



the REGIONAL

Eastern Pennsylvania Region - National Ski Patrol

From my Desk.....

Since the election results have been published I have been working on a team to help me in my quest to improve business functions in the region. I have to thank all officers and advisors who served in different positions for many years and now chose to let somebody else step into their shoes. I am fully aware they are very hard to fill. Thank you to the brave who stayed on to work with me “the new kid on the block.”

I am very familiar with the construction industry and the design process to establish a structure. The type, size or form in which the project evolves does not matter, but what does matter is that the person in charge has an understanding of all facets of design, materials and construction.

The same will matter at the regional level. The big picture will govern, but numerous details will have to be attended to. I do not have a specific knowledge of everything, but through my patrol experience I have the advantage to have been confronted with many problems before. That is where the teamwork comes in.

The team, which consists of seasoned pros and specialists, will help me with problems on how to work on solutions and on how to solve them in the best manner. My selection of members was based on specific qualities and knowledge, which will assist me to make my decisions. Please welcome all and talk to them freely.

It is my hope that the region can assist all patrollers on the hill and the patrol representatives by providing and scheduling the programs necessary to keep on doing what we like best - patrolling on the mountain.

Furthermore, I will travel to communicate with you in person. It is my hope and expectation to get the feeling from the field on how things are going — and you are in the position to tell me.

On the other hand I ask you for something in return: Work with me on the issues. I am asking you for fairness, openness and your willingness to volunteer your time and spirit for the better of our organization.

I will see you soon! Thank you,

Gerit Lewisch
Eastern Pennsylvania Region Director

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Election Report 2005/2006

Bob Davies, Election Chairperson

During the OEC refreshers in the fall of 2005, the members of EPA Region elected their Region Director. The ballots were counted at the Region officers meeting on November 12, 2005 at Bear Creek. A total 703 votes were cast which is a 62.9 percent participation. **Gerit Lewish** won the election and is now our Region Director. The term of the Region Director office is for two years.

In March, the Patrol Representatives in the Pocono and Central sections elected their Section Chief/Region Delegate. **Sue Ballek** won re-election as Section Chief/ Region Delegate for Pocono Section. John Stinsmen was re-elected as Section Chief/Region Delegate for Central Section. The term of the Section Chief/Region Delegate office is two years.

Next March, the Patrol Representatives in the Northern and Southwest sections will be electing their Section Chief/Region Delegate. **Bobby Morgan** from Northern Section is eligible to run for re-election. **Jack Peck** has been elected for three terms, therefore he is not eligible for re-election.

- Section Report

NORTHERN SECTION

Bobby Morgan

Section Staff

OEC Coordinator: Paul Spear
S&T Advisors: Ken Kelly

Awards Advisor: Roeb Gravel
Media & Info: Rick Hopkins

the REGIONAL

is an official publication of the Eastern Pennsylvania Region of the Eastern Division, National Ski Patrol System and is published annually.

Change of Address

Address changes should be sent to your Patrol Director and to the NSPS National Office, 133 South Van Gordon Street, Lakewood, CO 80228.

Articles

EPA NSP members and patrols are encouraged to submit articles for publication. All submissions must be received by June 1 of the year of publication. Articles may be sent to the Regional editor.

the REGIONAL Staff

Gerit Lewisch, RD
Linda Doell, Editor
Robert Conroy, Layout

Here is a summary of the happenings in the Northern Section:

Tanglwood Ski Area: Rumors continue about the sale of the area. Area operators will not confirm or deny rumors.

Big Bear @ Mast Hope: The new lodge is 85 percent complete. The area saw a dramatic increase in both skier visits and accidents this past season. A "Magic Carpet" lift is planned for the 2006-07 season.

Montage: **Bob Dourand** is the new Patrol Representative. A restructuring of the patrol took place this past season under the direction of **Tom Kneiss**. New officers are in place along with new by-laws and a new attitude in general. The possibility of a sale of the mountain still exists.

Upper Delaware Nordic: The patrol has shown a 50 percent increase in members; many from Montage. The patrol also has a new uniform

and a newly designed patrol patch. Because of the area UDNP patrols [State Forest], and the lack of snow, education seems to be their stronger focus at present.

Elk Mountain: The usual events were hosted again @ Elk again this year with great participation from patrollers all over the region. A new snowmaking pond is planned for next year to be located across the road by the auxiliary parking lot. A "Corn Snow Festival" was held this season with several U.S. Olympic Ski Team members in attendance.

A brief discussion was held on the issue of ongoing training during the season and how to get the job done. The majority felt the easy answer was to get as many patrollers as possible involved in the Senior Program.

There were no reports from The Hideout or Crystal Lake.

Bobby Morgan

CENTRAL SECTION

John Stinsmen

Section Staff

OEC Coordinator: Doug Howlett

S&T Advisors: Phil Baker

Student Advisor Megan Eckart

Starting with our sectional news, despite our erratic winter weather all central section ski areas reported a good season. The only bad news is the demise of Blue Marsh Ski Area and patrol. **Jim Hamill**, the Patrol Leader reported that most of their patrollers have successfully transferred to other areas and although I am sure the process was traumatic, at least most of the patrollers have new homes.

In general, most central section ski areas will be in a holding pattern for the next year with no major construction. The exceptions are Blue Mountain Ski Area, which will install a new six-pack lift and Spring Mountain Ski Area, which has developed a summer program called "Canopy Tours." This includes activities such as zip lines, rope bridges and rock climbing.

I did get the opportunity to visit all the areas in my section and want to thank all of you for your hospitality. During my visits, I asked you what changes you would like to see in national policy. Here, in no particular order are the results:

- A. The marketing of Ski Patrol to improve our public image.
- B. Lift Evacuation: New program co-coordinated with ski areas.
- C. Promote helmet use and safety
- D. Review senior requirements for region, division and national office.
- E. Protection from litigation such as that received by EMS units.
- F. EMT status or equipment for our OEC course.
- G. Involvement in disaster response as individuals or patrols.

