



Southern Cross

A Publication of The Southern Division of The National Ski Patrol

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Southern Cross is published three times a year—fall, mid winter and spring. Articles and photos are encouraged and appreciated. With photos, please include caption information. If at all possible, please include a photo of the author with articles. Submission deadline for the mid-winter issue is May 12, 2005.

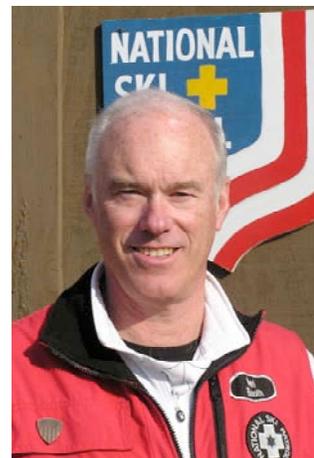
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Who's Organization or Association is it anyway?

Neil Booth, Division Director

If the belief, or thought, our organization or association belongs to anyone beyond you or membership itself, the thinking is invalid! We are an Association of members who all belong to the National Ski Patrol System. **We** are an Association of members who are geographically located into Divisions, Regions and most importantly, Patrol Units, working directly for resorts. Resorts rule! They should have in the past, they are in the present, and will continue to rule in the future.



So, what is NSP all about then? When NSP is referred to, it means our National Associations headquarters in Denver, your respective division and region. Yes, NSP establishes guidelines to follow, however, final policies come directly from each resorts Patrol bylaws, policies and ultimately, resort management. Now, do not read this to mean that NSP is not involved in the matters of your patrol or your patrolling career. We all know, or should, that NSP provides a great deal of opportunity for each of us. We should be aware that NSP is the body that develops educational programs for our Association and members. You as the member, directly benefit from our Association. In the end result, your respective patrols take the programs offered by NSP and utilize them in organizing the patrol into the fine-tuned operating units that they are. Your respective Patrol Leadership molds and adapts these programs into their operating procedures, along with resort specific needs, to make the valuable services we provide to the consumers of our sport, at the resort.

You have heard my predecessors and me state that we are a changing organizational Association. We are and have been for 65 years! We will continue to do so for many years to come. From the inception of our Association, NSP established policies that newly formed resorts could follow and adopt. Not because

resorts had to, but because NSP had pre-established programs and standard for resorts to follow. As our industry and resorts matured, they began to formulate their resort operating procedures. This coupled with the environment we live and operate in today, have changed how we as an Association must be to our membership. One could argue that it has changed a lot. Others might argue there has been little change. The only thing certain is, change big or small has and will continue to occur. We need to continue being adaptable to changing needs. Our main purpose within the Southern Division is to make sure that we are providing resorts and membership with the best educational programs available to meet your needs. Our [OEC](#) course is an excellent example and our most important educational offering. From full OEC courses, to OEC challenges, to refreshers, we offer members what resorts are asking for. Our next most important program is our new [Transportation](#) educational program that is being released as you read. It gives you the guidelines needed on proper handling of toboggans. Our division ski school is making great headway after 6 short years in operation and providing a good resource to all members, not just candidates. We have a brand new [Instructor Development](#) “on-line” course that is also being released as we speak. If you are interested in becoming an instructor, this is the first step you must take. I also encourage current Instructor Development Instructors to consider retaking this new course! Perhaps the three most beneficial ongoing programs are the [Enhancement Seminars](#) (Skiing, Toboggan Handling and OEC Emergency Management). These courses are open to everyone and are absolutely wonderful one-day events. I know the offering of these three courses have been very limited and I as Division Director will take the responsibility for making them more readily available in the future. However, I cannot and will not try to mandate or force these programs on membership or patrols. They are excellent programs, if you take advantage of them. Please, ask you Patrol Representative/ Director to give you information about these courses. Brief descriptions are listed in the NSP Catalog, under NSP Education Courses. They are not exams and never will be! They are highly experiential courses geared to make you more proficient and enjoy what you do even more! Please, take advantage of these great offerings.

This years OEC refresher proved to be another great cycle year. We saw a lot of good information exchanged and simply good refreshing. Along the same line, all of the OEC courses are now complete and we have gained new members, which is critical to all of us. Congratulations to all new members and welcome!

The season certainly had a mixed start, but everyone reports having a very good holiday season. Then came the long warm spell that put some resorts on the sidelines waiting for cold weather to return. It is hard to do ski and toboggan training when the slopes we need to train on are closed. We are a resilient group and we will make up for lost days and still get the job done, we always do! Enjoy the rest of the season and I hope to see some of you during my visits.

I will close with what I have stated in the past. The division and NSP should be a seamless operation that works with your respective resorts to bring you the best in education. Seams are only seen when National, Division or Regions mandate it. You have my promise that you will never see a seam as long as I am Division Director. If you think you see a seam, please let me know by a simple email or phone call.

You are all a wonderful group of individuals and I have enjoyed many new and old friendships from our Association. We enjoy one another, we enjoy the sport, we enjoy what we do or we simply would not continue to do so. In talking to most of the resorts, I know they all appreciate the valuable services each of you provides.

Keep up the great work, challenge yourself in becoming more
knowledgeable and growing beyond belief.

Instructor Development Program

Morgan Armstrong

First Assistant Division Director & Instructor Development Supervisor

Instructor Development Program has a new Supervisor!

Ann T. Wood has been appointed as the new Supervisor for the Instructor Development Program for the Southern Division. The appointment takes place January 2005 and Ann is replacing **Morgan Armstrong**, who has filled in as temporary Supervisor for the past several years. Ann moves up from her position as Region Administrator for the Blue Ridge Region, a job she has held with excellence. Her home patrol is Beech Mountain and she will be bringing the Instructor Development Program along to new levels of achievement. Everyone is asked to join with the division in welcoming Ann to this new position. Along with the welcome each patrol is requested to prepare to submit names of those patrollers being noted for advancement into the instructor corps of the division.

The first step is the Instructor Development Course, so each patrol representative is asked to begin forming up new candidates for enrollment in the courses that will be held this year. Ann will be organizing the courses and it is up to the patrollers and patrol representatives to begin the process of passing names into the system so courses can be started and candidates contacted. If you have six or more candidates ready for the course in your patrol you may qualify for a course at your resort. If you have one or more names, please submit them now so no one will be missed. Ann is ready to go so please help her by getting in those names.



