

POLARIS

MONTANA | NORTH DAKOTA | SOUTH DAKOTA | WYOMING

SPRING 2020 THIS ISSUE

From the Director.....	1-5
Northern Division Alumni Director.....	6
Northern Division Awards Advisor....	7-8
Northern Division OET Supervisor....	10
Region 1 Director.....	11
Northern Ass't Division Director.....	12
Nordic/Backcountry.....	13
Northern Division Historian.....	14-15
Avalanche Division Director.....	16-17
Power of an Apology.....	18-19
Outdoor Injury Care.....	20-21
OEC Update.....	22
Calendar of Events.....	23



Hello Patrollers!

From the Director's Desk

Northern Division Patrollers

The 2019-2020 ski season recently crash landed with most local resorts closing the third week of March as a result of Covid-19 pandemic. Many open OEC, Intro to Patrolling, and other classes have been curtailed or extended until next season. Instructors if you have a course that you've recently extended please check the end date on the NSP web site and adjust if needed. If you need assistance please contact the appropriate discipline Supervisor.

I hope you are currently thinking about how to recruit quality individuals for next season. By planning now for fall classes you are beginning to engage potential new patrollers who will be bringing enthusiasm and fresh ideas into the organization and Northern Division.

Due to the ongoing Covid19 pandemic, the E-Board meeting scheduled for April 25th was cancelled.

At the moment, we are looking at trying to have an E-Board meeting sometime during the month of June. Whether a meeting is face to face or via Zoom or a combination of both is still unknown and will depend upon what restrictions are in place in June. One of the reasons to have a meeting in June is because of the pending roll out of OEC 6 and how bridge clinics may look. At this writing the OEC 6 roll out is still on schedule and the Division OEC Supervisors across the organization will be meeting virtually in early May to decide how to deliver the bridge clinics. Having a Northern Division meeting (FTF or virtual) in June will help decide on where and when OEC 6 bridge clinics will be delivered across the division. In addition, one of the duties of the spring E-board meeting is to set the dates and location for the September meeting. For the moment I'll set the date for the September meeting as the 18th-20th with the location to be determined in June. Please mark your calendars.

If you have any issues that you would like discussed during the Board meeting please discuss them with your Patrol Representative and if appropriate forward those to either Trevor Motley trevorski-boy@yahoo.com or me at karlskis210@gmail.com and we will get them added to the agenda.

Here are a few announcements and notes from my desk.

Two New Board Members

Division Medical Advisor

The Division is pleased to announce **Dr. Michael Jasumback** has accepted the position of **Division Medical Advisor**. If you recall a search committee was formed at the September meeting. The committee consisted of John Fradette, Dan Schaefer, and Justin Grohs. The committee sent an announcement requesting interested physicians to apply. Dr. Jasumback brings considerable knowledge about pre hospital care to our organization. He is currently the Medical Director for Great Falls EMS, Benefits Mercy Flight, and PHI Air Medical. He is also the past Medical Director for Mercy Emergency Transport Services, Mercy Advanced Life Support and Lassen Volcanic National Park. Dr. Jasumback can be reached mjasumback@hotmail.com.

Women's Advisor

The Division is also pleased to announce Katherine Weber recently accepted the new position of Women's Advisor for the Division. Katherine comes from Blue Mountain and Jack Frost ski areas both located in Pennsylvania. She holds her Alpine Senior Certification. She is also both an OEC and OET instructor. I do know one thing; because she comes from the east she knows how to carve a turn on hard snow. Just think, she may be able to teach you powder hounds a trick or two. She attended the 2020, WTO event held at Red Lodge Mountain where some of you were able to meet her. I'm sure she plans to attend the coming 2021, WTO event. Katherine can be reached at katherine.weber@hotmail.com.

I would like to take this opportunity to thank these individuals for working hard to ensure the division runs smoothly. They all put forth a tremendous amount of effort; some of that effort is obvious, like sending Instructor Trainers to events or helping with the annual September meeting. However, much of the effort is behind the scenes and not noticeable unless it pertains directly to you or your patrol.

Board Members

Bruce Amrine, Alumni. Bruce has for the past two years been trying to educate Division patrollers about the benefits of the Alumni program, attending/organizing alumni events, and being a part of the active and growing National Alumni committee. If you have a family or other situation that requires you take a season or two off from patrolling consider remaining in the NSP by becoming an alumni member, paying minimal dues and staying current with your OEC skills by attending a yearly refresher. Some advantages include that when you have time the transition back to regular patrolling will be much easier. You will be kept in the loop on local patrol events such as refreshers, banquets, summer patrol activities. Bruce can be reached at kujconstruction@yahoo.com.

Jeannette Amrine, Division Treasurer. Jeannette takes care of the Division financials like tax filing documents, working with our JCCS accountant, paying bills for events including sending expense reimbursements. Jeannette can be reached at kenaidenali@yahoo.com.

Brent Brooks, Legal. Brent is our long time Division Legal Advisor. With the exception of a brief report on legal happenings during the Board meetings most of Brent's work is way behind the scenes. I will tell you he sits on the National Legal Committee and is VERY well respected by both the committee and the National Board. When Brent speaks about an issue he quickly gets the attention of the organization's leaders. Brent can be reached at slyskier@yahoo.com.





Justin Data, Website Coordinator. Justin works behind the scenes helping me communicate with the Division's patrollers by sending out occasional e-blasts. He also maintains the Division web site by posting editions of the Polaris and other important documents for anyone to review. He also maintains the Division calendar so if you have an important event coming up and would like it posted on the Division web site please contact Justin at justin.j.data@gmail.com.

Colleen Finch, Awards. This is Colleen's first year as the Awards Advisor. She is energetic so don't be surprised if she reaches out to you inquiring about someone from your patrol submitting an award for a patroller who has put in extra effort or was involved in a difficult situation. I believe it truly helps an organization if recognition for a job well done is frequent and continual. Colleen can be reached at andrewfinch@bresnan.net.

John Fradette, Outdoor Emergency Care . As most of you know, John is front and center when it comes time for OEC refreshers and candidate evaluations. He also works with the National team to help write the annual refresher guide, and reviews questions for the written portion of the OEC candidate testing. He also helps design and run the Division's Senior program along with Mike Marlow and Dan Schaefer. John can be reached at jtfradette@bresnan.net.

Bill Lay, Registration. For decades Bill has been helping patrols and individual patrollers register with our organization. Even though the NSP has shifted from paper registrations to online where either individuals can register themselves or patrols can register as a unit, there are frequently questions. Bill is our answer man. He knows the NSP system better than most of us have a right to and he has a great rapport with the NSP office staff. Feel free to reach out to Bill with any registration questions. Bill can be reached at w.a.lay@bresnan.net.