Some of these concerns were addressed at the divisional meeting. Some were emphatically rejected. The following are the results of the Eastern Division meeting.

Concerning the war on the western front, namely Denver, Colorado, things are at standstill. National office spent more than \$150,000 on five lawyers fighting their own membership. Until the new members of the board are seated in June, little if any thing will be accomplished. Patrol directors are encouraged to email all of the National Board members prior to the meeting to express their opinions of the dues increase.

During the weekend of the meeting I had the opportunity for an extended conversation with **Bob Scarlett** about last year's blood letting. Bob is the past EPA advisor and Eastern Division's present legal advisor. Bob is one of the unsung heroes of the past year.

Through his personal contacts with both sides, Bob was able to stop the hemorrhage of both blood and money by convincing the principles to think less of their personal enmity and more of the organization they were destroying. It was Bob who brokered the peace agreement that brought an end to hostilities. He did this gratis because of the love of the National Ski Patrol.

The one recurring theme to be discussed at division meeting was the present structure of the Senior Program. It was almost universally agreed that program especially the S & T portion is seriously out of kilter and needs re-examination. An amendment was brought to the floor by New Hampshire representatives to drop the requirement that all regional directors be seniors. New Hampshire argued, as have some of you, that skiing at a level eight might be laudable, but not particularly helpful in developing leadership skills. Although the amendment was voted down, I suspect that is not the end of the discussion.

Ron Hamlin, the Division Director, presented the idea that the Ski Patrol

become affiliated with the Medical Reserve Corps under the umbrellas of Home Land Security at least on a trial basis. It can be done in units such as area patrols or in sub groups of at least eight patrollers. The advantage of participation would be the de facto recognition of the Ski Patrol as part of the EMS system and recognition of equal levels of First Aid training.

It was also mentioned that the IRS is looking more closely at "not for profit" organizations that violate the income tax codes. If a Ski Patrol would use its non-profit status to purchase equipment that would be given to and owned by the Ski Area, it would be in violation of the tax code.

Bela Musits, a recent addition to the National Board, reported to us on his first get acquainted meeting of the new board. It would seem that there is no written procedure to elect a new National Chairman. Because of the past "round robin" procedure of the Chairman choosing the Board and the Board choosing the Chairman there wasn't a need for a written procedure. He observed that the new Board that will have its first business meeting in June will have to do a great deal of housekeeping before it is ready for business.

Finally at the Section Chief's meeting, I voiced your concerns about Lift Evac. I was told that National would never offer a Lift Evac course again. However, a Section Chief from New York stated that they run one on a regional basis. I think that's the approach we should take. During the summer, I will see what I can arrange for next year.

(continued on Page 4)

SOUTHWEST SECTION

Jack Peck

Section Staff

OEC Coordinator: Peter Mangum
S&T Advisors: Bob Bernatos

Awards Advisor: Ed Hirshman
Student Advisor: Wayne Eckelmann

This ski season ended up with a bang after suffering through an exceptionally warm and nasty January. The snow and cold weather we got in December served us well and was a major factor in helping us through January. February brought in some colder weather so we could continue making good snow into the beginning of March that allowed us to ski through mid March, our normal closing times.

The two OEC Refreshers held in the SW Section, with the new format, were well-received as most patrollers liked the refreshers. The patrollers enjoyed the additional hands-on training in this refresher and it seemed to cover more material in a concentrated setting. The only glitch was the reporting that totally frustrated not only the PDs but the entire staff. Hopefully that will be rectified this year.

On similar note, **Bruce Holmberg**, who served the SW Section as OEC Coordinator, has been appointed EPA Region OEC Administrator. Bruce very effectively managed the OEC program for the past four years. Last summer, he instituted a "summer" OEC enhancement Seminar at Ski Liberty for all interested patrollers.

This was sort of a summer refresher for those who attended. All the patrollers who attended thought it as a great day. Many thanks for your hard work and contribution to the SW Section in this capacity, Bruce.

Bob Bernatos, the SW Section S&T Coordinator, reported that Whitetail and Roundtop ski areas both hosted a toboggan Enhancement Seminar that were well received and **Mike Jarriel** ran a Snowboard clinic at Liberty that was attended by eight patrollers. A lot of work goes into the planning and set-up of these programs and is appreciated by the patrollers who participate.

He also reported that Ski Liberty had five skiers and a snowboarder pass their candidate test and became full patrollers. Roundtop had one transfer and a candidate pass its patroller test and became full patrollers. Whitetail broke the bank and had 14 candidates become full patrollers. Congratulations Whitetail!

We are proud to announce RT had three patrollers attain full Senior status. They are **Cayleigh Marks**, **Mike Gilmore** and **John Yanoviak**.

Whitetail added two Seniors to their ranks.

This year was a year for a number of serious accidents to both guests and patrollers. In one instance, it was reported by the hospital that the injured individual would not have made it if the patrollers had not given the treatment they did and if the injured had arrived at the hospital 10 minutes later. The striking comments that have come down from the patrollers, regarding the treatment of the injured individual, is that they were just doing what they have been trained to do. Isn't that great? "Just doing what we are trained to do." All the hours and hard work we all put in training, does pay off.

The SW Section will have all new NSP reps next year. RT's **Greg Wasson**, Liberty's **Nils Johnson** and WT's **Chris Frazer** will not seek re-election. RT has elected **Ron Helm** as PD and NSP rep. The other two patrols will hold their elections soon. Thanks for the great job you three have done.

Jack Peck

CENTRAL SECTION (continued from page 3)

EPR student patrollers excelled again at the Jiminy Peak student Patrol seminar. **Megan Eckhart**, our Section Student Advisor, organized both the trip and the two-day student patroller's seminar at Blue Mountain. Both **Courtney Seramula** and **Zack La Barre** from Blue Mountain placed well in the competition with Zack placing third overall and Courtney first in toboggan and second in assessments. The students and their advisors want to thank everyone who contributed both monetarily and

physically to make both events a success. **Jim Dailey**, the patrol director of Blue Mountain was particularly involved and a special thank you is extended to him for all of his efforts.

