

## MID WINTER 2001

### **Winter's Return**

Nici Singletary Division Director



La Nina is gone, and winter is back! Ski areas throughout Southern Division got an early start to the season as unusually cold weather arrived in late November. Many areas had nearly 6 weeks of round-the-clock snowmaking. Several Southern Division ski areas opened before or by Thanksgiving – some as far south as Cloudmont, Alabama! This is great news - right? Well, it is for the ski areas, but for patrollers, it means we are working more shifts, seeing larger crowds, and thus caring for more injuries. This can be stressful and fatiguing, especially when you have a busy fulltime job during the week. How can you prevent patroller stress and burnout? One thing you can do is to become better educated. If you haven't already done so, sign up for a clinic or seminar such as Senior OEC, Toboggan Enhancement, the Student Patroller Seminar, or Mountain Travel and Rescue.

These courses help you to feel more comfortable with your patroller skills and give you the opportunity to share your experiences with other patrollers in your Region. This in turn can help you deal with the stress and burnout that many patrollers experience during an unusually busy ski season.

Mark your calendar now for the 2001 Spring Officer's Meeting and annual awards banquet on Saturday, April 28<sup>th</sup>. This year's meeting will be held at Winterplace, WV, at the Glade Springs Conference Center. A registration form is included in this issue, and will also be available on the Division website. Glade Springs is a beautiful location and we anticipate there will be optional rafting trips on the New River, and (weather permitting) golf. The area is great for biking and hiking, so plan to bring the kids! One-bedroom condominiums with a sofa bed in the living room can accommodate 2 – 4 persons. Our special rates are being extended for those who

would like to come early or stay later for rafting and other activities. In addition, we will be offering a Phase I (Instructor Development) course on Sunday, April 29<sup>th</sup>.

Southern Division is teaming up with the Southeastern Ski Areas Association to sponsor a Division-wide Kid's Safety Poster Contest. Kids can win prizes totaling \$1,000 in US Savings Bonds for creating winning posters that depict any one of the Responsibility Codes. It's a great way to teach slope safety to youngsters, and winning entries will be submitted to the NSAA national kids' safety poster contest. This is one example of ongoing efforts by Southern Division to promote safety and accident prevention, while working with our area management. A slope safety brochure – outlining tips for skiers and snowboarders to make their visit both safe and fun – was also designed by Southern Division, printed and distributed by SSAA to ski areas this season. If you have ideas for future safety/accident prevention projects or would like to get involved, drop me an email at [NiciEMS@aol.com](mailto:NiciEMS@aol.com).



If you haven't checked out the [nsp.org](http://nsp.org) website recently, go take a look. The catalog is now online, as is Policies and Procedures, a member

forum (including want ads for patrollers), and you can access your entire personal registration and NSP education record.

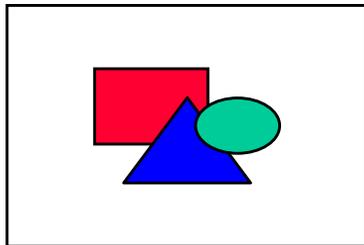
In this issue, you will find updated information for the roster of officers printed in the Fall Southern Cross. A complete corrected roster can be found on the Division Web Pages (accessible through [www.nsp.org](http://www.nsp.org)). New names on the roster include Ian Archibald, MD (Division Medical Advisor), Brian Hager (Winterplace Patrol Rep) and John Dobson (Southern Division Board Representative). Congratulations to John on his new Board Representative position – and I’m looking forward to voting him out of office at a future NSP meeting as we move towards restructuring the NSP Board!

### **Just in from the Associated Press-**

Christine Myatt Legal Advisor



For the first time, a jury in Colorado has convicted a skier of homicide for a deadly collision on the slopes. According to the article, the 21 year old skier was skiing extremely fast in poor conditions when he collided with a 33 year old skier, who subsequently died of head injuries. The skier initially was charged with reckless manslaughter, which carries up to 16 years in prison. After 18 hours of deliberation, the jury comprised of skiers or snowboarders, found him guilty of the lesser charge of criminally negligent homicide. James Chalot, a Denver lawyer who specializes in ski cases, said he was unaware of any other trials in Colorado or other skiing states in which someone was convicted on such charges.



Cloudmont’s slopes and rope tow.

### **“South Dixie” – Where the Skiing is Fine!**

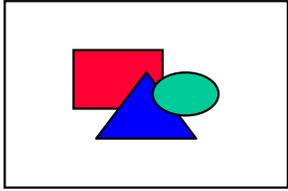
John Dobson MD, Division Board Representative



What a delight it was for Nici and I to travel to our division’s “southernmost ski areas” several weekends ago (1/13-1/14) and ski good snow! The slopes were in excellent shape and “relatively” crowded. Snow sliders at each area really seemed to be having fun. Although small in member numbers, the three patrols we visited were enthusiastic and well prepared.