John Larson, Critical Stress Management. With Seth Larson recently deployed, John stepped into the stress management role for the division. John is all about prevention of critical stress before it becomes an issue. If you, another patroller you know, or your patrol encounter a stressful situation please reach out to John. If he does not know the answer to your question he knows where to go to find it. Contact John at johnroaldlarson@gmail.com.

Mike Marlow, Outdoor Emergency Transportation. Mike has worked for many years as the OET Supervisor running the Winter Tip Off event, ensuring IT coverage for candidate evaluations, organizing and giving basic and advanced toboggan clinics across the Division. In addition, he has helped migrate the Polaris to a new level and helps with the editing and layout of the publication. He also has had a critical part in coordinating the scheduling and details related to the September meeting and banquet. Mike can be reached at mmarlow@infosysmt.com.

Dan'l Moore, Nordic/Backcountry. Daniel lives and works in the Kalispell area and coordinates many activities for the Flathead Nordic/Backcountry patrol. He was instrumental in forging a relationship with Glacier National Park that culminated in a written agreement regarding call outs for search and rescue missions in the park. Dan'l continues to coordinate yearly avalanche and Mountain Travel and Rescue classes. Dan'l also works each year along with Troy Walker and others to provide quality hands on mini sessions at the September meeting. Dan'l can be reached at chforge@cyberport.net.

Jeff Motley, Instructor Development. Each ski season the patrols within the division are looking to increase instructor numbers. Within NSP and before teaching any course or section of a course unsupervised all need to take the Instructor Development (ID) course. The ID course explains the nature of learning and gives students a set of tools to help them teach any subject. It is also a required course to obtain instructor credentials in any of the NSP disciplines. Increasing the number of instructors within a patrol allows for the growth of individuals, helps promote people into leadership roles, and strengthens the division. Jeff has been working with the National office and other Instructor Development Supervisors across the organization in creating a better Instructor Development course. That work continues. In addition, Jeff offers to teach an ID course if not yearly every other year at the Division's September board meeting. Jeff can be reached at motleycrew@q.com.

Trevor Motley, Secretary. Most of you know by now that Jana Barns resigned her Division Secretarial position and relocated to a new job in Bozeman. Trevor accepted her position and has over the late fall and winter been working on organizing the Spring E-Board and September Division meeting events. He has also been giving me lots of great suggestions and ideas. We look for good things to come from Trevor in the near future. Trevor can be reached at trevorskiboy@yahoo.com.

Vicki Motley, Young Adult Program Supervisor. Vicki has been the division's Young Adult Program Supervisor (YAP) for several years now. She requested and received Board approval for the Division to create a scholarship program where up to two young adults can receive a \$500 college scholarship to help further their education. She is also working at the national level to help the organization better communicate with youth and has reviewed and commented on the upcoming NSP Youth protection policy. If you have questions about the Division scholarships or youth recruitment into your patrol please contact Vicki directly at motleyv@icloud.com.

Steve Porcella, Avalanche. Steve recently accepted the Avalanche Supervisor position. He brings a vast knowledge in backcountry travel and rescue as well as avalanche to the Division. Steve has worked for years with past avalanche supervisors Steve Thompson and Matt Radlowski. Steve ensures both of our signature avalanche courses are taught by quality instructors but more importantly that there are lots of experienced instructors attending all field sessions. The avalanche world is constantly changing and in order to stay in tune with these changes, Steve attends noted avalanche seminars annually. Steve can be reached at sfporcella@gmail.com.

Dan Schaefer, Assistant Division Director. Dan has been involved for many years at the Division board level as the Assistant OEC Supervisor and helps run the September Division meeting. Dan is now the Assistant Division Director and helps run many critical programs such as OEC and OET and events associated with those programs. If you need help initiating or running an event, Dan is a great resource so please reach out to him. He is also very good at using other program's budgets to accomplish tasks.

If you are looking for medical supplies for and event or for your patrols use, Dan has lots of contacts for discounted supplies. Dan can be reached at ndskihuffhills@gmail.com.

Steve Thompson, Historian. Steve is the Division historian and has entertained the Board and September banquet attendees with factual based power point presentations. He has also written many articles about the history of NSP and specific individuals or events within the Division. If you or your patrol has documentation or historical stories that are appropriate for sharing (some are clearly not) please contact Steve as he is always on the lookout for information to share. Steve can be reached at stthompson44@me.com.



Troy Walker, Mountain Travel and Rescue. Troy has attended both the Spring E-Board and September meetings for years even though he resides in UT. Troy works with Dan'l Moore and now Jer Lundgren is his assistant to provide the hands on mini sessions at the September meeting as well as help run MTR and Avalanche classes associated with the Flathead Nordic/Backcountry patrol. Troy can be reached at troywalker13@gmail.com . Jer can be reached at cumbre.jer@gmail.com.

Rusty Wells, Region I Advisor. Rusty works very hard with our OET and OEC Supervisors to make sure there Instructor Trainers (ITs) present during the OEC refresher cycle and at times when patrols are signing off candidate classes on their OET skills. He also remains very active with the Flathead Nordic folks by teaching OEC and MTR classes. He is currently working with Blacktail Mountain patrol in an effort to bring them back to the Division as a participating patrol. Rusty can be reached at fe2o3h2o@yahoo.com .

Ron Wiggins, Region II Advisor. Ron does similar thing to Rusty but I will tell you the eastern portion of our Division is very spread out. Ron frequently travels hundreds of miles on the weekends attending OEC or OET events. He also works with the area management of several ski areas to help iron out a multitude of problems. Additionally, Ron is the Assistant OET Supervisor for the Division and in that role helps Mike Marlow with training additional instructors and coordinating OET events. Ron can be reached at ronwiggins53@hotmail.com .

During the April 25th meeting, whether it's held fact to face or virtually, we will decide the location and draft agenda for the annual Division meeting held on the third weekend of September the 18th-20th. We also set a Draft budget for the 2020-2021 year. I hope you liked the Saturday morning breakout sessions. We will also discuss vendors. If there is a NSP affiliated or other company that you would like to see attend the fall meeting please let me or Mike Marlow know at mmarlow@infosysmt.com .

At last year's Division meeting we tried to offer reimbursement at ½ the event expense to anyone who was a first time attendee. I believe there were only a few who took advantage of the offer. I will encourage the Board to approve a similar offer to any Northern Division patroller in good standing for the continuance of the reimbursement offer. My hope is that we as a Division can grow attendance at the September Division meeting. Please stay tuned and read any announcements sent by Justin Data from the Division web site. I will try my best to keep everything short and to the point. Enjoy spring and summer seasons.

Karl Uhlig
Karl Uhlig
Division Director
karlskis210@gmail.com

NSP Update

The NSP Alumni celebration week at Whitefish, Montana, Feb 2-7,2020, was well attended and up from last year by 25%. Scheduling next year's meeting for late February (will advise). Trying to increase venue to include more tours and night sleigh rides.