Finally, the "The Most Valuable Patroller Award" this year goes to **W. Peter Benson** of Spring Mountain Ski Patrol. Pete's contributions to patrolling over the last 36 years are innumerable and have culminated with his induction this year

into Pennsylvania Winter Sports Museum and Hall of Fame. The two runner-up patrollers are **Teresa M. Tilton** of Eagle Rock and **Kevin Mansfield** of Bear Creek. Congratulations to all of you for your services not only to your patrol but Ski Patrolling. All things considered, it has been a good year. If anything new develops during the summer, I will email the information to you.

John E. Stinsmen

POCONO SECTION Sue Ballek

Section Staff

OEC Coordinator: Roy McDaniel
S&T Advisors: Keith Winot

Awards Advisor: Jeff Panuccio
Student: Rich Shaak

Greetings from the Pocono Section, last season's weather gave all the areas some challenges, but overall everyone had a pretty good season. We had some changes within our section this last year: New ownership for a few areas, new patrollers and students to most of the areas and as always several programs were held within the section. We have a new awards advisor, **Jeff Panuccio**.

The section OEC course was again a success. We had participation of OEC instructors and patrollers from most of our areas allowing us to supply candidates to our areas. Thanks to Wolfgang for making that happen. An OEC Challenge Test was held at Big Boulder in February. It was open to the Region and designed to allow those folks who have joined us from the EMS system to gain their OEC Technician credentials. Thanks to Tim Donaghy for providing this program.

A toboggan clinic was held at Saw Creek with participation by Saw Creek and Ranchland patrollers. Thanks to **Keith Winot** and **Chuck Uliana** for providing instruction for the day. Keith also had ongoing night clinics held at Camelback.

The Pocono Section was well represented at the Regional Student Clinic which was held at Blue Mountain, Alpine Mountain, Big Boulder and Shawnee sent half the students participating in the clinic.

Some highlight from the various areas:

Jack Frost and Big Boulder are now owned by Peaks Resorts. Both areas are looking forward to increased snowmaking capacity for the upcoming season. Big Boulder's patrol enjoyed some growth not only in new patrollers, but also in patrollers becoming instructors in OEC and toboggan. There was a lot of support from Jack Frost's patrollers and instructors in making this happen.

Camelback gained two things last year: new ownership by **Art Berry** and QRS status. One of the Regional SEMM Clinics was held in January. A pond skimming contest was held at the end of the season with great success.

Alpine Mountain had two student patrollers who introduced themselves to

patrollers in Aspen, Colorado. at the X games and were able to participate in activities with the patrollers there.

Shawnee, Saw Creek and Ranchlands all had a good season, although like everyone else there were some problems with the warm January.

Although it has been a difficult year not knowing how things would turn out with our National Board, patrollers kept on providing training, transportation and care as we have always done.

I hope everyone realizes because of patroller involvement, changes have been made. Thanks to all who participate in our organization by voting, patrolling and becoming involved with training. Remember it is up to each of us to keep the organization strong.

A new OEC class started Aug. 5 and as always help is needed please contact Wolfgang if you can provide assistance. Here's to a great upcoming season!

Sue Ballek

-A Program Report

EPA's Alumni Day 2006 Robert Conroy - EPA Alumni

It looked like it was going to be a washout with dark clouds hanging over Bear Creek Ski Resort's mountain. The conditions had me wondering if going to the EPA Alumni Day would be as much fun as I had expected.

I had to ski in some nasty weather when I was patrolling; I now had a choice as a NSP Alumni.

My guests - granddaughter **Kait** and her friends were 20 minutes behind me expecting to ski. EPA Alumni Advisor **Bob Barette** had organized the event and promised a good time with good weather and I decided to go. I am glad I did.

Bear Creek had made a major makeover

and it shows in the new facilities. **Bob Barette** was there to coordinate the services, dealing with issues and insuring everyone had a good time.

I liked Bob's decision to open the Alumni Day to family and friends so we could enjoy a social activity with everyone.

Bob Barette greeted new arrivals and introduced people. The group included **Bill & Judy Jermyn, Ray and Carolee Baker, Barbara Alexander. H. Altenburg & friend** and **John & Sue Stinsmen** to name a few.

We all renewed our acquaintances and reminisced about our time patrolling over coffee and doughnuts in a closed off

section of the lodge provided by Bear Creek.

The sun came out and we headed out onto the hill for perfect spring skiing. We gathered for lunch out on the deck, enjoying the great day and spent much time with NSP friends. We thanked Bob Barette for organizing **EPA Alumni Day and asked about his plans for next year which will be at Blue Mountain Ski Area on Jan. 27, 2007**

The alumni program is for patrollers who want to keep their affiliation with ski patrol and take part in patroller activities. **For more information, contact Bob Barette.**

EPA Alumni Advisor Bob Barette contributed to this report.

AVALANCHE PROGRAMS 2005-2006

Rich Hartman – Avalanche Program Administrator

In the 14 years that I've been involved in Avalanche education there have been many changes in the technologies and techniques surrounding the discipline. Transceivers have gone from barely effective 2.275khz beeps to 457khz digital readouts that give the distance to buried victims. Shovels have gotten bigger, lighter, stronger and much more commonplace in the backpacks of backcountry travelers. The avylung has made it possible to survive long burials without the certain asphyxia that would have overcome the victim in 30 minutes previously. We now train with collapsible probe poles instead of electrical conduit and no one gets through a basic avy course without learning how to use a slopometer.

Nothing excites me more than what I saw this year, however. The use of avalanche Web sites and interactive programs make it possible to complete much of the level I academic requirements without leaving home. Here in Eastern PA we used the Canadian Avalanche Association Web site to prepare our students for class. We experimented informally with this program this year for the first time. It was a solid success. The entire student body came in better prepared than they have ever been. It allowed the instructor staff to teach at a higher level and hopefully added value to the entire course. It also allows us to spend a good deal more time outdoors doing the things that books, lectures and Web sites can only touch on. Expect to see more of the same in years to come.