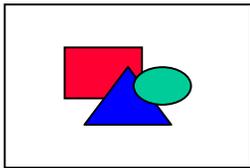
Cloudmont Golf and Ski Resort, in the northeast corner of Alabama, was the first stop on our trip. This family owned recreation area opened its slopes Christmas Day 1970, and is as serious about skiing as a deep-south resort can be! The area’s snow guns are turned on “every night the temp hits 29 degrees from late November through March”, thereby permitting an average of 50 + ski days each year. As a matter of record, Cloudmont skied two days Thanksgiving week 2000! They are very proud to be “the most southern resort in the eastern US offering skiing”. The area consists of two 1000-foot slopes with a 150- foot vertical, and is serviced by two rope tows. It is one of the few places in America where a patron can physically “play golf and ski” -- on adjacent amenities – the same day! Patrol Representative Loren Gross, an accountant from Huntsville, has led the Cloudmont Patrol for 10 years. Between the 6 patroller members currently registered, there is one National Appointment, one Senior, three Basics, and one Auxiliary – with a combined longevity representing over 120 years of NSP service!

After a thoroughly enjoyable visit at Cloudmont, Nici and I drove 4 hours east, across southern Tennessee and North Carolina, to visit our other two deep-south ski areas. The following day (1/14), we “booted up” with the Sky Valley Patrol at 8AM as we prepared to assist in their ski area opening. Sky Valley is truly a



Loren Gross (Patrol Representative) and Jack Jones (Founder of Cloudmont)

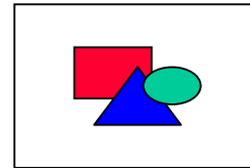
picturesque, year-round resort located in northern Georgia just across the North Carolina line. This gated, full-service resort has a large year-round resident population and is best known for it's challenging golf course. However, Sky Valley has a strong skiing heritage also, having sold its first rope tow to Cloudmont in the summer of 1970! The ski area, located deep in the valley, boasts a 250- foot vertical and five slopes. A 2000-foot double chair provides easy access to the hill summit, and a "photo view" of the entire resort! Now in his third year as Unit Representative, Bob Lang capably leads the Sky Valley Patrol. The Patrol recently embarked on an ambitious "millennium improvement plan" that includes extensive member training in the Phase I, Phase II and PES disciplines, and 25% of the patrol working toward Senior Patroller status!



Members of the Sky Valley Patrol with Nici.

Our final deep-south visit was to Sapphire Valley, an upscale, four-season residential resort located just east of Cashiers, North Carolina. One of the first areas to offer skiing in the south (1966), Sapphire Valley sits at 4300 feet above sea level, with the ski hill featuring three runs and a 200-foot vertical drop. There was good snow on their main 1600-foot slope, but unfortunately the double chair servicing this run "broke a bearing" one day before we arrived and was not in use. Snowsliding visitors were

therefore relegated to a small beginner's slope and a tubing run! Ben Tholkes, a professor at Western Carolina University, is Unit Representative of the Sapphire Valley Patrol. Although their numbers are small, the patrol has doubled its membership this season and enjoys excellent support from the resort. Sapphire Valley completed an attractive community services building adjacent to the ski slopes one year ago, and added a large indoor/outdoor recreational facility last summer! The resort is committed to providing skiing for their residential members, and offers a good patrolling opportunity for families with small children.



Sapphire's 1600-foot slope.

Other than being able to renew "old patroller friendships", which is always the best part of any ski resort visitation, the most positive thing we came away with after our weekend in the Deep South was witnessing people having real, honest to goodness fun on the snow! And after all, isn't that what it's all about – and why we become ski patrollers! Next season; make sure you take a trip to South Dixie – Where the Skiing is Fine!

### A Fitting Experience

Dennis Slagle  
2<sup>nd</sup> ADD Southern Division



I have to admit that I am definitely embarrassed. I have skied for 23 years and just now discovering how ski boots are supposed to fit. I knew boots were supposed to be snug and tight around your foot and give you the right flex to suit your skiing style and ability. I found out

that those items are just scratching the surface. For those who came to the fall officers meeting this past year, you would have met Mike Tambling of Southern Ski. He is a master boot fitter (and the only one in the south east besides his son in the same shop).

I used to try on boots and walk around a little while in them to make sure they did not have any bad pressure points. I got the smallest size that would keep my toes from being jammed against the front and hurting my toes. I would also make sure the boots had good heel hold down. My street shoe size is 12 and I could never get any size smaller ski boot that would not kill my toes, so I always skied size 12.

The initial part of my visit with Mike was disheartening. He looked over my boots and told me there was nothing he could do for me. My boots were too large for my feet – BUT THEY FEEL SNUG, TIGHT, AND MY TOES JUST TOUCH THE FRONT! After much discussion, I agreed to try on a size 11. Man, did they hurt! Mike reassured me, and we began the fitting.

