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Our Quiet Volunteers **Bill Cathey**, Northern Division Director

We all have seen them and have them in our patrols and throughout the division - they are those patrollers some young and some young at heart. They never ask for a thank you. They never ask for anything, but they are always there ready to roll up their sleeves and go to work. They move through a task like a trained fighter pilot. They never complain about how hard they work or the hours they give to complete a task. The patrollers that I'm talking about are the quiet volunteers. Below are just a few of those people that I see in our division day-after-day, year-after-year helping out in their own way.

Herman Handstede

Herman was the photo ops person this year at the Division Meeting. He took a great deal of pictures at the refresher and at the banquet. He helped sell raffle tickets at the banquet and helped his lovely wife with the cleaning and maintenance of the awards that needed touch ups. Herman has traveled a great deal to different patrols to help instruct and be an IT at different events. If Herman is not patrolling or being an IT, there is a good chance you will find him at his favorite fishing spot. Herman patrols at Eagle Creek and spends a little time at Showdown.

Joann Lacey

Joann has been involved at her local patrol and at the division level for many years. She is the person that makes the Polaris happen for the division. Yes, she is the one that has to put up with everyone getting their articles submitted and proof read. And as usual, there are always a few of us that are late getting our articles turned in. Joann does a great Job at formatting the Polaris and getting it sent out to everyone.

At the Division meeting, Joann's camera is not far away so she captures many memorable moments for us. She has been a patrol representative for the Showdown patrol. And like always, Joann helps out at many OEC functions and at Senior Tests.

Bruce Amrine

Bruce logs in many miles all over this division attending OEC functions as an IT, a SS&T instructor or IT. Bruce has been at every division meeting as far back as I can remember. He is usually an instructor or an evaluator at the meetings and is always willing to help out. Last winter Bruce was called at the last minute and asked to travel 622 miles one way to be an IT. Bruce never hesitated to say yes. If it had not been for him, the patrol would have had to reschedule their OEC Refresher. Bruce has been a very big influence in the senior program. He has trained many Senior Candidates with a lot of success.

Mike Huber

Mike is the voice of the division banquet. He does everything from telling great stories to selling a lot of raffle tickets. He never gives a second thought to jump in his little car and drive half the night to attend a Winter Tip-Off. Mike knows a great deal of the history of the Northern Division and the National Ski Patrol. He is also a great instructor and IT.

Who are the Quiet Volunteers in your patrol? Have you recognized their hard work? We know they are out there because our patrols and division cannot run without them.

My thank you and appreciation to all of you.
Bill Cathey



Mark Behan Award

Allan Rabbitt, *Avalanche Supervisor*



Steve and Cheryl Thompson

Congratulations to Steve Thompson. He received the Mark Behan Award this year at the Division Meeting. This award recognizes his years of being an instructor and his dedication to the Northern Division.

The namesake of the Award, Mark Behan, was very involved in the Avalanche Program at all levels. One of the contributions Mark made to the Northern Division was to develop a home study course for the Level II Avalanche Course. The home study course assures that all the students that come to the two day field session have the same basic level of knowledge. This enables the instructors to spend their time on, and in, the snow -- not in the classroom.

When Mark passed away he and I had been discussing ideas for the next revision of the home study workbook. He believed the workbook was a work in progress, and due for its 4th revision. Last fall, when I started to organize the Level II class for this year, I needed to complete the process of having the workbook revised and updated. I called Steve to see if he would be willing to take on the task of revising the workbook. After a couple of days to "think about it," Mr. Thompson "humbly" accepted the challenge.

The finished product is a testimony of Steve's dedication to education. Steve spent many hours, all of which he assures me he enjoyed, rewriting, rearranging, and updating the 170 pages in the workbook. He sought out experts in the avalanche world for the latest information available and wrote concise synopses of this information for the workbook. I am sure that Mark would be very happy with the finished product.

With regard to the "finished product," by his own admission, Steve is not computer savvy and needed some technical help. So, a great big Thank You goes out to Cheryl Thompson, who is quite computer savvy. Without Cheryl, all of Steve's good ideas and rewrites would still be in Seeley Lake; not in the computer, and on the way to publication. She did an amazing job editing and formatting the workbook, it looks great - Thanks again Cheryl.