At the division level, Butch McQueen is stepping down as the Avalanche director. Butch has done a great job in acquiring new equipment and making it available for the regional programs. I want to thank Butch for a job well done. One of our own, Rick Shandler will be taking over the position. Rick has worked with the eastern PA avy program for more than 10 years, is a level II instructor and has good administrative skills. Rick will continue to work with us here in EPA as well as assuming his new responsibilities with division. I will be working closely with Rick in his new position and hope that I can be as much assistance to him as he has been to me here at the regional level.

Some of the things you can look for in the Avalanche program in the future:

An expansion of the National Avalanche School scholarship program for outstanding Eastern division instructors

A continuation of scholarships for instructors to attend ISSW (international snow science workshops)

An exchange with Western and European ski areas whereby eastern instructors can work with those patrols to gain the hands on experience needed to be effective Avalanche instructors.

This last point is one that is of particular importance to me. For my part I've begun working with a Utah patrol traveling with them as they make their early morning bomb runs. The experience has proven

invaluable in my own understanding of Avalanche science. It is my hope to continue doing this work and to bring other instructors the same ability. Ensuring that eventually all of the instructors that teach can also do.

Rick has assured me that he is behind all of the above and we will be working to make it a reality.

Finally, 2007 is the year of the Level II Avalanche class that will be held again in Lake Placid, N.Y. Whiteface Mountain will once again be the host for this alternate year event. It is held over a long weekend beginning Thursday, March 15 through Sunday, March 18. International mountain guide Chuck Boyd will once again be the instructor of record. Among credits to numerous to list, Chuck has successfully summited Mount Everest and leads clients in climbs around the world. The prerequisite is having attended a level I or Avalanche Fundamentals and Rescue course within the last three years. I recommend that you get your registration in as soon as possible as this course tends to fill up early.

I want to thank **Ray Tuthill, Jim Daily, Ken Livengood, Megan Eckhart** and all of the other patrollers and staff at Blue Mountain who helped make the 2006 Eastern PA Avalanche course such a success. Feb. 10, 2007 is the date for the Eastern PA Fundamentals and Rescue which will once again be held at Blue Mountain.

Rich Hartman

MOUNTAIN TRAVEL AND RESCUE PROGRAM

Rick Shandler – MT&R Program Administrator

This past November, Ski Roundtop hosted a Level I Mountain Travel & Rescue class. The goals of this class were to train ski patrollers to be effective members of a search and rescue team and to begin to understand what is needed to keep themselves safe and comfortable in wilderness travel. The weather was perfect with cool nights allowing the students to test their sleeping bags and tents and mild

days for the outdoor portions of the class. In all, 27 students, five instructors, and two instructors-in-training spent the weekend learning about the 10 items you don't leave home without, clothing systems, shelters, food and nutrition, equipment, knots, ropes, navigation, map reading, search and rescue, and environmental concerns to name just a few of the topics covered. In addition, many

students enjoyed a Saturday night bonfire while getting to know one another better.

This year the course will be held at Blue Mountain Ski Area on Nov. 18 and 19. Pre-registration is required and class size is limited.

Rick Shandler

Update on OEC Program Delivery

Ed Hirshman Eastern Division OEC Supervisor

Gerit asked if I could start a mini-series on OEC Program Delivery after the PowerPoint Presentation on latest Eastern Division OEC Program Delivery and job descriptions at EPA's Spring Line meeting on April 2nd... so here goes. And it is possible we can continue doing something on the regional Web site.

My first slide said, "It's all from the heart what we do for our members and area customers"

Region OEC Administrator – Bruce Holmberg/George Treisbach (Assistant ROA)

Manages the region OEC Instructor Trainers and delegate instructor candidate mentoring assignments to the OEC ITs, assigns quality control responsibility to the OEC ITs. The assigned Geographic Supervisor shall appoint the ROA; consultation with the Administrative Supervisor and region leaders is advisable before confirming an appointment. ROA is responsible for the effective delivery of all OEC programs within the region and shall insure the standards of the program are met. The ROA also communicates with all region line officers to determine program delivery requirement.

SEMM Training Coordinator – Greg Johnson

The SEMM (Senior Emergency

Management Module) TC is responsible for delivery and staffing of the SEMM program.

The Geographic Supervisor appoints the SEMM TC, after consultation with the ROA, OEC Administrative Supervisor and selected region leaders.

Eastern Division, OEC Instructor-Trainers

The OEC Instructor Trainer is responsible for mentoring and evaluating new OEC Instructors and helping each OEC Instructor to improve their teaching techniques. In addition, they are responsible for insuring the quality of the OEC program in all course delivery options. The OEC Instructor -Trainer shall perform all assigned duties by the ROA such as mentoring instructor and monitoring courses and there are limitations on number of OEC-IT's. It is a maximum ratio of 10 OEC Instructors to 1 OEC-IT. Division approves IT's and this position is an annual appointment.

NSP OEC Instructor

The OEC Instructor is responsible for teaching basic OEC courses; challenges and refreshers as requested, or assigned by either patrol leadership or region OEC leaders. The OEC Instructor of Record must have an OEC-IT present at their candidate NSP OEC Course written test and practical skills evaluation. and the

NSP OEC Instructor Requirements are that the OEC Instructor is responsible for annually submitting an OEC activity form to their assigned OEC I/T or ROA depending on regional guidelines. That activity form should include all basic OEC courses, Refreshers, SEMM and local OEC training involvement. An OEC Instructor Candidate must complete an Instructor Development course by NSP and then the candidate applies to become an OEC Instructor by submitting an application to the Region OEC Administrator and/or Regional Chief Instructor.