END OF YEAR REPORTS are due for the Ski Season 2004-2005 from all patrols and program supervisors.

Patrols have an easy form which will be sent to each representative by mail or email, but it is the same as the form for last year. The information should be in the process of being written down over the course of the ski season rather than waiting for a rush at the deadline. Please begin to finalize your reports and send them to your patrol region director and to me **R. Morgan Armstrong** at my address: P.O. Box 699, Collinsville, VA 24078-0699 or at my email address: rmasp@adelphia.net.

Please check your math this year. The total number of patrollers should equal the paid and volunteer numbers. The number of patrollers in each rank (candidate, basic, etc...) should again add up to the total number of patrollers. When I read 40 volunteers and 20 paid patrollers for a total of 83, I begin to worry and being an English Major, I start to have a panic attack. Please help me avoid this mental stress!

Supervisors are requested to give a brief summary of your plans, goals and accomplishments for the year so we can track how each program is doing in the division. **Officers** should send in a short report on what you have been doing regarding visitation and personal training and program participation. **Program Supervisors** should forward this report to the Assistant Division Director to whom you are assigned.

Questions and problems may be directed to **R. Morgan Armstrong**, 1st ADD, Southern Division and I will be happy to help you iron out the difficulties. Thank you for your time and effort to keep us informed on the work you are doing in the field.

Learning All Over Again -

Dennis Slagle

Assistant Division Director - Southern Area



As this ski season had not topped the charts as far snowmaking and skiing are concerned, it may end up being a record setter for warm weather. Maybe cold weather will have some mercy and come stick around for just a little while. Even though we have not had an extended ski season so far, I did get a chance to attend the Smoky Mountain Region's Examiner Clinic and Ski Trainers' Workshop. With the summer conditions existing for several weeks, **Wolf Laurel** still had some very good ski conditions, though not a large choice of slopes.

I have to admit that I learned to ski many eons ago and have had the chance to participate in the proficiency program in Southern Division to learn more ski skills and become more proficient in clinic, examining, and improving my own skiing. When I learned all these skills, it was with the old straight-sided skis. I have since switched over to the shaped designs for the last couple of pairs I have owned. Anyone who has skied shaped skis will appreciate the quickness and ease of turning the shaped side-cuts afford.

I have not had significant ski lessons since changing to the shaped skis, so I had never been exposed to the latest techniques afforded by the shaped design. During the **Ski Trainers Workshop**, while sharpening our examining skills, we essentially had an all day ski lesson from an excellent level III ski instructor. While not radically different, I still feel like I have to learn skiing all over again. The exercises and techniques now taught by the PSIA afford better utilization of the shaped design.

If you have not had the chance to receive some instruction on the new techniques, you really need to see the NSP PSIA instructor(s) at your area to get some inside info on the new techniques. It really puts some incite into how the shaped designs work for you to make skiing easier. Just about every ski area has at least one NSP PSIA instructor. While the original intent of these instructors is to help candidates, all patrollers can benefit from their instruction.

One of the goals of the NSP ski school this year is to hold a **Ski Enhancement Seminar** at every area. Maybe even two or three if needed. Don't get behind in updating your ski skills when instruction is readily available within the Southern Division NSP.

Notes From The North...

Jan Starr

Assistant Division Director – North Area



I hope that as you read this, winter has returned. It is past due. My thoughts are with everyone as we all struggle through this. Thanks to the folks that keep us all together and get us through one more day of warmth.

Even though the conditions are marginal, we still have to keep our skills up. There will be training happening throughout the rest of the season. Check your calendar and touch base with the respective call person to see what changes there may be. It is hard to train new candidates in this kind of weather, but I know we are all up for the challenge. Keep the spirit up and do some snow dances!

Virginia Region

Bill Smith
Virginia Region Director

News From Up North in Virginia!!!

Well, here we are once again in the midst of another hopefully great ski season. Things up this way got off to a rather slow start this season compared to last year. Most of our areas in Virginia didn't manage to get open until the week of December 17th. So we have a little catching up to do, maybe on the other end of the season.



Although the weather did not cooperate for us, our education programs all got off to a flying start. In November, **Wintergreen** hosted an **Instructor Development** program that was attended by ten of our guys and gals. The program went well so we now have ten new souls ready to get more involved. Speaking of getting more involved, on December 11th **Mary Underwood** and her staff traveled up to The **Homestead** and put on a great **Patroller Enrichment Seminar (PES)** program. In all there were six students, five from Virginia and

one from West Virginia. In listening to the many questions and other exchanges during the program, it appeared that much was learned by all attending. The region **Senior** program is up and running with good participation once again. That should prove to be an exciting time for all involved. Lastly, on March 12th an **Avalanche** program will be offered. So for those of you that are procrastinating, there is still time for you to get into a program and new training this season.

During the off season, a number of Virginia areas made improvements to their respective areas. Some of those included:

- **Bryce:** After unveiling the impressive Ridge Runner's Snow Tubing Park last year, they have added a new "magic carpet" to the starter hill to move beginners up the mountain more efficiently.
- **The Homestead:** This year, The Homestead has widened all of their trails and increased the size of their Playland Terrain Park by adding six new rails. They have also added an additional lane to their tubing park.
- **Massanutten:** The folks at Massanutten understand that not everyone is an expert boarder or skier, so they've added a new beginner's terrain park this year. The park will feature all of the mainstays of the advanced park, but the rails and jibs will be easier to access and maneuver, and the kickers will be smaller and easier to land. It's perfect for those who want to ease into the gnarly world of freestyle. It also has its own lift.
- **Wintergreen:** Last year, Wintergreen expanded the expert run, Wild Turkey, allowing for bumps to gather on one side while the other side stayed groomed. This year they've added another expert slope, the Gap, which connects the Dobie slope and the Devil's Elbow, which will mean quicker access to the lift. Devil's Elbow has been expanded and so has Turkey Chute, making Wintergreen the only resort to add new terrain this season. And if that were not enough, they've added a new high-speed six-person chair to the Highlands expert terrain.



At the FOM back in August, **Peggy and “T” Harris** were honored with *National Appointments* for their hard work within their patrol, the region and the division. It is believed that they may be the only husband and wife couple to ever receive National Appointments at the same time. A hardy “CONGRATULATION’s” to both of you!!!