Did you miss out on your renewal date?

If so, here's how to do it...

1. Sign into your account on **NSP.org**. If you are a current member and having trouble signing in, please contact Member Services at **memberservices@nsp.org**.
2. Select "Hi, (Your Name)" at the upper right of the home page to access your Profile page.
3. Click on the large blue "Renew Now" button in the left sidebar and follow the instructions.
4. If the "Renew Now" button is gray, your account may be Inactive or Suspended. If so, please send an email to **alumni@nsp.org** for assistance.
5. Update your Profile, especially your current contact information.
6. On the "About Me" tab, select each section's down arrow on the right side and click the pencil icon to edit each section.
7. After updating your information, be sure to select "Save & Close" at the lower right for EACH section you edit.

New Outstanding Alumni Award approved

The NSP recently approved a new award category for the National Outstanding Alumni. Hence, plan to nominate someone. Check with one of your award advisors within your division for details and "get nominating"! The nomination form will be available on the NSP website under Member Services/Forms and Documents/Awards.

Our NSP alumni members are the heart and soul of the organization

Some alumni use the program to bridge a gap in membership due to changes in their lives, be it family, career, relocation or health.

Please stay connected with your local patrols!! Communicate, emails, get on the mailing list. (local, northern division, national)

Stay Healthy, Happy and enjoy Life !!!

Bruce Amrine

Northern Division Alumni Director
Kujoconstruction@yahoo.com





Colleen Finch

History OF THE MARK BEHAN OUTSTANDING INSTRUCTOR AWARD

The Mark Behan Outstanding Instructor Award is the most prestigious award that the Northern Division can bestow upon a patroller. This award was created in 2008 to honor the memory of a man who dedicated much of his life to teaching and patrolling.

First, let me tell you a bit about the truly amazing patroller and educator this Award is named after, with thanks to Steve Thompson, Northern Division Historian, who provided much of this history. Mark Behan's 56 years of patrolling began in 1952 while he was an undergraduate student in Colorado, at Loveland and Arapaho Basin. He continued to patrol through his undergrad and grad school years. This included moving to Wyoming, where he created a patrol in Laramie, and then on to Washington. After graduating, Mark landed in Missoula, Montana in 1960 as a Professor of Botany at the University of Montana.

Once settled, Mark quickly rose through the NSP ranks: From Region SS&T Advisor (1965), Region Chairman (1965-67), Assistant Northern Division Director (1967-1968), Northern Division Director (1967-68), to 1st Assistant National Director (1976-81).

Because of his ongoing and outstanding contributions to his Patrol, the Northern Division and National NSP, Mark was awarded the Minnie Dole Award in 1982. Mark Behan was only the 6th person to receive this highly coveted award since its inception in 1969. Only 28 Minnie Dole Awards have ever been given. From the NSP website - The Minnie Dole Award is one of NSP's most rarely given awards, which "recognizes those exceptional few patrollers who, over the years, have closely exemplified the long-term dedication, devotion, and self-sacrifice of the founder of the NSP, Charles Minot 'Minnie' Dole."

Mark was a leader and teacher in many areas of his life. His main passion within the NSP was Avalanche Education. He was an Avalanche 1 and Avalanche 2 instructor, an Avalanche Instructor Trainer and a professional member of the American Avalanche Association. One of his many contributions to avalanche education was a home study guide he created for the Avy 2 course in 1999, to make the course accessible to everyone in the Northern Division. According to Mark's son, Chris Behan in an interview with Steve Thompson, Mark made his three sons pass the Avalanche 2 course using his newly minted study guide, before he put it into circulation. This study guide has stood the test of time, with updates and

revisions, and has been used well beyond Mark's death in 2008. All the avalanche instructors in this division are affected directly or indirectly by Mark's powerful and lasting instruction.

This is only a snippet of all that Mark accomplished in his lifetime, as an educator, Patroller and all-around over-achiever.

Now that you know a little about Mark Behan, let me tell you about the Award that was created in his honor. This award was created to recognize the long serving and outstanding instructors in the Northern Division. Mark always expected the most of himself and best of his students, so the bar was raised high when creating the criteria to even be nominated for this award. The criteria include:

1. Must be a current member in good standing with National Ski Patrol.
2. Must have a National Appointment. (National Number)
3. Have been an active patroller for a minimum of 25 years
4. Must be a current or previous Instructor of a Discipline
5. Must be an instructor in a discipline for a minimum of 2 years
6. Must have been outstanding while holding that position and continue to be an asset in Northern Division
7. Must be sponsored by a qualified nominee who submits a letter of recommendation.

(Those eligible to sponsor nominees for this award are: Division Director, Assistant Division Director, Region Director, Division OEC Supervisor, Division OET Supervisor, Division Avalanche Supervisor, Division MTR Supervisor, Division ID Supervisor, Division Nordic Supervisor.)

You may recognize a few names in the list of recipients of this Award:

Charles Kempner, William Lay, Steven L. Thompson, Allan Rabbitt, Mark Johnson, Stan King, Rusty Wells, Karl Uhlig, Cheryl Thompson, Carl Schiner, Martin Merwin and Mel Carnahan.

I hope you have enjoyed this glimpse into Mark Behan's life and his Award.

Colleen Finch

Colleen Finch

Awards Advisor

andrewfinch@bresnan.net







OET Notes

The dearth of chairlift noises echo throughout the Northern Division Valleys, and it still looks like winter, a cruel joke that Mother Earth has played upon us. At least the Nordics can have some fun!

We almost did a Senior final this year, so we will re-attempt next year, with all the trimmings with both OET and OEC clinics, and the Senior Final at Lost Trail. I, we all, appreciate, all the hard work put into the clinic, and the training that both the instructors and senior candidates put in. All I say is the candidates will be even MORE ready next year!

“The dearth of chairlift noises echo throughout
the Northern Division Valleys, and it still looks like winter,
a cruel joke that Mother Earth has played upon us.”

Winter Tip Off this year was out biggest and BEST ever. Thank you to the Beartooth patrol and Red Lodge Mountain for helping to pull it off.