Instructor candidate is then assigned to a mentor for an indeterminate period during which he/she teaches assigned lesson segments under the mentor's tutelage. When the mentor determines that the candidate is ready, the ROA assigns an OEC IT to assess a final evaluation(s) of the candidate's ability as an OEC Instructor. If successful, the OEC IT (see your regional OEC Administrator for region policies) then submits a course completion record to the national office, appointing the candidate as a certified NSP OEC Instructor, a three-year certification.

Hope some of this was educational for you and any questions; we will try to answer them to our best ability.

Cheers - eddie

Delaware County EMS Day

Rick Shandler – MT&R Program Administrator

In ski patrol, we are trained to handle the proverbial "hot potato." Last month a hot potato was handed to me and several other patrollers. As you may be aware, the EPA region has been in discussion with the Emergency Medical System community to gain better recognition of our training and qualifications. As a result, EPA was invited to participate at the first Delaware County EMS day. This was as a great opportunity for us but time was short. Hence the "hot potato."

No need to worry. With the team of Fred Tim, Jeff Beckers, Dave Smith, Kim Stauffer, Matt Zucker and I, we had it

covered. A trifold brochure was designed, shirts ordered, displays shipped, PowerPoint presentations created, gear gathered and in short order, we were ready.

On the day of the event, we set up our display and curiously eyed the other participants. Originally, I thought it was going to be tough to compete with the U.S. Army, local ambulances, fire trucks, U.S. Coast Guard, paramedics and the PennStar helicopter. But our display of four laptops, canopy, back-lit sign, sleds, trauma packs, O2 kits, lift evacuation equipment, handouts and more was far superior to every other organization's display -- not

that I'm biased -- except for maybe the helicopter !

The organizers were extremely welcoming. It was good to connect and compare notes with the other service providers. Several of the medics who stopped by to talk with us were amazed at the simplicity and speed that a quick splint provides. Overall, it was a win for NSP and EPA and another step forward in achieving the status and recognition we deserve within the EMS community. Maybe next year we can get them to provide us with some snow!

EASTERN PA REGION CALENDAR – April 2006 – MAY 2007

Please check www.nspepa.org for **LATE BREAKING CHANGES**

2006

Last Update 4/09/06

| Date | Day | Event | Location | Contact |
|----------------|---------|---------------------------|------------------|------------------|
| April 8 | Sat | EPA Line Officers Meeting | Blue Mt | Gerit J. Lewisch |
| April 28/29/30 | F/S/S | E. Div. Meet, Albany | Desmond | Gerit J. Lewisch |
| May 6 | Sat | Instructor Development | Blue Mt | Flo Rutherford |
| May 21 | Sun | Instructor Development | Ski Roundtop | Dennis Zercher |
| June 10 | Sat | IT Meeting | Blue Mt | Flo Rutherford |
| Sept 10 | Sun | OEC Instructor Refresher | Ski Roundtop | Dennis Zercher |
| Sept 16 | Sat | OEC Instructor Refresher | Camelback | Flo Rutherford |
| Oct 1 | Sun | OEC Patroller Refresher | Ski Roundtop | Peter Mangum |
| Oct 1 | Sun | OEC Patroller Refresher | Bear Creek | KimAllmindinger |
| Oct 7 | Sat | OEC Patroller Refresher | Montage | M. Wilk |
| Oct 8 | Sun | OEC Patroller Refresher | Big Boulder | Bob Stephenson |
| Oct 14 | Sat | OEC Patroller Refresher | Spring Mountain | Hank Jansen |
| Oct 15 | Sun | OEC Patroller Refresher | Blue Mt | Robin Carosella |
| Oct 21 | Sat | OEC Patroller Refresher | Elk Mountain | Chuck Fountain |
| Oct 22 | Sun | OEC Patroller Refresher | Camelback | Ollie Meith |
| Nov 4 | Sat | OEC Patroller Refresher | Whitetail Resort | Peter Mangum |
| Nov 18/19 | Sat/Sun | MTRF/1 | TBA | Rick Shandler |
| Nov 12 | Sun | EPA Region Meeting | Bear Creek | Gerit J. Lewisch |
| Dec 3 | Sun | Instructor Development | Blue Mountain | Flo Rutherford |
| Dec 17 | Sun | EPA T/E S&T Staff Meeting | Blue Mountain | Kurt Adam |

2007

| Date | Day | Event | Location | Contact |
|-----------|---------|-----------------------------|--------------|------------------|
| Jan 06/07 | Sat/Sun | EPA Patroller School | Elk Mt | |
| Jan 7 | Sun | SEMM Clinic | Montage Mt | Greg Johnson |
| Jan 20 | Sat | SEMM Clinic | Ski Roundtop | Greg Johnson |
| Jan 27/28 | Sat/Sun | Ski w/ an Instructor | Elk Mt | Ken Kelly |
| Feb 11 | Sun | SEMM Evaluation | Bear Creek | Greg Johnson |
| Feb 24 | Sat | Women's S&T Clinic | Whitetail | |
| Feb 25 | Sun | Senior S&T Evaluation | Whitetail | Kurt Adam |
| Mar 03/04 | Sat/Sun | SEMM / S&T Senior Weekend | Elk Mt | Sharon Friedel |
| April 07 | Sat | EPA Region Officers Meeting | Blue Mt | Gerit J. Lewisch |

**PLEASE SIGN – UP EARLY FOR THOSE EVENTS
REQUIRING PRE-REGISTRATION. ALL EVENTS
START @ 8 A.M. UNLESS NOTED...**

YR. 2006- 2007 EPA PROGRAM REGISTRATION

Complete this form and mail it to the appropriate Program Advisor 30 days prior to event

PATROLLER'S NAME _____ NSP REGISTRATION NUMBER _____

STREET ADDRESS _____ CITY _____ STATE ZIP _____

TELEPHONE (Day) _____ (Evening) _____ (Fax) _____ E-MAIL ADDRESS _____

PATROL REGION CLASSIFICATION (e.g., Candidate, Auxiliary, Patroller, Senior, etc.)
I would like to register for: (Please make a separate copy of this form for each program)