Former Wintergreen Patroller Killed in Rescue Chopper Crash



Monday night, January 10, LifeEvac II crashed into the Potomac just after crossing over the Wilson Bridge. Details about the accident and cause are still unknown, but there are several cranes on the bridge and helicopters are required to fly low in that area (300ft) because of Reagan Airport. The flight paramedic was **Nikki Kielar** and unfortunately she and the pilot Joseph Schaefer died in the crash. The flight nurse survived and was transported to Washington Hospital Center. Many folks on the patrol remember Nikki from her brief time on Ski Patrol, but many of them knew Nikki for many years from UVA and Charlottesville Rescue. She was a warm and caring person and like a sister to many of them. She will be missed very much. Her untimely death leaves a void for many.

West Virginia Region

Jon Dragan,
West Virginia Region Director

The report from the West Virginia region is that it is cold and it is finally snowing! While each of the resorts has had some cold weather and some ability to make snow, it seems that the ground no sooner gets covered and another warm spell moves through the area. At the writing of this report it is COLD and it is SNOWING, maybe winter is finally here!



Snowshoe/Silvercreek have been busy with their expansion program both for lodging and slope activities. Slope maintenance and snowmaking is ongoing and all programs have had good participation from patrollers. So far the mountain has hosted two **OEC Clinics**, an upcoming **S & T Clinic** and they will be hosting the **Sr. S & T Evaluation** on March 6th.

Timberline resort has been making snow whenever and wherever possible just as all the resorts have been doing in West Virginia. Timberline ski area will be hosting the **Sr. Emergency Management Clinic** on the 5th of February and we would urge all likely candidates to contact **Steve Cvechko** at (304) 776-8540 to let him know you are planning to attend. Remember in order to attend the evaluation you must attend the clinic. This has always been a very informative clinic and will show all interested patrollers just what the evaluators will be looking for in the evaluation.

Winterplace has been busy with snowmaking and trail maintenance, trying to make the most of cold weather and snowmaking capabilities. On January 7th & 8th, **Winterplace Ski Patrol** conducted a series of **Leapfrog Clinics** to improve its ability to get a patient in cardiac arrest off the mountain. While each clinic went well in the practical exercise, all patrollers involved were able to see first hand how the sequence of events unfolded and how to adapt to this complex and dynamic situation. The goal was to start CPR within 2 minutes and get the patient to the AED within 4 minutes. Each patroller definitely improved their individual skills and all aspects of the scenario



were realistic as possible, including the use of oxygen and the AED. Based on what they saw at their clinics, they would recommend all patrols participate in a real-life arrest on the mountain to keep all patrollers up on the latest procedures. If you would like additional information on these clinics or assistance in setting up a **Leapfrog Clinic**, contact **Walter Watson** at (304) 253 - 6963.

Don't forget **Winterplace** will be hosting the **Senior. Emergency Management Evaluation** on March 13th and all are welcome to attend. If you are interested in attending this Sr. Clinic please contact **Tom Wagner** at (304) 787-3221.

(Photo submitted by Jon Dragan)

Blue Ridge Region

Mike Harris

Blue Ridge Region Director



The Blue Ridge Region had an excellent refresher cycle again this year. Our OEC instructors put in a lot of planning and hard work. We were fortunate to have a visit from **Wings Air Rescue** at all four of our areas on the Sunday on-the-hill portion of our refreshers. This afforded an opportunity to practice landing zone preparation and to interact with the rescue personnel with Wings. Winter weather arrived a little late in the high country. It got cold enough to get a good snow pack for the Christmas holidays and then the mother of January thaws paid an unwelcome visit. Cold

temperatures arrived just in time for MLK weekend. The only event that had to be rescheduled was the **Senior S&T Clinic** that was scheduled for Jan. 8th. There just wasn't enough snow to safely stay out of the way of the customers, the event was just changed to Sunday, January 23rd. at **Beech Mountain**.

On January 9th we had the first basic **S&T Evaluation** in the region at **Sugar Mountain**.



The evaluators were **E.B. Fox, Christy Myatt, David Hall, Andy Moody, and Jim Bolton**. The course was setup by **Howard Tilley**, patient in the sled was **Flynn Harris**, and yours truly was the advocate. All seven candidates demonstrated all skills necessary. **Sara Reed, Jeannie Church, Terry Hefner, John Powell, Monica Hicks, Megan Archer, and Brad Blackwell** all did an excellent job.

I hope everyone has a great season. Our areas are recovering quickly with the cold temperatures return. Don't forget the deadline for signing up for Powderfall-05-has been extended.

In Memory – Jim Hunter

Jim Hunter, a 25-year veteran of NSP and **Beech** Mountain Ski Patrol, passed away this past Thanksgiving Day. His wish was to have his ashes spread on the mountain he loved so much. He wanted to keep an eye on us. On Saturday, January 22, 2005, his wish was granted.

The day was windy and there was a mix of precipitation with sleet and rain and freezing rain. A ceremony was planned to follow the sweep at the end of the day session. Over fifty patrollers assembled at the top of the mountain for the procession and Jim Hunter's final sweep. Just as the ceremony was preparing to head down the mountain the clouds separated and there was a brief glimpse of blue sky, and then it started to snow. Mr. Hunter's ashes were scattered on Upper Shawneehaw as the procession of patrollers worked its way down the slope.

As the patrol procession reached the ski patrol base, Tom Watson announced over the radio, *"The mountain is clear. Unit 33 is now cleared to go 10-7, but he will always be 10-8 in our hearts. Rest in Peace, Mr. Hunter."* We remained as a group outside the patrol room as Bob Mahoney delivered an emotional eulogy followed by "Amazing Grace" played by a lone bagpiper. A few remaining ashes were scattered around the outside of the ski patrol base area.



(photo from Beech Mountain)

IN LOVING MEMORY
Bob Mahoney's Eulogy to Jim Hunter

Jim Hunter--- Unit 33--Jimbo I called him, Husband, father, brother, uncle, colleague, mentor, but most of all a true friend.

Jim was a man of great stature even though he was short in height. But no man could have stood any taller than Jim, his actions and deeds brought him to a level most of us only dream of reaching.

Jim never met a stranger, and always put others in front of his own personal needs. When his ankle was bothering him to the point he could barely walk, he still found a way to get to the mountain and work the Base in a totally efficient manner, a lot of times by himself. Never complaining and never stopping because he was in sever pain at times.

Jim used his knowledge and talents to bring our ski patrol and other organizations he was associated with to a higher level of competence and expertise.