Steve received this award for his many years of instruction. The fact that he received the award in the same year he revised Mark's workbook to such a high standard, and did Mark Behan proud, is a bonus. This new workbook will help to educate others in the discipline where Mark and Steve shared a lifelong interest. Well Done Steve and Congratulations!

Allan Rabbitt
Northern Division Avalanche Supervisor

Check Your Information Please!

Bill Lay, *Registration Advisor*

As you receive this Polaris, I'm starting to work on registration for returning patrollers. I hope that both you and your Patrol Director have checked out your addresses for mailing and your e-mail address with National. I would encourage you to let National use your e-mail address as it is the fastest, easiest, and most cost effective method to get information to you from both National and the Northern Division. We have managed to get our bad addresses down to only 14 out of 442 active Patrollers and Alumni members. If you are not receiving the mailings from National every month or so, please check with your Patrol Director or myself to see if your address is correct with National. I would also encourage you to get on-line and check out both the Northern Division website, NSPNORTH.ORG and NSP.ORG. Lots of information out there for you to look through and some get buys/discounts.

To all of the patrollers and patrols that received awards this past year, congratulations to you, the person(s) doing the paperwork, and Judy Handstede our Division Awards Supervisor. Keep up the good work for this coming year. I would challenge every patrol and patroller to do the paperwork and get the award nominations in. The end result is worth your time and effort. As one who has done the paperwork and also received the award, both are great moments. Just look at the face of Joann with her award at the meeting; PRICELESS!!!

Bill Lay
Northern Division Registration
w.a.lay@bresnan.net
(406)799-0739

(Editor's note: Picture mentioned above was accidentally deleted from the archives.)

News From Region 2

Carl Schiner, Region II Advisor

The long-range forecast from those in the know says a snowy winter for the northern mountain states, if la Niño hold true. I hope they are spot on for a change.

Our region is gearing up for a good winter. Huff Hills is sporting a new patrol room and some new instructors on their roster. Casper Mountain and Big Horn/Antelope Butte will also mentor some new OEC instructors at their Cycle C refresher as well as in OEC courses running at both areas. It will be nice to have some fresh faces in the instructor cadre. It looks like Sleeping Giant is going in to the season standing a little stronger in the instructor department, four individuals completed an instructor development course held in Cody on the 23rd and 24th of October.

For those of you who are stuck in a rut.... consider becoming an instructor by completing the Instructor Development course and getting involved in one of the many NSP educational programs. It may give new life to the old "patrolling as usual" attitude; it'll be good for you and good for your potential students.

Check the patrol calendar on the NSP Northern Division Web Site or on the NSP course calendar under Member

Resources- Course Calendar for courses that being offered around the Northern Division this winter. I know the Level II Avalanche course in March is filling fast, it also looks like Flathead Nordic is offering a Level II Mountain Travel and Rescue course that would be great fun. Remember that many courses will be registered through out the winter so check for new Avalanche Level I, Toboggan Enhancement, MTR, and other offerings as the winter rolls on.

Make sure you sign up for the Winter Tip Off this year at Moon Light it promises to be a great time (see la Niño statement above) and it is always a wonderful learning opportunity.

A note to Patrol Rep's (and any patrollers who know one) if someone on your patrol is going the extra mile or has done something outstanding during the year(s) do not be shy about recognizing them. Judy Handstede is amazing at getting awards for people who deserve them. A lot of hero's go unsung because they aren't going to toot their own hornsomeone needs to do it for them. People really appreciate the thanks and recognition for a job well done even if it's the farthest thing from their mind as they do their exceptional work.

Carl Schiner



Raffle Winner!!

W. H. Champion was the winner of the Northern Division raffle drawing for two \$500 Visa debit cards. The drawing was held on November 12th at the Banff Film Festival in Great Falls. There were about 600 tickets sold by the patrols.

In this picture, Bill Cathey presents Mr. Champion with the two debit cards.

Thank you to all patrollers who sold tickets for this fundraiser. Proceeds from this raffle will go towards the annual budget and help defray costs for ski patrol education and events.