- | | | | | | |
|---|------------|------|---|-----------|------|
| <input type="checkbox"/> Mountain Travel & Rescue | Nov. 18-19 | \$25 | <input type="checkbox"/> Level I Avalanche Course | Feb. 10 | \$25 |
| <input type="checkbox"/> Instructor Development | Dec. 3 | \$20 | <input type="checkbox"/> EPA S&T Patroller School | Jan. 6& 7 | \$60 |
| <input type="checkbox"/> Ski with an Instructor Program | Jan.27-28 | \$60 | <input type="checkbox"/> Women's Toboggan Enhancement Seminar | Feb. 24 | \$35 |
| <input type="checkbox"/> Student OEC Clinic | N/C | | <input type="checkbox"/> Student S&T Clinic | | N/C |

1. For S&T Information . . . Taking S&T On- Snowboard Skis Telemark

2. Patroller School . . . Attending which event? Sr. S&T Clinic Patroller School
 Alpine Toboggan Instructor

Parent/Guardian permission required to attend if under 18 years old.

Print name: _____ Signed: _____ dtd: _____

PAYMENT MUST ACCOMPANY YOUR REGISTRATION FORM

Please make checks payable to: EASTERN PENNSYLVANIA REGION
PLACE YOUR PATROL NAME ON YOUR CHECK

Mountain Travel & Rescue Course
Rick Shandler
1300 Bon Air Terrace
Havertown, Pa. 19083
h(610) 446 1867
email: rshaandler@aol.com

EPA Patroller School
Bill Jordan
104 Sturbridge Road
Clarks Summit, Pa. 18411
570 586 6273
Cert169@adelphia.net

Level I Avalanche Course
Rich Hartman
3007 Madison Avenue
Abington, PA 19001
h(215)576-0914
email: richardhartman@verizon.com

Instructor Development
Flo Rutherford
501 Rosie Lane
Hatfield, PA 19440
h(215)997-7657
email: sk&nski@comcast.net

Student Clinics
Wayne Eckelman
6479 Chambersburg Rd
Fayetteville, Pa. 17222-8333
H 7173775340
Skibum43@adelphia.net

Ski with an Instructor
Ken Kelly
HC 65 Box 86
Pleasant Mount, Pa. 18453
H570 448 4114
Kevin1@nep.net

Women's Toboggan Enhancement Seminar
Sarah Keating
RR1 Box 173
Union Dale, PA 18470
H(570)679-2426
email: skeating@kstone.edu

This form is not to be used for Senior S&T/OEC Clinic's and Evaluations
FOR LATEST UPDATES –
check www.nspepa.org & phone numbers

AWARDS SUMMARY

Doug Howlett – Awards Coordinator

The 2005 – 2006 ski season was a busy one for awards! Because not all of the awards have been presented to the recipients, not all awards are listed.

The following awards were presented to deserving individuals:

National Appointment Chris Fraser

Yellow Merit Star Flo Rutherford Dennis Zercher

Distinguished Service Award Larry Jones, II

Outstanding Awards Ed Kupillas (Professional Patroller) Keith Winot (Instructor) Scott Wilkerson (Alpine Patroller) Nils Johnson (Patrol Representative)

Ed Hirshman Outstanding Service Award Keith Winot

Irv Naylor Partner's in Industry Award Eric Flynn

Additional certificates of appreciation were presented to deserving members at the section and patrol level.

Now is the time to start thinking about awards for the 2006 – 2007 season: National Appointments, Leadership Commendation Appointments, Distinguished Service Awards, Merit Stars, and yes, unfortunately when the time comes, Patroller Crosses! The categories for the outstanding awards include Student Patroller, Patrol Representative/Director, Auxiliary Patroller, Professional Patroller, Alpine Patrol – Large/Small, Nordic Patrol, Partner's In Industry Award (EPA Region).

The award nomination process involves two stages – e-mail and paper. Anyone interested in nominating someone for an award should contact me by e-mail at **dhowlett11@comcast.net**. I will review the requirements and the initial submission procedures, which are accomplished through e-mail. Once the award is finalized, paper copies are then sent to me for processing to the Eastern Division. Please note, all awards now require a letter of submission to accompany the appropriate NSP form and each must not only have a date when the award is needed, but also a date when the award will actually be presented. If the latter date is missing, the national office will assign a date of one year in the future for the award. Notification of the award will not be published by national prior to that date.

Doug

NSP Distinguished Service Award Presented to Lawrence J. Jones II

Ed Hirshman

Senior Patroller **Larry Jones II** started his NSP career in 1978 and has continued to be a major supporter to member services in many roles. There are those who stay involved for unknown reasons and those who stay active who have their hand raised when you seek someone to step up and just do it. The latter is what we call "grass-roots patrollers" and Larry is one of these dedicated and outstanding members of our organization.

Many of us have personally known Larry from his first days as a member of Eastern Pennsylvania Region when we started our involvements with the American Red Cross, then WEC and now OEC instructorships. With his mind and soul set to pass both Senior First-Aid/WEC and then S&T, Larry climbed that long road to personal satisfaction in seeking numerous continuing educational clinics and mentoring to improve his

skills and finally meeting the higher skill standards required to pass these programs. This drive has been shared and given to many whom Larry has mentored over these long years of member involvement and dedication to others.

There were many days of WEC/OEC member refreshers where others and I have co-instructed along side Larry and his son Larry III. This includes clinics and skill evaluations of our Senior WEC/OEC/ and now SEMM programs.

I had the honors to present both Larry and his son their National Appointment numbers together in 1994 and we all do appreciate the Jones family and their involvement to our members and area management in offering their time to our program delivery.