Jim loved this mountain and his family of friends which he created up here over the years, we are all part of Jims family along with Jerry, and his sons and daughter.

One of Jim's last statements to me at the last refresher in November was that when he passed on he wanted to have his ashes spread on Shawneehaw so he would always be up here on the Mountain that he loved so much.

Well Jim your wish will be granted today, We are sadden that you had to leave us before we had a chance to say good by, but a greater power chose you to come home and we shall be happy for you. We all hope to see you again ON A SNOW CAPPED MOUNTAIN in HEAVEN when this point in our life comes.

We will not say goodby, but so long till we see you again.

Let us pause for a moment of silence.

Please join me in the Lords Prayer.
All: Lords Prayer

Date: 1/22/2005

In Memory – Sugar Mountain

Delphine Hancock passed away on December 14, 2004.

Delphine achieved the level of Senior Patroller and served the National Ski Patrol for 33 years. She was born in Detroit Michigan on September 5, 1935. She was educated at The University of Michigan and held B.S. and M.S. design degrees.

Delphine enjoyed an active career as an art teacher and active artist. Her artwork earned her awards in many local and regional art shows. She traveled extensively and was an avid bridge player.

Delphine retired 2 years ago and will be remembered as a dependable patroller who was part of our patrol's hard core. Her cheer and good humor were fixtures in our patrol room each weekend. She will be sorely missed by us all.

Submitted by Flynn Harris
Sugar Mountain Ski Patrol

On Saturday, January 23rd we held the Senior Emergency Management Evaluation at Beech Mountain. We had 13 participants, 12 of which passed at the end of the clinic. Temperatures at the beginning of the day started out around 18 degrees and finally reached about 38 degrees with rain and sleet. The gusts of wind were fierce, at best, all day.



(Chris Broderick-left photo- and Michael Benbow-right photo @ Senior Emergency Management Evaluation)
(Photos by Mike Harris)

On Sunday, January 24th, we held the Senior S&T Clinic. This Clinic had originally been scheduled for January 8th but had to be cancelled due to the warm weather at the time. This was not a problem on the 24th with the high temperature at the top of Beech reaching less than 1 degree F. Again we were faced with gusts of high winds and at times white out conditions. The weather cleared somewhat in the afternoon. We had 12 brave candidates participating in the clinic.

I would personally like to thank all the dedicated patrollers for braving the severe weather conditions, and the hazardous driving conditions, to put on a successful program for Saturday and Sunday.

Wings Air Rescue

Appalachian Ski Mountain, **Beech** Mountain and ski patrols were visited by **Wings Air**



Center in Tennessee during their on-the-hill refreshers on November 7, 2004. Each patrol participated in training presented on proper notification, stand-by status, establishing a safe landing zone, safety while approaching and loading the helicopter. Several patrollers were given the opportunity to fly in the helicopter as part of the training.

While located in Johnson City, Tennessee, Wings Air Rescue is the closest Level I Trauma Center for ski areas located in Watauga and Avery Counties in North Carolina. Weather permitting, they are always willing to respond to calls from patrols for patients needing rapid transport and meeting local EMS protocols.

Wings also visited **Hawksnest** and **Sugar** Mountain on their On-The-Hill days October 4, 2004. The patrollers learned and had hands-on with what it takes to fly a patient off a mountain. From packaging the patient on the hill, sharing the patient information from the patrollers to the flight crew and scene control for landing.....loading.....and lifting off again. (Photos submitted by Cindy Soule)

(Trauma manikin used for safety training and proper loading on the helicopter)



(Appalachian Patrollers Cindy Soule and Cindy Hinshaw flying over Appalachian Ski Mountain)

Smoky Mountain Region

Richard Boyer – Region Director

Those hard working folks go to grand lengths to get your attention and help you get the most out of a refresher. One of the most inventive and unique is illustrated by **Mike Wolf**, an outstanding OEC instructor at **Cataloochee**. He used these clothes, the incredible teeth, his infamous dog, and a routine which had everyone riveted to what he was conveying.

In the **Smoky Mountain Region** we have all gotten off to a very good start on the 2004-2005 season. Again we did an outstanding job with the refreshers at all three areas in our Region. Each of us patrollers should thank the OEC instructors, the Instructor trainers, your patrol reps, and **Larry Erb** for pulling it all together into a successful and challenging refresher.

Our main job, day in and day out, is to serve the ski area's management in carrying out the job they depend on us to do. We as patrollers should be aware of ways to better accomplish this task. We don't work for the NSP or the Southern Division--we work for the management team of our ski area.

I'd like us all to become goal oriented. I've asked each of Smoky Mountain PR's to give me a slate of goals for this year. Setting & accomplishing goals is the best way I know of moving ahead and progressing toward becoming a better patroller, a better patrol, and a better Division.

We still need to work on the main focus of the NSP. That main function is delivering educational programs to the body of the NSP, the patrollers. I challenge each PR to make a plan for each of your patrollers regarding where you'd like them to be in one year, two years, etc. That is, what experience, education and involvement you therefore need from each of them in your patrol. Make a written plan for each patroller. Start with the newest ones and work backward up through the patroller ranks until you have outlined a plan for each one. Then communicate with each one and share this roadmap with them and get their input and adjust the plan, if necessary. When you are asked about any particular individual I'd like to hear what the plan is for their accomplishments in the Southern Division of the NSP in coming years.

One of the most common goals is and should be specific recruiting targets. Each and every patroller needs to be the point person in this goal. By moving strongly with this endeavor you'd be surprised at how quickly results will be realized. Ask **Tom Raudorf**, PR at **Cataloochee**, how he went from 1 candidate to 7 in two months by strongly enlisting his patrollers as recruiters. He has recruiters who 2 months ago didn't even know how to begin recruiting and now we see them leading the call for new patrollers every day.