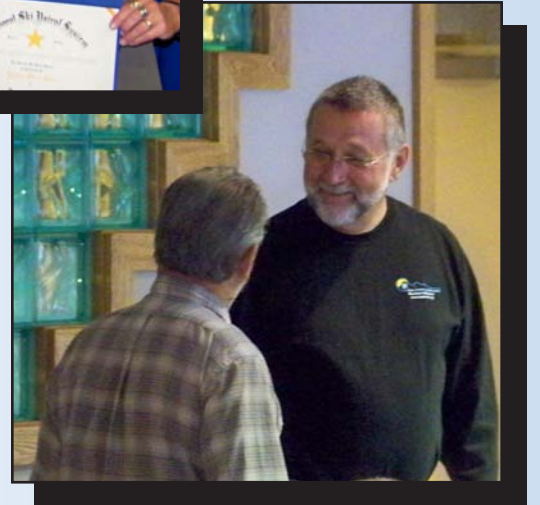
~ A Note from Judy ~

Thank you to Bill Bucher, Fred Gutz, and Rusty Wells for their service on the Division Review Board. The 2010-11 Awards Board welcomes Ann Brendel, Martin A. Merwin and Mel Carnahan as their replacements. Bill Mills and John Larson will switch places of service (National/Division Review Board). Fred Crocket will continue on the Division Review Board.

Meyer Avendovech is National Awards Chair. Here's to a "Skis On Service" (Successful 10-11 Awards Season).

- Judy H.(Division Advisor)

DIVISION — 2 • 0 •



MEETING

1 • 0 —



Some things we're better off NOT knowing . . .



Bringing Home Gold & Silver

Judy Handstede, Awards Advisor

Congratulations Northern Division.... Bringing home National Gold and Silvers

Skiing is not all downhill! When it comes to awards Northern Division gets recognition at the top of National Peaks. I hope those of you who attended the Division Meeting were thrilled with the results of the 2009-10 Award Presentations. What an evening.... Sixteen patrollers received recognition on their **5th year anniversaries of patrolling over 25 ski seasons** for Northern Division. Division Advisors, Advisor Assistants, Board members, and Patrol reps. were acknowledged for their excellent leadership the past season. We were reminded of our **military patrollers** (S. Sargent Casey Majerus/Sargent Taylor Cathey/Senior Airman Cory Burd) who continue to serve our Country and protect our freedom as Americans. Thanks to Mike Huber, who reminds us of the dedication of those patrollers who have left our mist, they will always be remembered in our thought and prayers.



Avalanche Awards

Merit Stars Awards (guideline set out by the National Office) are a special way of seeing patrollers are acknowledged for performing outstanding duties. The significance of receiving a merit star for performing during emergency at the best possible level of training leaves an impact on everyone surrounding them and their patients. Congratulations to the following: Yellow Merit Star: Dave Mabbott, Jim Baker, Heather Springer, Joe Hanlon, Steve Wood....Blue Merit Star: Steve Powell, Eric Wekenbrock....Purple Merit Star: Katrina Wekenbrock

Patroller's Cross (skiers injured while performing patrol duty) John W Perry/Sarah Metlen

Service Awards: (dedicated service) Norm Ando/Jim Whitlock

Nominations/Results/Division-National Recognition of Outstanding Awards: Outstanding Volunteer Patroller: Mel Carnahan, Buck Rea, Dan Schaefer, Bill Lay (Bill Lay- Yellow Merit Star)....Outstanding OEC Instructor: Marty Merwin/Jeff Motley....Outstanding Instructor Other: Robert Labrel- Yellow Merit Star....Outstanding Patrol Rep: Joann Lacey- Yellow Merit Star....Young Patroller: Adam Cook- Yellow Merit Star....Outstanding Large Alpine Ski Patrol: Great Falls/Lost Trail/Snowbowl.... Outstanding Small Alpine Ski Patrol: Huff Hills....Outstanding Nordic Ski Patrol: Flathead Nordic

Northern Division Awards: Outstanding Senior Candidate- Alice Ford, Outstanding Patroller- Bill Lay, Outstanding Patrol- Flathead Nordic, Mark Behan Award- Steve Thompson

National Awards:

National 50 yr. recognition: Steve Thompson
OEC Instructor: Jeffrey A. Motley, silver- runner up
Alpine Small Patrol: Huff Hills, Silver-runner up
Outstanding Nordic Patrol; Flathead Nordic, gold 1st Place
PR for Nordic Patrol Winner: James C. Bulera



Congratulations to Jeff, Huff Hills and Flathead Nordic being selected a best by National is beyond belief, but well deserved.