At the Eastern Division Spring Officers meeting this past April, EPA's Central

Section Chief John Stinsmen brought up Larry's name and wanted to recognize Larry with an NSP award. Since Larry holds a National Appointment, we discussed other awards with Regional Director Gerit Lewisch, First Assistant RD George Hannon (Operations) and the three other EPA Section Chiefs and they approved a DSA nomination that needed to be written. Gerit asked if I would write one in the next few days and how could I refuse as my heart and mind said that would be an honor to sponsor Larry Jones II for an NSP Distinguished Service Award.

We could go on about the other awards Larry II has been honored with on the local, section and regional levels, but to receive this DSA which many look upon as the highest peer award from the National Ski Patrol was a big shiny light for this outstanding and dedicated fellow member of our region and division.

-A Report

Three EPA Members inducted into the 2006 Pennsylvania Ski and Winter Sports Museum & Hall of Fame

Ed Hirshman Eastern Division OEC Supervisor

Gordon Bell

Ski Roundtop Ski Patrol

Peter Benson

Spring Mountain Ski Patrol

Ellie Jessum

Spring Mountain Ski Patrol

We would like to recognize three members of our region who had outstanding honors awarded to them at the May 20 induction ceremony for the class of 2006 held at the Seven Springs Mountain Resort located in the Western Appalachian Region.

A little background history here before some words on **Gordie, Ellie** and **Pete**.

After Snow Time Inc. founder Irv Naylor was inducted into the Hall of Fame at Camelback May 2004, I decided we needed to recognize **Gordie Bell** and became the lead sponsor of his nomination process. My first letter on Gordie was sent in as a primary introduction in September 2004 and I sent an additional letter of recommendation in summer of 2005 and asked **George Hannon** and **Irv Naylor** to be the other two sponsors on Gordie and we can guess both Ellie and Pete had three sponsor letters also. Now on some Bio...

The patrollers throughout the Eastern Division know of this very active and dedicated Patroller named Gordie Bell for his long dedicated and distinguished services. Gordie is also known for all of his work that he has done on various levels of patrolling including the Skier Enhancement Programs and "Introduction to Certified" programs here in the Eastern Division.

Even though Gordie has held many leadership positions over the years, he has always preferred to perfect his own patrolling skills in order to assist

others. By this concept, he has been able to help others develop and refined instruction techniques so they can transfer this knowledge and skills on to others.

He has been honored with a Lifetime membership as an Certified Member – Eastern Division a few years ago and is an S&T Trainer-Evaluator, Alpine Toboggan, OEC, PSIA Level 2 Instructor and an S&T Instructor-Trainer just to name a few. Gordie holds National Appointment number 3940 awarded in 1972 and an NSP Distinguished Service Award. The EPA Regional Outstanding Alpine Patroller Award is named in his honor.

It was a great honor that I will always cherish dearly to be able to nominate my mentor and fellow gray hair patroller Gordon G. Bell for induction and acceptance into the Pennsylvania Ski and Winter Sports Museum's Hall of Fame class of 2006.

Pete Benson is currently an NSP OEC Instructor and an American Red Cross CPR-AED instructor and he helps train patrollers at Spring Mountain and also for the region. His experience as an EMT and numerous rescue squads and fire companies along with his training in search, heavy rescue and evacuation, makes Pete a valuable asset as a outstanding member at Spring Mountain.

Pete has continued from his early days as a skier serving people, friends, and strangers alike. Over the years he was the National Safety Director of the National Brotherhood of Skiers, President of the Eastern PA Ski Council, Safety Chairman of the Blazers Ski Club and later the CEO and their Director of Safety. Pete still is teaching American Red Cross first-aid classes. Several of his children followed in his footsteps and became EMTs and honored firefighters as well as serving the public in other roles. Did

you know Pete raised seven children alone including clothing, feeding, privet schooling and tending to all of their emotional and physical needs? Pete has been a great mentor and friend to many.

Last but not least is one fine lady named **Ellie Jessum** who joined NSP in 1963 and has been active ever since. She started the Spring Mountain Patrol and served as their first Patrol Leader and then started the Doe Mountain (now named Bear Creek) ski patrol as again became a Patrol Leader; Patrol Director in today's job titles. Ellie also served as a paid patroller and Manager at Hahn Mountain and was the President of the Boyertown Ski Club and then an officer of the Spring Mountain Ski Club.

Ellie retired from active patrol duty in 2003 after 41 years. She continues as an active Courtesy Patroller and NSP Alumni at Spring. This lovely lady has received many Certificates of Appreciation and other awards including the NSP Distinguished Service Award and holds an NSP Leadership Commendation Appointment number.

If time and space allowed we would like the other seven class members and a bio on them. Oh, heck with it, at least we can print their names.

**Dr. John Dematte,
Herman Kress Dupre,
Harry E. Griffith Sr,
Harry E. Griffith Jr,
Frank Lavin,
John Willard Shaffer and
Victoria Freyer Shaner.**

Yes, we salute the Class of 2006.

Cheers

eddie

Liberty Mountain is hosting the 2007 Hall of Fame Inductee luncheon and we all hope to see you there

YR. 2006-2007 SENIOR PROGRAM REGISTRATION

EPA Region - Eastern Division

Complete this form and mail to the appropriate Program Coordinator 30 days prior to the event.

Patroller's Name

NSP Registration Number

Street Address

City

State

ZIP

Telephone Numbers (Day)

(Evening)

(E-MAIL ADDRESS)

Date became Patroller/Aux. Patroller

Total Number of Sign-On Days

Patrol Name

Patrol Director

Region

Section

I would like to register for: (Please make separate copies of this form for OEC and S&T)

- Sr. Emer. Mgt. Module Clinic..Jan. 7 N/C* @ Montage (must register for an evaluation to attend)
- Sr. Emer. Mgt. Module Clinic ..Jan. 21 N/C* @ Roundtop (must register for a evaluation to attend)
- Sr. Emer. Mgt. Moduel Eval..Feb. 11 \$20 @ Bear Creek
- SIAW (Senior in a Weekend) Mar.3 & 4 TBA @ Elk - * An EMM and S&T clinic are required. Also, your electives have to be fulfilled.