See you on the slopes.
Richard Boyer, Region Director



Mountain Travel and Rescue

Bob Chatman, *Program Supervisor*
bob_chatman@hotmail.com



(photo by Bob Chatman)

Last season, in Canaan Valley, WV we held a successful **Mountain Travel and Rescue 2 (MTR2)** course. See the photo above. This is a shortened version of the report. The weekend started off with rain and flooding in most of West Virginia with many of the major roads closed. The weather caused us to lose one instructor and two students. Late Friday night the rain turned to snow with almost a foot covering the ground by morning. The snow held off during the daylight hours but then it snowed another six inches overnight while the temperatures dropped into the teens. Perfect for winter camping and an outdoor course. With two feet of snow on the ground before the start of the weekend and then the fresh snow it was post-hole or snow-shoe. I had an older pair of Tubbs snowshoes, which were very heavy and difficult to adjust. Chip from White Grass came to our rescue with state of the art MSR snowshoes. They were light and much easier to use than the older Tubbs. With just the four of us the course material was covered in less than ten hours. The students knew the material well enough to teach most of it themselves. We did have a slight glitch when it came to map and compass. I've noticed that many patrollers have a difficult time with advanced map and compass. It is probably the way it is taught in basic. I'll design a lesson plan copied after a chapter from my Orienteering book. I'll use this to supplement the NSP MTR manual. This will be implemented in the fall.

The MTR2 course last fall was cancelled because of low enrollment. In checking with other Divisions I found that enrollment has generally been down the past few years. Therefore, the MTR2 course that will be scheduled for the Fall of '05 will not have a minimum number of students. I know I'll be hearing from other NSP instructors who require a minimum number, but for MTR2 in Southern we will not have a minimum requirement.

In December, **Ben Tholkes** held an MTR1 course at Western Carolina. All reports indicate the course was a resounding success. Ben, one of our newer MTR instructors, is the most highly qualified in the division and perhaps the country.

The next scheduled MTR1 course will be at **Snowshoe**, WV on Saturday, March 6, 2005. The lead instructor will be **Bob Bodamer**, an excellent instructor who has taught more Mountaineering courses in Southern than anyone else in the past ten to fifteen years. Assisting Bob will be **Gerry Bateman**, one of our newest and most enthusiastic instructors. We have ten sign-ups at this time. The point of contact is **Jan Starr** at (304) 572-6713 or jstarr@snowshoemtn.com.

It's mid January and winter is finally here. I've spent the past few weekends winter camping in Canaan Valley. A little more snow and less rain would be more fun. But this is Southern and our winters can be like this. I use ski weekends to check and familiarize myself with my old and newer gear. There are five or six stoves in my collection. I keep searching for the perfect stove. This year I found one that I really like. It's the *Jetboil*. It comes with a cozy around the one-liter pot. The 3.5 oz. micro canisters of propane / isobutane fuel are said to boil twelve liters of water. The instructions say you can boil two cups of water in one and one half minutes. This must be under lab conditions. In below freezing temperatures it took almost three minutes to boil the two cups of water that had been buried in the snow. I've spent more time in the woods than I care to admit and I can say this is the best working and most efficient stove I've used. The only modification I'd make is to trim the top lid back so it could be opened in sub freezing temperatures. Trim some of the inside of the top off and pop it into the freezer and see if you can remove it. If not, warm it up again and trim some more, and refreeze it again. Always test your gear and food in the conditions you might encounter.



*The **Southern Cross** is always looking for articles & photos of events that our patrollers have participated in as well as information on our patrol family.*

*The **Division Archivist/Historian Supervisor (Rob Raff)** is looking for photos from all patrols in the division to update the collection.....you can email them to r Raff@etconnect.com OR mail him a CD (labeled) to Rob Raff, 4201 Vineland Road I-1, Orlando, FL 32811.*

Mountain Travel and Rescue I – a Participant’s Experience

Michael Steinberg
Sky Valley Ski Patrol



Imagine hiking through the Smoky Mountains, navigating with a map and compass, belaying a patient down a cliff, cooking and sleeping under the stars, and rappelling off of a 50 foot wall – all while acquiring additional skills that could help you save a life – and all in the course of a two-day weekend. This is what to expect when you participate in the NSP Mountain Travel and Rescue I (MTR-I) program.

According to the NSP education catalog, the course “provides students with the knowledge and skills to travel and work in reasonable safety and comfort in the outdoor environment and to be an asset to a search and/or rescue team, including possible overnight operations. Field practice includes practice in navigation, travel, survival, basic search and/or rescue exercises, and an overnight campout.”

But it’s much more than that. The short weekend provides a diversity of skills and techniques that many of us may have never experienced, at least since our boy/girl scout days. And it is sure to provide something new even to those experienced in advanced rescue techniques, not to mention those of us (like myself) who didn’t know the difference between a Petzl and a Prusik.

The program is taught by **Ben Tholkes**, Director of the Sapphire Valley Patrol, with assistance from **Bobby Bryson**, also of Sapphire. Ben brings a wealth of experience to the course, including 8 years as a ranger with the National Park Service, in such areas as Rainier, Yosemite, Yellowstone and Glacier Parks. He is currently Director of the Parks and Recreation Management program at Western Carolina University in Cullowhee, NC.

Preparation for the course includes ordering and reading [Mountain Travel and Rescue](#), (available from the NSP education catalog), and assembling equipment for the hike and overnight. (Ben can provide you with some of the heavy equipment such as a pack, tent, sleeping bag, and stove).

The program starts on a Saturday morning on the WCU campus. After a brief classroom session (total classroom time is only a couple of hours – the rest of the program is practical hands-on), we take a tour of the Equipment Room and are introduced to some of the technical mountaineering equipment, and get to practice tying some common knots. Then it’s on to the gym, where one of Ben’s colleagues at WCU teaches us orienteering, that is, how to navigate with a map and compass.

After lunch, we reassemble in the equipment room to be outfitted with equipment for the hike. Since this will be a back-country campout, we must bring everything we need to cook, eat, sleep, and take care of personal needs. Then it’s off on a short drive to the Deep Creek Trail in the Great Smoky Mountain National Park, just outside of Bryson City, NC. It is there we start on our 2-mile hike to the campground. At every rest stop, Ben quizzes us on some pieces of MTR knowledge.

Upon arriving at the campsite, we pitch tents, start a fire, and prepare the area to be our home. We cook dinner with whatever we brought, from Ramen noodles to REI freeze-dried meals. On this trip, one of our participants had the foresight to bring ingredients for that classic camping staple – S’Mores! After dinner, Ben quizzes us some more on MTR knowledge. Since it gets dark and chilly a little after 7:00 pm in October, we all turn in early. One word of advice – bring warm clothing layers – and, just as important, bring a good sleeping pad. Those “foam jobbies just *do not do the trick!*”

The next morning, we break camp and head down the hill. (It always amazes me how the trail gets shorter overnight.) Back on campus, after a little more classroom work, we are given a search scenario on campus. We organize ourselves, break into teams and conduct the search. The final exercise is the highlight of the course – we rigged our harnesses, carabiners, figure-8's and belay lines, and went rappelling off of a 50 foot cliff! (I could have sworn it was *much* higher). We were fortunate enough to have a few certified High Angle Rescue technicians in the course to assist in set-up and in belaying us down.