The first thing he had to do was to make an orthotic to replace the original foot bed. My arch was flattening out causing my foot to elongate when I put weight on it. When he finished with the orthotic, we placed them in the boot and I tried them on again. WOW, I couldn't believe it, what a fit! They did not hurt and they fit everywhere around my foot. A size 11! We proceeded with the rest of the fitting, which included several adjustments and I could not wait to get out to try them. Mike explained each aspect of the fitting procedure and what each was designed to do.

I got out that week and it made a tremendous difference in my skiing. I had more control than I had ever had and did not get as tired. One of my major problems, besides having boots too large, was that I was out of balance in my boots. I can ski a whole lot further now before my legs get tired.

There is not enough space to go over all the aspects of boot fitting here in the Southern Cross. You will have to go to Mike's web site and read about boot fitting and all the ills it can cure. It is [www.southernski.com](http://www.southernski.com). There are pages and pages of information about how to get the correct boot fit.

Yes, this does seem an advertisement for Mike's shop, but I would just like everyone to have the chance to improve their boot fit and skiing as I have.

## **Southern Cross via Email**

By Dennis Slagle

This issue of the Southern Cross will be a landmark event as it is the first issue to be delivered by email, and go out to a select group of patrollers electronically. We had about 250 sign up for the event. We have purchased a copy of Adobe Acrobat for everyone to be able to view the SC just as it appears in hard print. If it works we will save about \$2000.

If anyone has comments about receiving the SC via email, please direct your comments to me. If there are problems and you wish to send me an email, please make me the only recipient, as I would rather not deluge several people with a lot mail to open.

Thanks for everyone's cooperation and let's keep our fingers crossed.

## **Heart Felt Thanks**

Jo Ann Ehlinger Student Patroller Advisor



This past fall the end of an era occurred when the Greensboro Ski Swap was canceled when Edelweiss Ski Shop closed. The swap was run by Hawksnest ski patrol for as long as I can remember. Proceeds from the swap went to support the Student Program, which includes the Student Seminar and Student Patroller Scholarships.

I want to thank Homestead Patrol who heard about the Ski Swap being canceled and made a generous donation to the Student Program.

In an effort to raise money for the Student Program I am selling travel mugs that have the Southern Division logo and the regions on the mug. The mugs are \$7.50 plus shipping and

handling. A picture of the mug will be on the division web page as well as an order form. All the money from the fund-raiser will be going to support the Student Program. If you have any questions contact:

Jo Ann Ehlinger  
Home 336-727-1995  
joannsp@earthlink.net

## **Certified**

Lynn Pace, Certified Advisor



We are selling good quality, durable clothing (parkas, fleece, baseball caps etc.) as a fundraiser for the certified program. We are also selling Certified decals in two different sizes.

Clothing comes with Ski Patrol logos included and more information is available at [www.WearGaurd.com/nspe](http://www.WearGaurd.com/nspe) or by calling Tim O'Brien at Wear Guard (800-677-6060 ext. 5736).

A catalog is available by contacting Lynn Pace at 423-482-4451 or at home 423-984-1123 (lpace2@ix.netcom.com)

## **Attention Officers**

R. Morgan Armstrong, 1st ADD



A reminder to all line officers to begin preparation for the following matters and events:

Awards: Please have all awards in by the March 15<sup>th</sup> deadline and submit at least two awards for your patrol at a minimum. Awards is the only way we can thank the paid and volunteer members for the extra effort they put into the program each year.

End of Year Reports: It is vital that your information and data be collected and filed for this past ski season's End of Year Report and for the officer's Visitation Reports. Watch the Southern Division WEB for more information on this matter. I request the line officers have a 100% compliance in filing the end of year reports due by March 27<sup>th</sup>. Thank you for your time and effort in keeping the Division informed as to your programs and efforts this year.

## **Election Notice**

Farris Jackson Election Coordinator

Nici Singletary, our present Division Director, is running uncontested for a second term. She was the only patroller filing intention to run for the position.

The announcement of intent was due at national office on January 2, 2001. Ballots will be mail on February 5<sup>th</sup> and must be postmarked by February 20<sup>th</sup>. Results will be announced on March 5, 2001.

## **For Sale**

Patrol Parka, w/hood, The North Face, rust/navy, w/NSP patch on back. Excellent condition, \$60.

Cascade Jacket, The North Face, rust/navy, w/NSP patches on front and back, Excellent condition, \$20

Contact: Bill Smith, (757) 851-1581

The Southern Cross is published three times a year - fall, mid-winter and spring. Articles and photos are encouraged and appreciated.

Send change of address to:  
National Ski Patrol  
133 S. Van Gordon Street  
Lakewood, CO 80228  
303.988.1111  
800.222.4754

## **SOUTHERN CROSS**

396 South Main Street  
Kernersville, NC 27284

Lee T. Wittmann Editor  
336.993.7571  
[NSPSouth@AOL.com](mailto:NSPSouth@AOL.com)