I look forward to seeing everyone after our exile is over, probably this summer with Johnny's OEC 6 Rollout Travelling Roadshow! If not, try to make it to the Fall Division Meeting. Every year it gets bigger and better with awesome Saturday morning clinics, a fantastic banquet, vendor show and auction, OEC Fall Refresher and the always entertaining Board Meeting. (Speaking of vendors, it's never too early get one signed up, so hit me up if you know of a sponsor company)

Lastly, check out the calendar on the last page, **PowderFall 2021 - NOT TO BE MISSED** (and I have a secret, I know where it's going to be!)

leychd Da until snow puts together (socially distant, of course) on the slopes again,

Mike Marlow

Northern Division OET Supervisor
Mmarlow@infosysmt.com

NSP Courses

SO THERE I WAS.....complaining again about what I perceived as wrong with NSP courses when I read an email from Karl Uhlig our Division Director. National had asked him to nominate Division leaders to be on a "Business Processes Committee". Instead, he first asked for volunteers. It seemed like a good fit: I had a chance to do something instead of just complaining. I volunteered and became part of the team assigned to the Courses sub-committee. It was quite a learning experience. I read the section on courses and Instructors in NSPs Policy and Procedures (I had no idea how many there are) From May – September I participated in twice monthly hour long phone conferences with members of other NSP Divisions (Eastern, Southern, Midwest and Pacific Northwest). I found right away that our little Division has much different problems than large Divisions and the Alpine Patrollers knew little about any of the Nordic courses offered. Our 4 assigned topics: 1) Who is responsible for registering courses 2) Who is responsible for enrollment in those courses 3) What is the process for documentation and completion and 4) What is the process for recertifying instructors and ITs.

"I had a chance to do something instead of
just complaining."

In the end we came up with recommendations for Courses that were sent on to the National Board. Some of our recommendations included: 1) An IOR should have certification in "sub-education" such as Senior if registering a Senior level course. Program Supervisors should have the ability to register a Division wide course 2) We all agreed that Patrollers should for the most part accept the responsibility for enrolling for a course individually, but there should exist "roster enrollment" (for example for an OEC Refresher where all are required to attend) where the IOR can just register the entire Patrol. We also recommend that viewing of enrollment lists be available to the Patrol Representative, ITs and Program Supervisors 3) We asked for a new classification on course completion of "Incomplete" so that those "passing" would get immediate confirmation instead of waiting for the process of finishing up on those who did not complete the course (this category would open a new "sub-course" for the incompletes with a new end date 30 days in the future). A new classification of "Events" for registering special events such as Women's, Young Adult or clinics (to be registered by Discipline Supervisors or their designees) so that participants and Instructors would be covered under NSP Liability. 4) Change rectification requirements to say Instructors and ITs would need to show "confirmation" of teaching skills (vs a "formal evaluation " of teaching skills) every 3 years.

Our intent was to make all of this more efficient for the IORs ITs and to you as a patroller taking an NSP course. At this point I am not sure what of our proposals the Board has implemented, but reading the Instructor e-news I know at least some were. Hopefully more improvements will be discussed in the future: wouldn't it be wonderful for those mentoring to be an Instructor for an NSP course could access the Instructor manual for said course?

Rusty Wells

Region 1 Director
Fe2o3h20@yahoo.com



What a time to live.

If you're reading this you lived through a World Pandemic. Congratulations! That has not happened since we lost a few million folks worldwide over a 100 years ago. The 1918 influenza pandemic was the most severe pandemic in recent history. The 1918 source was likely birds...This time a "Bat" maybe? On 1918-1919 it is estimated that about 500 million people or one-third of the world's population became infected with this virus. 50 Million Fatalities! The similarities are no vaccine, and limited pharmaceuticals to help. The only thing that helped were isolation, quarantine, good personal hygiene, use of disinfectants, and limitations of public gatherings. Sound Familiar? History repeats itself again. That sound was me thinking.....What a time to live!

This past few months we have seen the cancellation and postponing of our lives. We did so for the good of mankind. Thinking about all things that have happened and didn't happen in the last several months and I have to say, "What a time to live!"

We distance and protect ourselves on a physical level. But how do we stay sane? We talk about be grateful for what we have and don't have and it helps a bit. It is far too easy to feel down about what we missed. Life just is not fair we say to ourselves. I missed the Ski Season, Graduation, Birthdays, School, and the Senior Test. I worked hard to prepare for that evaluation and now I have to wait till next year! How do we say mentally healthy without a Church or Faithful gathering? Ask this question of yourself, Do I need a church or gathering to reach out to the higher power? Whatever you see as spiritual you can do it without seeing others. Work on that. We need you all as sane as you can be to get through this. What a time to Live!

The Leaders in mental health are working hard to reach out and help all of us during this time. They tell us to have gratitude and be grateful. I have to work hard to find that some days but it does work. As I write this, I am grateful that I don't have COVID 19. Grateful I don't have to self-isolate with Mike Marlow. That I have a job and get to go to work. Grateful I don't have to home school my kids. (I sure do miss the grandkids though.) But grateful that my grandkids have parents that able to be there and providing the homeschooling needed. You get the picture. Find things to be grateful for and it will help. What a time to be alive!

While it sucked to give up the senior testing, and the loss of the ski season, we have look at the big picture. We will be living in a new time. Life has changed for the whole world a bit. What kind of effects will that make on your life and your life styles? We have begun ordering everything online. Getting the basic needs delivered.... Good Lord they are delivering Beer from the breweries What next? Thinking long term, what will that do to the current job markets? What happens if we don't go back to shopping in stores again? What affect does that have on your life?

Back to whatever point I was making, what a time to live! Very sorry we missed the ski season and the senior testing. We will get through this as we always do! When this is over please do your best to go back to the simple things that made your life rich. Hoping all the interactions and those community functions will matter for you again!

Let's think about this as we prepare for the next season of OEC: Will you listen and think more when you say, "Gloves on, Is the Scene is really safe?" I know I will be thinking, Gloves on, Mask on and eye protection on, a bit more serious than I did before. It has changed our lives a bit in EMS. What a time to be alive!

Like a Kidney Stone, this too shall pass!

From the post Mountain removal project and the flat lands of North Dakota Dan Schaefer Signing off!

Your Friend,

Dan Schaefer

Northern Ass't Division Director
dschaefer@maas-nd.com



Nordic/Backcountry

It's spring and time to practice "social distancing". So if you head into the backcountry for some spring adventures, be safe out there. We don't want to stretch our SAR and EMS capabilities during this time of Covid 19. Please pass this word along.

On a lighter note, in January, during FNBP's Intro to Patrolling/candidate training, 16 new patrollers got to whip out their shovels and help rescue a side by side 4-wheeler that augured itself in. The operators were thankful for the assist, as they had only a winch, no shovels and not getting anywhere. Then President's weekend the FNBP hosted a very successful mountaintop public awareness day at the top of the Flower Point chair at Whitefish Mtn Resort. We had beacon checkers and buried beacons for people to search for and grilled hot dogs. Great fun!!!

FNBP will be holding an Avalanche Level 1 early next season, in December, details to be announced.