MTR-I is part of a three part MTR curriculum provided by NSP. MTR Fundamentals is a one-day version of the course that does not include the hike or camp-out. MTR-II is a three-day, two-night course, which provides more advanced skills and prepares participants to help coordinate search and rescue operations.

This particular class consisted of patrollers from **Sapphire Valley**, **Sky Valley**, **Cataloochee** and **Sugar Mountain**, and a visiting patroller from **Squaw Valley**. The tools and techniques we acquire, while not used often in the South, can help make us all prepared for that time where we could be called on to use a different set of life-saving skills. I think I speak for us all when I say that that this program is *highly* recommended!

For more information, contact Ben Tholkes at tholkes@email.wcu.edu.



Participants in MTR I (October 16-17, 2004): Top row: Ben Tholkes (Sapphire Valley), Michael Steinberg, Celeste Bernstein and Jeff Leonard (Sky Valley), Scott Krein (Cataloochee), Brent Bowman (Sky Valley), Geoff VonBargen (Squaw Valley); Bottom Row: Bobby Bryson (Sapphire Valley), Terry Loges (Sugar Mountain).

More MTR-1.....



(Jeff and Terry find the trail; Scott and Ben assist)
(Photos submitted by Michael Steinberg)



(Celeste rappels down a cliff. Jeff belays from the top)



Patroller Enrichment Seminar (PES)

Mary Underwood

Patroller Enrichment Supervisor

"It Takes a Village . . ."

The African proverb, "It takes a village to raise a child", came to mind as I prepared to schedule The **Patroller Enrichment Seminars** in the division this fall. At the Fall Officers' Meeting, the VA-WVA regions decided to hold a PES in December. **Bill Smith**, VA Region Director, immediately volunteered to find a suitable central location for the course and to get me a list of possible participants. **Jan Starr**, ADD for the Northern Area, volunteered to help with recruitment in WVA. A few days later, **Cindy Diehl**, a PES instructor, volunteered to help teach the course. **Bill Smith** was able to get us a meeting room at **The Homestead**. What an "elegant learning environment"! On the day of the course, both Jan and Bill were in attendance (both had already taken the PES). When region and division officers participate in these kind of events, they share their expertise, and they are our "village" of support and caring. Jan also provided a real problem-solving activity. **Silver Creek** will be getting a new First Aid Room, so our PES participants produced several designs for a new aid room. Jan took several design ideas home from the course. It was a great course with lots of enthusiasm and energy because of the efforts of many--our NSP village.



Lemons into Lemonade – or What to Do if your Resort Closes

*Michael Steinberg
Sky Valley Ski Patrol*

What happens when thirty patrollers, skis all tuned, and recently, CPR-Refreshed, find themselves without a resort for the season?



The **Sky Valley Resort** in the North Georgia mountains had been up for sale for several years, so it came as no surprise to anyone when resort manager **Steve Mason** announced in early December that the resort had finally been sold. What came as a big surprise, or rather a major shock to everyone was that the new owners announced that they would not open the resort for skiing this season. Because they were planning to spend millions of dollars on renovations, they decided to take the year off “*to do some planning*”.

“*I am totally blown away*”, said **Sky Valley PD Celeste Bernstein** in her e-mail to the patrol. “*I feel like someone has kicked me in the stomach*” added

Deep South Region Director Sylvia Talley in her reply.

But rather than sitting around and feeling sorry for themselves, the patrol sprang into action. **Celeste** immediately sent out an e-mail to the patrol reminding them that “*we are a family and will get thru this*”. She also set up an impromptu meeting at a local cantina to discuss plans and opportunities for the season. Nearly half the patrol showed up for the meeting on barely two days notice!

Celeste contacted **Tom Raudorf** at **Cataloochee** and **Ben Tholkes** at **Sapphire Valley** to offer our services to their patrols. Training Coordinator **Gordon Pettit** didn't lose a step and arranged for Sky's six S&T candidates to do their training at **Cataloochee**. Senior Coordinator **Chris Brecher** offered to take the three Senior S&T candidates to train at **Gatlinburg**. And six Sky patrollers decided to pursue their Senior Emergency Management this season. Remaining patrollers then quickly signed up to fill the voids at other resorts during holiday weekends, testing weekends and Christmas week.

Each week, starting the weekend before Christmas, Sky patrollers scattered to the winds and helped out at **Gatlinburg**, **Cataloochee**, **Cloudmont** and **Sapphire**.

The **Sky Valley** patrol would like to thank all of the patrollers at the above mentioned areas for their hospitality in accommodating us and supporting our training efforts on their hills. Special thanks go to Patrol Reps **Tom Raudorf**, **Wayne Morgan**, **Ben Tholkes**, **Bob Palik**, **Armand Mendez** and **Brandon Olson**, for making us feel at home.

Every cloud has a silver lining.

As it turns out, given the weather we had in early January, **Sky Valley** may not have had much snow to ski on even if it had opened.

More as the situation develops.....



On the Hill: **Sky Valley** patrollers **Constance LeBron**, **Gail Guentner**, **Brent Bowman**, **Mike Boggs**, **Celeste Bernstein (PR)** and **Michael Steinberg**...photo by Sky Valley



Gordy Peifer Steep Ski Camp by Robbie Barbour – Appalachian Patrol

This trip started off with nothing but problems...Myself and **Henry Horn** flew out of Charlotte and through Denver to Salt Lake city. Our bags made it but our skis did not. I guess that worked out ok since we had our boots, and I actually needed fat skis, as Alta had 23 inches of new snow on Wednesday and Thursday. **Gordy Peifer** had arranged for the Rossignol Demo Van to be there for us to demo different skis. I skied on the B3s and loved them. Anyway the camp went like this:

We met on the snow at 8:30 on **Friday** morning. We split up into 2 groups...Those who had over 20 days on the snow, and considered themselves "Rippers" went with Professional Freeskier **Brant Moles**. The remaining 6 those who did not considered themselves "Rippers," and us "Flatlanders" went with **Gordy Peifer**. I thought we would make a warm up run on the groomed, but the group unanimously voted that we hit the untracked new snow before everyone else got to it. **Henry** and I have both skied Alta many times, but **Gordy** took us to little chutes, nooks, and crannies that I never knew existed at the resort. We basically skied while the pros watched, and then gave us things to work on. We pretty much repeated this, ever 2 runs. It was very close to having a private lesson, as you got a ton of skiing, and subsequently, lots of critiquing and advice. I was unfortunate enough to take a bad fall on our 3rd run which sidelined me until Saturday, but this wasn't so bad because we were getting off of the slopes early for the **Avalanche Course**.