The 2009-10- Awards Banquet was the evening of **Steve Thompson**. Steve's dedication to NSP of 50 years (A lifetime membership from National) is beyond the average patroller's

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Bringing Home Gold & Silver

Judy Handstede, Awards Advisor

- continued from page 7

dream for the future. Steve Received the Mark Behan Award for Outstanding Instructor (considered the most coveted award any patroller in our Division can receive). Steve knowing the years of support he has received during his patrolling from his wife Cheryl, then having Cheryl, his son and grandchildren present when his awards were presented was a highlight for everyone who attended the banquet. Steve you are a Northern Division Shinning Star and set a high bar for fellow patrollers to achieve.

Congratulations of those receiving recognition for their services to Northern Division. I do not have room in the Polaris to adequately give you praise for your dedication but I will produce articles on individuals in the future on the Division Web Site.

Thanks to Bill Cathey (our Division Director), Bill's wife-Sheryl Cathey, Mike Huber, Stan King and all who assisted with presentations, fund raising and photos at the banquet. The evening's success is owed to you. It is because of you the patroller, you the nominator of Merit Stars/Distinguished Service/Outstanding Awards, the Division Leadership that I was totally surprised and honored with a Meritorious Service Award. On your behalf I humbly accept the award and gratefully appreciate your considering

me for recognition, thank you. I work for you and rely on you to assist me in seeing that the Awards Program continues to be a success. I am looking forward working with you for the 2010-11 Awards season and Banquet. Please take your time to make the season memorable by nominating the great patrollers we have in Northern Division for Awards (remember-recognition lengthens a patroller's patrolling lifetime).



Judy Handstede



Take time to check out the Division Web Site (nspnorth.com) for photos from the Division Meeting. If you have photos, have articles or a thank-you to share please forward them to Cheryl Thompson.



Winter Tip-Off January 8 & 9, 2011

~ Moonlight Basin Ski Area ~

8:30 a.m. both days

Cost: \$99 by 12/18/10; and get a free Cascade Toboggan T-Shirt (please give size)
\$110 after 12/18/2010. Additional T-Shirts available for \$15 (please give size)
Registration includes lift tickets both days and spaghetti feed Saturday night

Checks payable to Northern Division Ski Patrol
Send to Bob Short at 4409 12th Ave. South, Great Falls, MT 59405

Please register as soon as possible so we can adequately plan instructors and groups.

Questions - Call Mike Marlow at 406-443-8386

Winter Tip-Off Registration

SATURDAY Boot up* 8:30 a.m., Clinic 9-4 with lunch break

All Day Toboggan Clinic: Get the rust off both you and your toboggan. Toboggan handling skills will be covered.

SUNDAY - Boot up* 8:30 a.m., Clinic 9-Noon

PSIA Ski Instruction: Working with PSIA Instructors and Clinicians

* **Boot up** is at Headwaters Grille at the Madison Village Base Area

Please check box if you are interested in participating in the following:

****The earlier you respond, the better we can gauge to have these clinics put on. If there isn't enough response for any of these clinics, they will not be held.*

- All Women's Clinic.** Have fun working on anything and everything with a PSIA Ski Instructor.
- Snowboard Clinic.** With PSIA Snowboard Clinician.
- Telemark Clinic.**

NAME _____ NSP NUMBER _____

ADDRESS _____ TELEPHONE _____

CITY/STATE/ZIP _____

T-SHIRT SIZE: SMALL MEDIUM LARGE XL XXL

Registration fee is \$99 on or before 12/18/10; \$110 after 12/18/10, registration includes lift tickets and spaghetti feed.

Make checks payable to Northern Division.

Mail completed form along with check to Bob Short, 4409 12th Avenue South, Great Falls, MT 59405

Hotel Accommodations Info - you make your own reservations:

Lodging under NSP at Buck's T4 Inn, Big Sky, Montana - \$99

<http://www.buckst4.com/>

888-610-5110

Too Busy To Patrol?

Dan Schaefer, Huff Hills, Mandan, ND

Holy Crap we have made ourselves busy!!!! In today's busy society, it can be hard to think about finding time to volunteer for the ski patrol. Between work and the family, When? You pay money to train, take time from your family to be with your friends to give back to the community. By way, what did we take from the community in the first place that you now have to give back? Anyway I digress. I needed a pep talk, I am busy, why are we doing this?

Having been part of volunteering for most of my adult life, I have found that the right cause can help provide a reason. With the ski patrol being my right cause, I have found that I could meet new friends, have fun with old friends as well as help the community while you actually learn and teach new potential lifesaving skills. I have found that benefits of volunteering are enormous. But I am an important person who is busy with important matters! Why should I volunteer? Well here are some of my thoughts about why we ponder the question.