Cheers,

Dan'l Moore



Snow Buffalo (Flathead Living Magazine)

Dan'l Moore eases his gray truck down an iced-over dirt road in the timbered, round-shouldered Salish Mountains north of Marion. He's eating slices of dried plums, pears, and apples grown on the 40-acre property in Coon Hollow, near Kila, where he and Helen Pilling got married, raised their two children, and live off-the-grid. There's a bubblegum-pink hair tie at the end of Moore's long braid, a hairstyle he's worn for 40 years, along with a shaggy beard. After 35 years together, Pilling, 62, has never seen his bare chin. You'd be forgiven for mistaking Moore, 63, for Father Winter.

"He appears to be this Norwegian viking, but when I told him that, he said, 'No, I'm just an old hippie,'" recalls Greg Fortin, owner and lead guide of Glacier Adventure Guides. "Certain people are just at home in the backcountry. He's one of those guys. He's as comfortable in the snow as he is in his own living room."

Read more: https://flatheadbeacon.com/2020/04/12/snow-buffalo/?fbclid=IwAR25jaA9oghREqLou-X9W-90ZRpkEGR2cwiLkgKtm-7wN_KcuLn-dRWi_NKk

History

“Hey honey. How would you like to spend the weekend at the Gates of the Mountain camp ground? It would be a great way to spend our 15th anniversary!! Oh, and by the way, we will be cooking Saturday night dinner for around 180 folks !!!!!!!!!!!!!!! Really... It didn't REALLY go down that way but at the time it sure seemed that way.

From the “November 1980 ‘Polaris’

CALENDAR OF EVENTS 1981

JUNE 25, 26, 27: NATIONAL NSPS ANNUAL MEETING: HELENA

There were a number of different events in the Helena area to entertain the visiting NSP personnel, including a welcome reception, gambling (with fake money) at Frontier Town and a boat ride on the Missouri River to the Gates of the Mountain campground for a catered dinner. I'm reasonably sure that alcohol was involved in some way when Snowbowl Ski Patrol volunteered to cater the Saturday night dinner AND it wasn't burgers and chips. Oh no, not for Snowbowl!!! The menu included 2 whole pigs roasted on site, chips/dip, baked beans, baked potatoes/butter/sour cream, coleslaw, fruit salad, rolls/butter/jam, coffee, fruit juice and fruit short cake.

In 1981 we didn't have Costco so there were lots of grocery carts heading out of Safeways, Albertsons and the Valley Market (in Seeley Lake). Then of course was the small issue of 400# of dead pig and enough bags of charcoal brisket to cook the piggies. Follow that with the generators and their supply of gas (no one had an extension cord long enough to reach the camp ground), Coleman stoves and lanterns and their fuel - we knew that lots of this work would be done after dark. (Let's hear it for petroleum products!!!) Throw in; come alongs, shovels, axes and buckets (had to keep Smokey the Bear happy) and some major stealing from a well stocked tool chest or two. It all got hauled from Missoula to the boat launch outside of Helena, loaded into those 1970s 16' fiberglass ski boats and then off for a 5 mile trip downriver to the camp ground via a “tour de grande de Montana de aqua”. Not a lot of sleep that night since we had a regular parade of wildlife trying to sample the next day's menu.

Saturday afternoon the tables were set with home made red/white checked table cloths with wild flower centerpieces and a well stocked bar.

Watching the non-Northern Division patrollers get off the boats sporting their new western clothes and boots (ouch)!!!! made us both giggle and smile - this was just another example of the “NSP is just one big family”. No one left hungry. As the boats pulled away to head back to Helena, the passengers were singing merrily.

Thought you all might like to see who was the Northern Division Director at the time of the National meeting. Here's his picture right out of the National Patroller Summer 1981.

As an aside - the liquor list for the evening included: (each of these items was a 1/2 gallon bottle)

- | | |
|-----------------------------------|----------------|
| Bourbon - 4 (this was not enough) | |
| Vodka - 1 | |
| Gin - 2 | Brandy - 1 |
| Scotch - 1 | Rum - 1 1/2 |
| Red wine - 1 | White wine - 1 |
| 200 plastic glasses | 5 sacks of ice |

NO ASPIRIN !!!!!!!!!!!!!!!!!!!!!?????????????????? Poor planning...



Our dinner was a screaming success. It actually became a bit of a problem because for a few years after, each succeeding host was trying to outdo the Northern Division.

Common sense finally reigned (or the higher muck-emucks grabbed the purse strings) and the National board meeting has settled down.

Here is the "party favor" from the National meeting - a very attractive gold pan. It hangs on the wall in our den at home along with other NSP memorabilia.

Do we want to do this adventure again??? Flathead Nordic did it in 2000. What do you think ???

Also as an aside and a continual beg for info - are there any patrollers who might have pictures of the 1981 event??? I know that Gil Wolf was the Coordinator for the National Meeting and Fred Stanaway was up to his ears in the action.

Ever pleading/begging for more history, I remain.....



Cheri and I are very saddened at the cancellation of the Senior at Lost Trail. We totally understand the need for personal safety but we also know that all of the candidates, judges AND the staff at LT have worked their %^&* off to make this thing happen. Kudos to all involved and WE WILL ACCOMPLISH THIS. Hey Keith, what's your National number? In spite of all of the "politicking, bitching and moaning" about this, it is a very real problem. It is great that we can communicate through wireless devices we are now doing, however we as Northern Division patrollers are a "hands on bunch of patrollers" so let's not forget this when we are once again able to get together as a patrol family and give everyone a "**Northern Division Hug.**"

God bless each and every one of you,

Steven Thompson

Northern Division Historian
stthompson44@me.com



Greetings

Avalanche is defined as a mass traveling down a slope. A pandemic is about a pathogen traveling through the population. Both involve and deal with managing risk. So let's chat about the viral avalanche risk with the Cover-19 in our favorite sport. While the beginning of the North American ski closures followed closely on the same day that Switzerland closed all of their ski operations, the hope for a U.S re-opening quickly sublimated - to use an avalanche term. The warmer temps, longer days, and spring conditions that we all enjoy are unfortunately gone from our favorite lift-accessible slopes. In Colorado, it was the first time the entire ski industry was closed by executive order of the governor. Resorts that did not close, shuttered enclosed gondolas, boarded up aerial trams, or urged folks to only ride lifts with people they knew, 'so that they could adhere to social distancing guidelines'. Is this the first time 'singles' were told not to 'pair-up'? Snowbird in Utah posted it was 'beneficial for the soul to live the adventure lifestyle - to help cope with the anxiety of the pandemic'. While I totally get this, is this really the message you want to send to the population?