The group stopped skiing and met at 3:00pm at the lodge. From there, we went to the Snowbird/Powder Guides Avalanche Training Area, to meet **Jim Conway**. Jim is the Snow Expert and Stunt Co-coordinator for TGR Films. This new simulator area is awesome. Jim conducted an **Avalanche Basic Course**, which included **Avalanche Awareness**, recognizing the **5 Red Flags**, **Escape Routes**, **Safe Havens**, **Rescue Techniques**, and the instruction of proper use of an **avalanche transceiver**. Jim finished covering his materials, and we again split up into two groups. Half of us went through the Avalanche Course, one at a time, to rescue a single buried victim. When activated a 12" round pad (one for each victim), which is located approximately 3 meters under the snow, starts sending a signal. The rescuer then locates the victim and starts to probe. When the probe hits the pad a horn goes off, and the time it took to locate the victim is displayed. The other half of the group went with Jim to dig snow pits and analyze the snow pack. After receiving instruction on how to properly analyze the snow structure, we sawed and broke out our own "blocks" to determine and measure the failure points in the snow pack, and also the degree of danger of an avalanche. This site is open to the public to train with their transceivers anytime they choose. It is a great training aid in learning how to use an avalanche transceiver in real snow conditions, without an actual victim. After dark, we returned to the lodge, where we took an Avi-Quiz which was graded, and then we discussed the correct answers as a group until around 9pm.

Saturday morning came very early. We met on the snow at 8:30 again. **Gordy** was there along with Professional Free Skier **Jeremy Nobis**. We followed the same routine as Friday. Our half of the group skied with Gordy during the morning, and after lunch we skied with Jeremy. On our first run, we took the high traverse, and then hiked up to Gunshot. I probably would not have skied this if it wasn't the only way down. With some coaching and re-assurance, it wasn't too bad. We had **Joel**, a Professional Photographer for Team 13 photographing and shooting video that day. He skied like he should have been a professional skier as well as a photographer.

Immediately after skiing, we met in the bar of the *Goldminer's Daughter*, where **Gordy** plugged the cameras into the widescreen for video analysis. Later that night, local Alta Professional Photographer **Lee Cohen** put on a slide show in the basement game room. He had some of his favorite published, as well as some of his un-published photos from Utah and Alaska. The pictures were amazing. It is hard to imagine how he got some of those photos.

Sunday morning we met on the snow at 8:45am for our last day. We purchased an Alta-Snowbird ticket to ski European Style, from one resort to the other. Northface sponsored, Professional Free skier **Will Burke** was with **Gordy** for our last day of skiing and instruction. Our group started off with Will. We made one groomed run to the bottom, and then took the tram to the top. We hiked up the trail towards the top of Bald Mountain. In all my trips to Snowbird, this was a first for me. We skied in groups until around 11:30, and then the entire group met up for the remainder of the day. Henry and I had to catch a flight, so we had to leave shortly after. We missed the afternoon skiing, video analysis, and closing festivities, much against our wishes.

This was the most *awesome ski trip* that I could have ever imagined. These guys are the coolest people in the world to ski with. As you stand in the lift lines you can constantly hear people whispering...Look there is **Gordy Peifer**, or **Jeremy Nobis**, or **Will Burke**. We were fortunate to be in this small group, and to ride the lifts, ski, eat, get critiqued, and basically hang out with these guys for 3 days. I am used to living in Nascar Country and Charlotte where the pros are unapproachable. This was like hanging out with my friends at **Appalachian**...with the exception of the terrain. I would hate to fail to mention, that the rest of the group **Brian, Christine, Anton** (spelling?), **Ree** (spelling?), **Ned, Justin, Bob, Lance, "El Ripio", "Trescal", Kevin, Scott**, and even **Henry**. They were all the most incredible, fun, and friendly people to ski with, not to mention exceptional skiers. We all had a great time and learned a lot.

The website for this camp is Straight-line Adventures..... www.straightlineadventures.com. It was well worth the money for the lessons alone, not to mention the company, which was priceless. I have been on a lot of trips, but this was like the trip of a lifetime.

Robbie Barbour
Appalachian Ski Mountain



(Henry Horn/Gordy Peifer/Robbie Barbour @ Alta)



(Henry Horn/Will Burke/Robbie Barbour @ Snowbird)

**Southern Division of NSP
2005 Division Director Election Procedure & Schedule**

One nomination was received – for Neil Booth – ballots will be going out by February 1, 2005 to all Patrol Representatives of record on January 1, 2005.

February 21, 2005 Deadline for the receipt of ballots in hand of election coordinator.

March 1, 2005 Election Coordinator will announce results of the election.

Any concerns or procedural questions should be addressed to the Election Coordinator:

Lee T. Wittmann
104 Rainbow's End
Beech Mountain, NC 28604
Home 828.387.9722
Office 828.387.3505
Fax 828.387.3506
lwittmann@skybest.com

Additional Course Information

**(Woman's Toboggan Clinic)
Toboggan Enhancement Seminar and
Skier Enhancement Seminar**

- When:** Feb. 12– Feb. 13th 2005
Where: **Snowshoe Mtn. Resort**, meet at 8:30 at the patrol room.
Who: All female registered NSP members wanting to improve their skiing and toboggan skills.
Cost: \$75.00 for both days – Make checks out to Southern Division NSP

****Class size is limited to the first 16 people who register & pay the course fee****

This is a combined *Toboggan Enhancement Seminar and a Skier Enhancement Seminar*. The lead instructor, **Deb Daniels** is coming down from **Bromley Mountain** in Vermont to teach this course. Deb taught last years course in Massanutten which was very well received. The \$75.00 fee includes level II or level III PSIA instruction also. Last year we had to turn away five people so if you are interested please register early.

