also be advised that **Arizona, Mother Lode, and Southern California** regions are due for Region Director elections, in spring 2004. Nominations are now open and will be accepted to later than **February 2, 2004**. Consult a region officer of your region's by-laws, officer's handbooks, and ski patrol manual for qualifications. Nominations are to be submitted to the Division Election Chairperson, Janice Waits. Note: Due to recent FWD Bylaw changes, all registered patrollers within the above regions, will be eligible to vote for their respective Region Director.

Janice Waits, Election Chairperson  
1202 Rembrandt Drive  
Sunnyvale, CA 94087

**PLEASE FORWARD ALL NOMINATIONS AND/OR ANNOUNCEMENTS TO:**

**April 3, 2004**—Results announced (sooner if all eligible ballots returned)  
March 3, 2004—Asst. Div. Director ballots to be received/postmarked by.

are eligible to vote for this position, not just patrol representatives or region directors.  
**February 2, 2004**—Date of Election, ballots will be distributed to all registered FWD members in good standing. FWD Bylaws now state all registered patrollers  
**January 12, 2004**—List of Asst. Div. Director candidates, their resumes and platforms will be posted to the FWD web site.

**December 29, 2003**—Asst. Div. Director candidates list finalized by Elections Committee.  
platform. A nomination also must be accompanied by written acceptance of the nomination signed by the nominee  
the candidate's membership in NSP that demonstrates the candidate's eligibility for office, and may be accompanied by a one-page statement of the candidate's  
**December 15, 2003**—Nominations DUE for Assistant Division Director Position. A nomination or announcement must be accompanied by a one-page resume of  
special election to complete the previous term. **Please note the following dates.**

**ELECTION—Nominations are now open for Assistant Division Director:** The position of Assistant Division Director is for a two year term June 1, 2004 – May 31, 2006. The position is presently held by Ron Evenson, who was elected by

**ELECTION NOTIFICATION  
2004 FAR WEST DIVISION**

**Far West Division  
Summer Conference Report  
Division Awards  
Tri-Advisory**



# The Patroller Peek

*A Publication of the Far West Division of the National Ski Patrol*

8430 Truxton Ave.  
Los Angeles, CA 90045