'Eh, avalanches happen, so enjoy the snow while ya got it'. Is a balaclava a CDC-acceptable form of Personal Protective Equipment? Some backcountry skiers were for ski resort closures, with some saying that "a ski resort is a cruise ship in the snow!" A bit overblown in my opinion (you can always ski to your car, but you can't always swim to the dock). Crystal Mountain closed it's indoors and encouraged people to eat outside or in their cars. A bartender at Park City tested positive for corona virus - did he serve you that mighty fine tall glass of Scotch Ale? Did he have a mask and PPE on? Was that his fingerprint near the rim of your glass? One of the first Colo-Rad-O-ians infected was an out-of-stater visiting a ski resort. Hey, who wants to share a ventilator? Getting a bad case of the corona is a bit like rolling the dice, and, those ventilators are in short supply. Powder Mountain in Utah ceased snowcat skiing. All ski and Snowboard competitions in the U.S. were canceled. Resorts that stayed open reported a decrease in skier visits.

"Imagine the invisible, avoid the impossible."

In avalanche education there is plenty of data that describes human behavior in environments that pose risk. Freshly loaded snow slopes, a shift in male to female ratios in the group, the temptation to go, live life, so to speak, vs. what am I getting myself into? These challenging times can be a time to learn about risk, your risk management, and what really matters in your life. Rushing into a crowd of strangers, seems similar to rushing into an untested, un-skied snow slope. Good avalanche people have their tricks, their time-tested habits for checking their environment, maintaining their safety. It's not much different in our new





pandemic. Know your gear, know your PPE, know what your hands are touching, know before you go.

In avalanche science we like to say, “imagine the invisible, avoid the impossible”. The same can be said for the situation we find ourselves in today. So, let’s get through this pandemic together, healthy, for ourselves, our friends, for our families. Let’s learn from this invisible risk in our daily lives and be more aware in the future in avalanche country. Next year we are going for possibly two Level 1 avalanche classes, one at Snowbowl and one at Lost Trail. Emphasis will be on new instructors joining our instructor roster. We are shooting for the Level II in 2021-22.

Be safe, don’t load local EMS, and give your medical friends a hand with anything they need. They are our true friends. Cheers to the steep and deep next year.

Steve Porcella

Avalanche Division Director
sfporcella@gmail.com



The Power of an Apology

Amberleigh Hammond, Associate Consultant, Experiential Consulting

I am a risk management professional, a ski patroller, and a wilderness medical / mental health first aid instructor - so a lot of my life is spent teaching and practicing how to respond to emergencies and incidents. Recently, while listening to an older Freakonomics podcast called “**How to Optimize Your Apology**”, (originally aired October 2018), I got to thinking about how apologies apply to first responders. I’ve been involved in managing upwards of 10 fatalities and have seen first-hand how the way that an organization reacts and responds to the victims/family can have a direct correlation to a settlement/lawsuit.

The podcast starts out with an example of doctors worrying about whether they should apologize after a mistake is made for fear of a lawsuit, despite evidence showing that a doctor is less likely to get sued if they do apologize. There is a vicious cycle, where doctors are afraid to apologize but the primary reason patients or families sue is because they never got an apology. Several states started to pass the “I’m sorry” laws that declare that if a doctor apologizes to a patient, that apology can’t be used against them in court.

The central premise of the podcast is that you should think of an apology as an investment. Some may wonder, if I’m never going to see this person again, then why should I go out of the way to restore or build this relationship? But if this is the beginning of a long relationship (such as a resort pass holder), then it does make sense to give the relationship some attention. Think of it as an investment (in the customers of the resort, our relationship with the owner or patrol director, the reputation of the patrol, and others that have been affected by the incident - whom we refer to as secondary victims).

Economists Ben Ho and Elaine Liu decided to study how much an apology was worth:

- They found that states that passed the “I’m Sorry” law saw the speed of settlements increase by around 20%.
- The dollar amount of the Settlements decreased by \$20,000 for moderate injuries and \$50-\$60,000 for major injuries like quadriplegia and death.

Simply showing remorse, compassion and/or empathy we can potentially change the outcome of a bad situation.

A few sociologists decided to analyze the effectiveness of apologies made by prominent people or organizations. They looked at the format and content of these apologies. What you say first and last is the most important as to whether people forgive you or not. The very first thing you say is priming the audience and framing what you’re about to say. The most successful apologies focus on the victim, not the apologist. Talk very little about yourself or the justification of your actions, and end your apology by talking about how sorry you are and showing remorse.

Researchers were surprised at how few people can make an effective apology. Less than 1/3 were effective because people typically talk about themselves first, and offender driven apologies are the least effective.

There was a psychological experiment that involved Bill Clinton apologizing (for the Lewinsky scandal): in one video he looks really angry and, in the other he looks apologetic. The people that saw the apologetic Clinton, the apology worked, they liked him more. But the people that saw the angry Clinton respected him more. There is a trade off between being liked and being respected.

When we are serving in our roles as administrative staff and are on display as role models for our greener colleagues, it is important that we consider the long term economic, social, and reputation repercussions of being liked over being respected. The other major cost of an apology is that it can make you look incompetent. At first glance, there may be a built-in disincentive to apologize but the research shows otherwise.

Uber also did a large study with their customers who had experienced a bad ride, whether that was a delay in timing, pick up, etc. and found:

- An apology alone is not a panacea;
- That the victim understands that there was a true cost to that apology (cost being either true dollar amount or if you show some empathy or embarrassment it's a reputation cost.)
- If you're going to apologize, be sincere and use them with discretion
- And finally, if you overuse apologies, they can actually backfire, and they can be worse rather than better.

Four things to remember about how to give a successful apology:

1. The apology needs to occur directly after the event - don't wait.
2. Don't apologize for what people thought, apologize for what you did or what happened to the victim.
3. Third, don't give context.
4. Use the following formula: Identify the victim, express remorse, make restitution.

I think all of these findings can be applied in the situation where you really did make a mistake and need to apologize, but that we can use this research to realize how a bit of empathy and compassion for our patients can help us build stronger relationships with them -- and depending on the context of the injury, can help prevent more serious repercussions.

Additional reading:

<https://hbswk.hbs.edu/archive/the-art-of-the-apology>

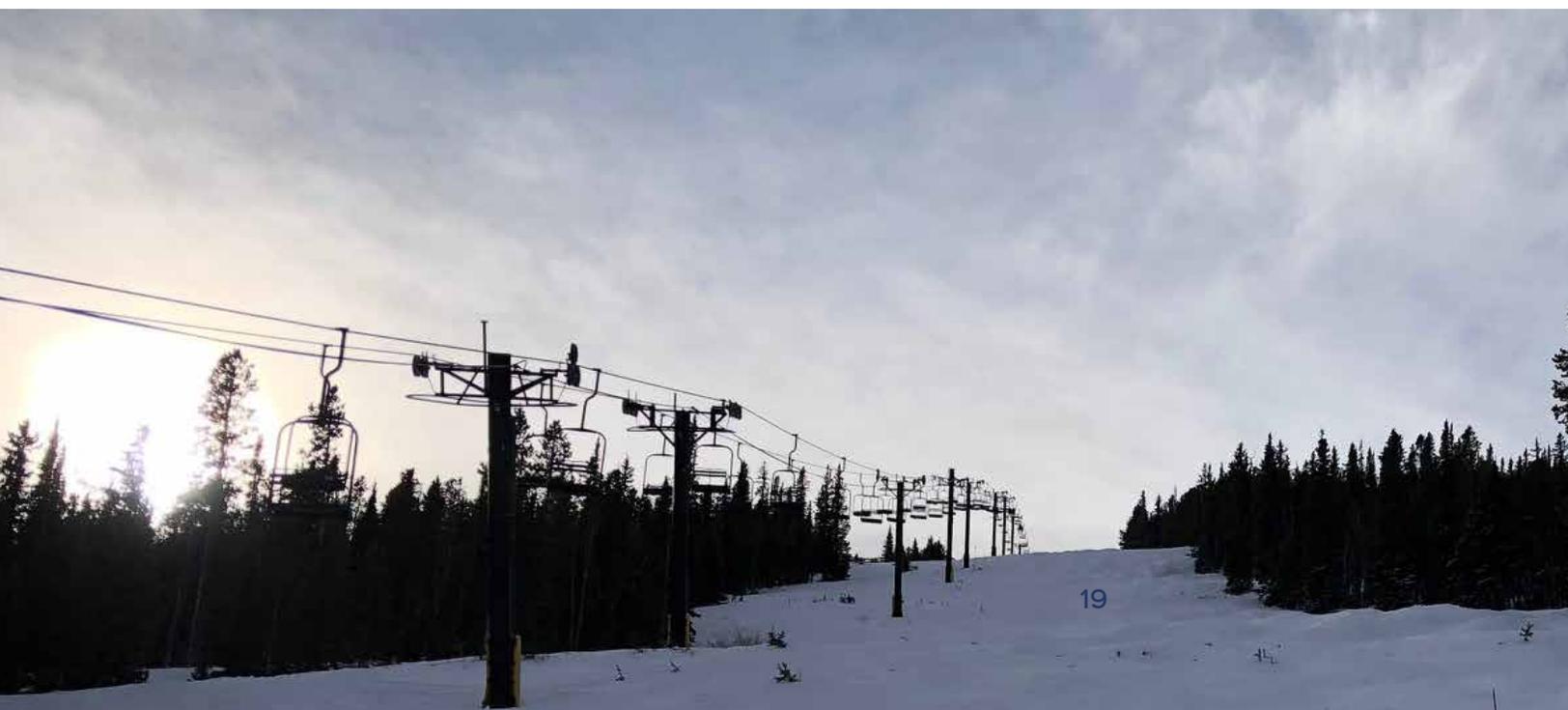
<https://www.nytimes.com/2017/01/30/well/mind/the-right-way-to-say-im-sorry.html>

<https://www.thisamericanlife.org/674/transcript>

Amberleigh Hammond

Snowbowl Patrol - BackCountry Enthusiast
amberleigh.hammond@gmail.com

The best
apology is
changed
behavior.



Knee Injuries on the ski hill

Knee injuries are very common on the ski hill. Much less common for snowboarders vs skiers. Knee injuries account for 30% of alpine ski injuries. The most common knee injury is the medial collateral ligament - 60% of knee injuries. The most common lower extremity injury in a snowboarder is the ankle and foot and typically of the lead foot. Snowboarders suffer more upper extremity injuries.

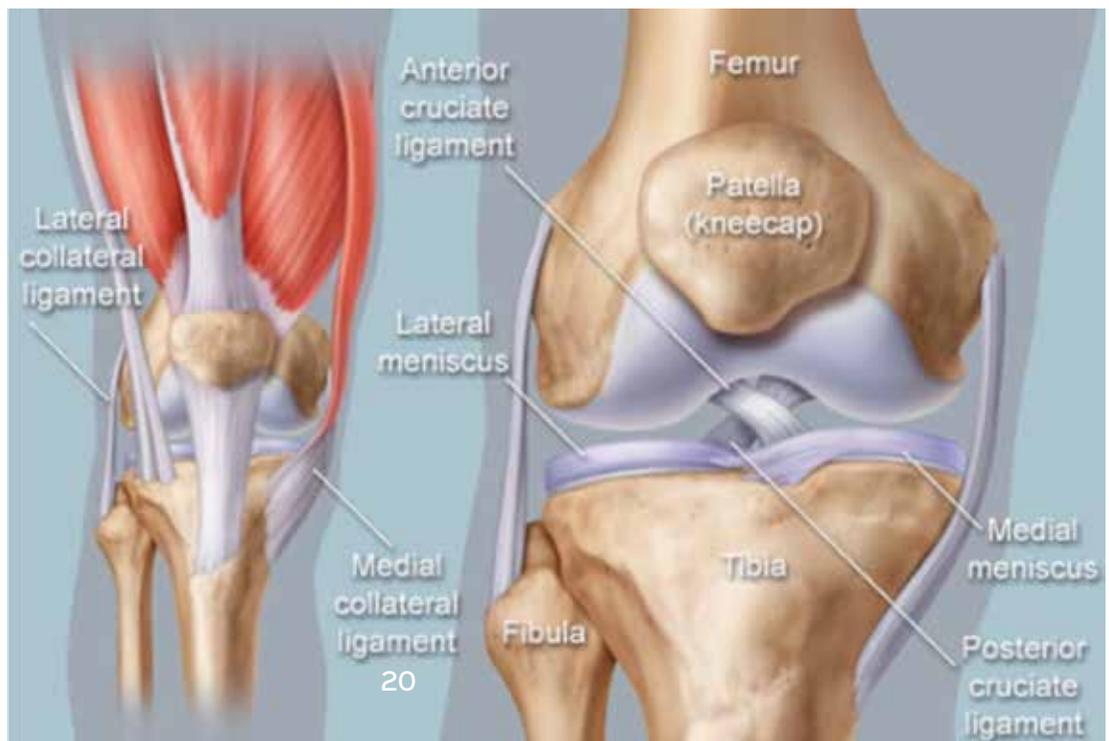
Sprains are the most common knee injury. Sprains involve the ligaments which hold the joint together by attaching on either side of the joint. The meniscus is the cartilage disc spacer attached on each side of the tibia that the femoral condyles move on. The knee has four ligaments: medial collateral ligament (MCL), lateral collateral ligament (LCL), anterior cruciate ligament (ACL) and posterior cruciate ligament (PCL). There is a medial meniscus and a lateral meniscus.