Please complete and send check made out to Southern Division NSP

Name_____

Address_____

City_____

State_____ Zip_____

Telephone Number: _____ best time to call_____

Skier ability: Beginner Intermediate Advanced Expert

Dietary restrictions:_____

What you would like to get out of this course

Please complete and return to:
Howard Tilley (Southern Division Toboggan Supervisor)
2565 Old Mill Road
High Point NC 27265
Questions? – Contact Howard at 336-884-5857 or e-mail htilley@triad.rr.com

Southern Division Calendar

<u>Month</u>	<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Contact</u>	<u>Comments</u>	<u>Sign-Up Deadline</u>
SEE REGIONAL ROSTERS FOR Educational Courses for 2004-2005						
Southern Cross Deadlines for 2005						
May	16	Spring Southern Cross Deadline		Southern Cross Editor	Teresa T. Stewart - sceditor@bellsouth.net	16-May-05
Division Meeting Events for 2005						
Apr	30	Exec. Comm. Strategic Planning Mtg	Wytheville VA	Holiday Inn 800-842-7652	Holiday Inn - Meeting Begins At 8:00 am	
Aug	6	Summer Exec. Comm. Planning Mtg	Wytheville VA	Holiday Inn 800-842-7652	Holiday Inn - Meeting Begins At 7:30 pm	
Aug	19	Executive Committee Meeting	Wytheville VA	Holiday Inn 800-842-7652	Holiday Inn - Meeting Begins At 7:30 pm	
Aug	20-21	Fall Board Of Directors Meeting	Wytheville VA	Holiday Inn 800-842-7652	Holiday Inn - Meeting Begins At 8:30 am	19-Jul-05
Aug	21	New Patrol Rep. Course	Wytheville VA	Holiday Inn 800-842-7653	For All New Line Personnel & Patrol Reps	21-Jul-05
Certified Events for 2005						
Mar	17	Certified Pre Evaluation Clinic	Snowshoe	Leslie Carter 434-325-1571		
Mar	18/19	Certified Evaluation	Snowshoe	Leslie Carter 434-325-1571		
Division Reporting Deadlines for 2005						
BUDGET SUBMISSIONS						
Apr	15	Next Seasons Budgets Requests	Annually	Jim Underwood 865-483-3675	Jnu@ltx.net	
Jul	1	Final Year End Budget Submissions	Annually	Jim Underwood 865-483-3676	Jnu@ltx.net	
Jul	1	Patrol Financial Reports (990's)	Annually	Jim Underwood 865-483-3677	Jnu@ltx.net	
Awards Submissions						
Apr	1	Awards Nominations	Annually	John Dobson	Jdobson4@aol.com	
		Nat'l Or Leadership Award Nominations		Anytime - Send To Chain Of Command Listed On Application Must Be Signed In Proper Order.		
End Of Year Report Submissions						
Apr	1	Patrol Reps End Of Year Report	Annually	Morgan Armstrong	Rmasp@Adelphia.Net	
Apr	1	Officers End Of Year Report	Annually	Respective Supervisor		
Apr	1	Supervisors End Of Year Report	Annually	Respective Supervisor		

Virginia Region Calendar

<u>Month</u>	<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Contact</u>	<u>Comments</u>	<u>Sign-Up Deadline</u>
Educational Courses held in Region for 2004-2005						
Mar	12	Avalanche Awareness	Wintergreen	Mike Fisher 434-296-8486		12-Feb-05
Events held in the Region for 2004-2005						
Feb	26	Senior Emergency Management Eval	Wintergreen	Dave Quidort 919-363-7935		
Feb	27	Senior S & T Evaluation	Wintergreen	Mike Fisher 434-296-8486		
Mar	13	Massanutten Picnic	Massanutten	Bartek Drewnowski 540-289-4955		

West Virginia Calendar

<u>Month</u>	<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Contact</u>	<u>Comments</u>	<u>Sign-Up Deadline</u>
Educational Courses for 2004-2005						
Feb	12	Women's Only Clinic	Snowshoe	Jan Starr 304-572-6713		12-Jan-05
Feb	12	Ski Enhancement Clinic	Snowshoe	Jan Starr 304-572-6713		12-Jan-05
Mar	6	MTR Level 1	Snowshoe	Jan Starr 304-572-6713		6-Feb-05
Region Events for 2005						
Feb	26	Basic S&T Evaluation	Winterplace	Tom Wagner 304-469-8039		
Feb	27	Senior S&T Clinic	Winterplace	Tom Wagner 304-787-3221		
Mar	5	Basic OEC Evaluation	Timberline	Janette Bennett 304-599-4915		
Mar	6	Basic S & T Evaluation	Timberline	Steve Cvechko 304-776-8540		
Mar	6	Sr S&T Evaluation	Snowshoe	Jan Starr 304-572-6713		
Mar	13	Sr Emergency Management Eval	Winterplace	Tom Wagner 304-787-3221		

Blue Ridge Region Calendar

<u>Month</u>	<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Contact</u>	<u>Comments</u>	<u>Sign-Up Deadline</u>
Region Events for 2004-2005						
Feb	12	Basic S&T Evaluation	Hawksnest	Tony Tingle 865-220-9456	8:30 am	
Mar	6	Basic S&T Evaluation	Appalachian	Tony Tingle 865-220-9456	8:30 am	

Smoky Mountain Region Calendar

<u>Month</u>	<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Contact</u>	<u>Comments</u>	<u>Sign-Up Deadline</u>
Region Events for 2004-2005						
Feb	13	SR S&T Evaluation	Gatlinburg, TN	Bob Brewster 828-684-8100		
Feb	6	SR OEC Clinic	Cataloochee, NC	Bob Brewster 828-684-8100		
Feb	20	SR OEC Evaluation	Cataloochee, NC	Bob Brewster 828-684-8100		

Deep South Region Calendar

(No Events Planned)

**Southern Division Directory
2004-2005 (Jan. 20, 2005)**

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**Southern Division Directory
2004-2005 (Jan. 20, 2005)**

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2004-2005 (Jan. 20, 2005)**

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2004-2005 (Jan. 20, 2005)**

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2004-2005 (Jan. 20, 2005)**

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**Southern Division Directory
2004-2005 (Jan. 20, 2005)**

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**Southern Division Directory
2004-2005 (Jan. 20, 2005)**

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**Southern Division Directory
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