1. Volunteering helps you make new friends and contacts.
 - a. This can be good if you need new beer partners. I have heard some even manage to get to know members of the opposite sex and then marry them. Better than Match.Com. So I have heard!
2. Volunteering increases your social and relationship skills.
 - a. I was very shy just a couple years ago. Look what the patrol did for me!
 - b. Volunteering gives you the opportunity to practice and develop your social skills. You meet regularly with the same group of people with common interests and then the next thing you know you are on the awards committee.
3. Volunteering can help bring families to common ground.
 - a. While it might be a challenge to coordinate everyone's schedules, volunteering as a family has many worthwhile benefits. Mandated fun time together. Even if you don't think so, your kids are watching you. Maybe this is the only way to teach them this idea of volunteering is worth it and keep it going by passing it on!

4. Just like Milk, Volunteering does the body and mind good!!! Volunteering provides many benefits to both mental and physical health. It can give us a boost in self-confidence by instilling pride and a sense of belonging. Let's not forget that being outdoors in the winter can help combat that depression bug that gets to us during the winter months. I:E While skiing Mount Spokane couple years ago I was told by a patroller that it had been 26 days of fog and clouds in Spokane. The only sane people in the area were the ones skiing the top of the mountain where the sunshine was abundant!



5. From the physical benefits side let's not forget to mention the fact that if you want to keep up with the group and look good doing it, you have to stay in fine physical shape. The fact that you are ready to haul a 300 pounder down the moguls gives you that wonderful feeling of "I can if I have to feeling". Besides we never want to make the NSP or our own patrol look bad.

I do at times think that I am just too busy to volunteer. Sometimes I am so, I don't put in as much time. But like the rest of you, I must be somewhat addicted. We eventually realize we need our fix and find ways to help. Maybe it is the great friends and the beer. But so what if it is? We all have our reasons; I would say that as long as you have a reason, provided is not harmful to anyone. Kudos to you!

We are putting on a OEC course again this year. We try to put one on about every other year. For the first time in a few years, am just overseeing the course. Steve Thompson helped Huff Hills place several of our members on the good list of legal instructors. We are very grateful for our group of volunteer instructors. They are doing a great job putting out the next group of patrollers that will someday need to save my back side.

Thanks for your reasons to volunteer! Until we meet again, May your Aid pack stay closed and great sliding commence!

Dan Schaefer

OEC Update

John Fradette, OEC Supervisor

At the time I am writing this, most of the patrols across the division have held their refreshers. Reports that I am getting from the Instructor Trainers who have been in attendance have been positive. This is in large part to the quality of the instructors we have across the Division. To the instructor's of record, my appreciation for all the hard work you do organizing your patrol's refresher. It is a tremendous amount of work. Special thanks to the IT's, who have travelled and sacrificed time to assist me by attending the refreshers and ensuring the refresher objectives are being met as well as the quality and content of the instructions.

We held an OEC refresher at the Division Meeting, and I could not have done it without the help of all the instructors involved. Thanks. As I moved through the refresher, I was

pleased with how well each stations ran. Snowbowl gets the award for the best played scenario. They were in charge of putting on the triage station. Their acting during their scenario was so convincing that some hotel guests requested a 911 call. Fortunately, the emergency services in Cody did not get dispatched.

The exciting thing is we have seven registered OEC courses this fall. Please keep me apprised of your progress and if I can be on any assistance.

Finally, I want thank everyone for their patience, while I am learning the "ins and outs" of managing my new position. I will be attending a meeting in December on the OEC 5th edition text book. Look for details in the next Polaris.

Calendar of Events

Jan. 8 & 9, 2011	Winter Tip-Off , Moonlight Basin Michael Marlow
March TBD	Level II Avalanche Field Session , Big Sky Allan Rabbitt

NSP Member Profile Updates

Update Your Member Info!

Please take a moment to go to the NSP website, login, and click Member Resources above the scrolling banner on the welcome page to check that your mailing address, phone number, and e-mail address are up-to-date. This is especially important so that you can receive the board election ballots being mailed by Votenet, as well as other information and special offers from NSP.

Polaris

NEWSLETTER

*The official publication of the
Northern Division of the National Ski Patrol*

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