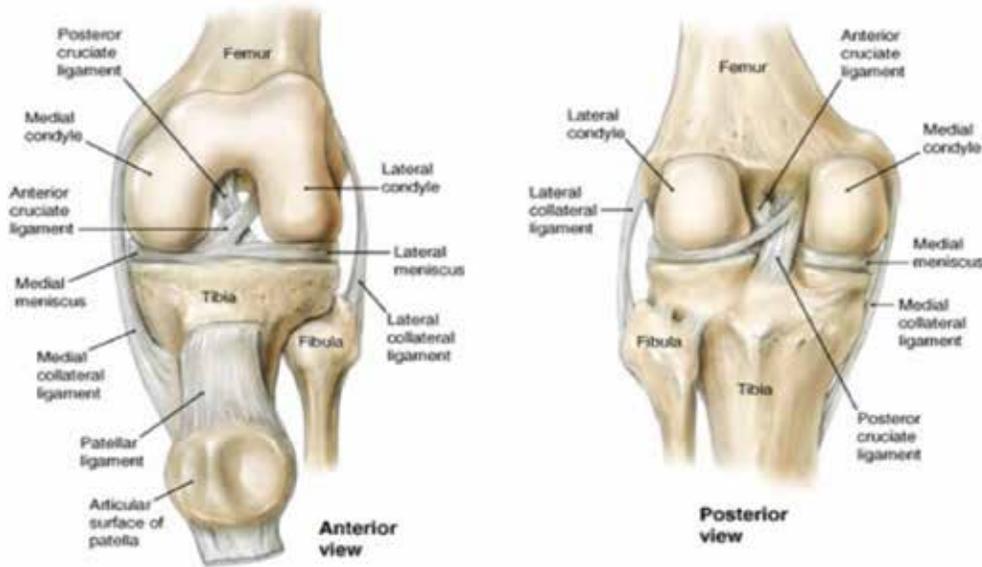
Sprains are graded on a scale of 3 degrees. A first degree is a mild tearing or stretching of the ligament. There is minimal disability with this sprain and recovery is quite quick. A second degree is a moderate tearing of the ligament but not torn completely. There is moderate disability with this and healing and recovery may take up to 6 weeks and commonly needs rehab time. A third degree is the most severe injury because the ligament is torn completely in two. This injury doesn't heal on its own. Depending on which ligament is involved surgery may be an option. Isolated collateral ligament injuries do not typically need surgery. PCL injuries are rare and treated without surgery.

Probably the most common injury to the knee that ski patrol is aware of, that requires surgery, is the ACL tear. It is not uncommon to injure the MCL and ACL all at one time and possibly the meniscus. The common mechanism for this injury is catching a ski tip causing external rotation of the lower leg and subsequent medial movement of the knee. Another mechanism to injure the ACL for the skier to get in the "back seat or phantom foot" where they are losing control, falling back, getting the buttock below the knee with inward movement of a knee and then trying to recover rather than going to the ground. Also injury to the ACL can occur when the skier's weight is back and the boot is pushing the calf forward, which may occur with a jump, this doesn't typically cause a meniscal injury. ACL injuries commonly cause the joint to swell and have a feeling of instability of the knee. Female patients accounted for 74% of ACL and MCL ruptures in one study.

An option of treatment of ACL tears is to rehab the knee and have the support of strong muscles. In this instance wearing a fancy custom knee brace is a good idea. Surgery will result in a stronger knee but the rehab time is quite long.

Meniscal injuries, depending where the cartilage is injured or torn and how big the tear is, may heal on their own. If it is a bigger tear it may cause a feeling of instability of the knee and lead to locking or popping of the knee along with pain. In this case surgery can trim the torn meniscus.





Knee surgeries now are done with a scope rather than opening up the whole knee which makes the recovery easier. No matter if you have a surgery or not it is important to diligently rehab yourself and keep this up for the future. The rehab needs to keep the quadriceps and hamstring muscles strong. Better yet would be good conditioning of the lower extremities pre-season.

It is possible to injure the quadriceps and patellar tendons. Tendons connect muscle to bone. The quadriceps tendon connects the quad muscles to the patella. The patellar tendon connects the patella to the tibial tuberosity. It really takes a lot of force across the knee to injure these tendons. These injuries require surgery and prolonged rehab time.

Fractures of the knee take a lot of force which is typically blunt force trauma such as hitting a tree. These fractures may involve the proximal tibia, distal femur, a femoral condyle or the patella. Many times these require surgery along with rehab time. The exception would be a tibial plateau fracture. This is a compression of the flat surface of the tibia. This typically takes a compressing force to cause this. If the compression is minimal no surgery may be needed.

Kids are bit special since they have growth plates called epiphysis. It is possible for kids to injure their epiphysis without injuring their ligaments or having a typical fracture. There are 5 types of growth plate injuries, some of which need surgery.

Dave Martin





OEC Update

As I am writing this, I am on my third week of working at home. I would have to admit I am starting to miss the office. I hope everyone is staying safe and healthy.

I would first like to extend my thanks to the staff and management of Showdown and Great Falls Ski patrol for hosting the OEC Senior training event this year. It was a great event and I know the Senior candidates had wonderful learning experience. Unfortunately, we had to cancel the Senior final due to the COVID-19 pandemic and the need for social distancing. I will have some information out after the Spring Board meeting with plans for finishing the Senior up next year. Thanks also to Lost Trail for their willingness to host the Senior final this year. Lastly, hats off to the OEC Senior candidates and their dedicated trainers who worked long and hard this season preparing. I was as disappointed as all of you when we had to cancel the final, but it was the right decision.

“I would have to admit I am starting
to miss my office.”

OEC 6 – I will be attending virtually the National OEC committee meeting this May to get the information relative to the Rollout. Depending on when the need for social distancing ends, I will be sending a rollout schedule and locations. I will try and make it convenient travel distances for the OEC instructors. The rollout will be mandatory for all instructors to attend. Instead of providing a lot of details here, there is a new tab “About OEC6” on the member home page (click on the logo in the top left). This tab is being updated frequently as the book release approaches. Check it often there is lots of good information.

Have a great summer!

John Fradette

John Fradette

Outdoor Emergency Care

Northern Division OEC Supervisor

jfradette@bresnan.net

Calendar of Events



DATE	EVENT	LOCATION
CANCELLED	Pacific Northwest Nuts and Bolts	Mt. Hood Ski Area
TBD	TBD Spring eBoard Meeting	TBD
June 30	End of Northern Division and NSP Fiscal Year	TBD
Summer 2020	Johnny's OEC 6 Rollout Traveling Roadshow	TBD
Sept 18-20	Fall Division Meeting	TBD
	Fall OEC 6 "Refreshers"	
Jan 8, 9, 10 2021	Winter Tip Off and Senior OET Clinic Redeux	TBD
Mid-February, 2021	Senior OEC Clinic Redeux	TBD
Mid-March, 2021	Senior Final	Lost Trail Ski Area
April 7-10, 2021	Powderfall	Breckenridge