Will be attending Senior S&T on Skis Snowboard Telemark

EPA REGION POLICY -- 1st full year Patrollers are not allowed to attend a Senior Evaluation. It is recommended you work on your required Sr. electives.

- * All Senior Emer. Mgt. Module Candidates *must register* for an EPA Senior OEC Clinic prior to the evaluation.
** All Senior S&T candidates must attend an EPA S&T Clinic prior to the evaluation. All Senior candidates for OEC and S&T must complete their check off sheets and practice problems prior to taking the evaluation.

PAYMENT MUST ACCOMPANY YOUR REGISTRATION FORM

Please make checks payable to Eastern Pennsylvania Region & put your Patrol name on your check.

SENIOR CANDIDATE'S SIGNATURE DATED

SR. S&T TE Approved for 1 day Eval.

This certifies that the above named candidate has demonstrated all the Basic Ski Patroller or Auxiliary skills and has sufficient knowledge, skills, and experience to participate in the NSP Eastern Division Senior Training Program.

PATROL DIRECTOR'S SIGNATURE (MANDATORY)

DATE APPROVED BY PD

Parent/Guardian permission required to attend if under 18 years old.

Print name: _____ Signed: _____ dtd: _____

SR. EMERGENCY MANAGEMENT MODULE

Greg Johnson
240 Test Road
York, PA 17404

SENIOR S&T

Kurt Adam
241 W. Walnut Tree Drive
Blandon, Pa. 19510

SENIOR S&T REPORT 2004 - 2005

Kurt Adam - Senior S&T Program Administrator

The 2005-06 ski season started out great. We had cold weather and some snow to start the season in early December. Then Swen the snow god went somewhere else! However, we persevered and had a great season from an S&T point of view.

There were many quality S&T events throughout the season. Patroller School was run by Bill Jordan the first weekend in January and it was great. There were many smiling faces at the end of the two-day clinic. I know I had a blast working with patrollers who were there to improve their skiing abilities. Remember my motto is, "point them down hill and let them run!" Everyone involved came out of the weekend with a new bag of tricks, a wealth of new found confidence and S&T skills.

Ken Kelly ran his Ski With an Instructor the last weekend in January. I heard rave reviews from patrollers who attended. Many patrollers came out of that weekend, again with new found confidence in their skiing skills. February brought the Women's Clinic at Montage. Sarah Keating was the host of this event. The Women's Clinic has become very popular among the ladies in Eastern Pa. Sarah had good weather, good conditions and a wealth of participants. Again, there were many great comments on the quality of instruction from the patrollers who attended. The ladies who participated had many great comments and a wealth of confidence and a new bag of tricks. I sound like a broken record, however, the S&T programs, as in the past are run by quality patrollers who are

dedicated to providing a quality education program for the patrollers from Eastern Pa. The goal is to provide the best possible S&T instruction we can. The S&T staff in Eastern Pa loves what they do and it shows.

There were also many clinics this year. I was at Ski Roundtop on Jan. 29 with Bob Bernatos. I need to point out one thing, I hate the rain and I don't ski in the rain. Well, it rained and I skied in the rain. Bob ran a great clinic even through rain. Several clinics had to be cancelled. Conditions at Whitetail and Eagle Rock made it impossible to hold clinics there this year. I apologize to Whitetail, because I try and get there once a year. Oh well, the Senior test will be there in 2007. Dave Wells, Mike Grabowski, Jerry Sitko and I ran a Senior S&T clinic at Bear Creek in February. There were great bumps all season long. The night before the clinic the bumps were mowed. We still ran the clinic and everyone had a great time taunting me about the lack of bumps. I'm a big boy, I only cried a little. Mike Jarriel again ran a Snowboard clinic at Ski Liberty. He had a good turnout and this year is planning on running the clinic further north. If you ride, I would recommend attending Mike's clinic. He provides a wealth of information and practice to improve your snowboarding skills. Last but not least was the Senior S&T test at Elk Mountain on March 4. The sun was out and the bumps were great. Conditions were great. There were 29 patrollers who took the test this year. The turnout was great. Many had good things to say about the day. I saw many

smiling faces even though the stress level was high due to test phobia. As I stated above, the test next year will be at Whitetail the last weekend in February. There was also a Senior in a Weekend this past season at Seven Springs. Many evaluators from Eastern Pa. made the trek to assist Western App. At Seven Springs. I saw pictures and look like everyone involved had a blast. There will be another Senior in a Weekend in 2007. It will be held at Elk Mountain the first weekend in March. Eastern Pa. had a lot going on in regards to S&T this past season. I personally tried to get to as many events as possible. I think I might dress in drag next year and attend the Women's Clinic. It sounds like they have too much fun! Anyway, I would like to thank the S&T staff for a job well done this past season. Their dedication makes all the events possible. They come out in the rain, snow and brutally cold weather to assist our patrollers to be the best they can be. Wow, I sound kind of mushy, that is definitely not me. Finally I would like to thank all of those outside of S&T who assisted this season. Thanks to Howie at Elk for providing us the great conditions and use of the mountain, thanks to Jim Dailey at Blue for providing us the mountain and his patrol room for our meeting in December and thanks to all of the local areas for permitting us to use the facilities for our clinics and events. Have a great summer and I'll see everyone next winter.

Ski And Toboggan Schedule For The 2005-2006 Ski Season:

Saturday, March 4, 2006

Senior S&T Exam

Elk Mountain

SENIOR PATROLLER STATUS INFORMATION FOR 2006-07

Greg Johnson - SEMM Program Administrator

Well, I'm sure you all heard this one before, "What a year!" Better put would be, "what an unusual year." For the SEMM program, I can say that it was an excellent year. I'm happy to report that out of 30 candidates this year; we now have 28 new members that passed the SEMM. If you passed the S&T portion also, well then, congrats to the full seniors.

The 06-07 SEMM is scheduled and all set to go. For our marquee event, EPA will be the host this year to the new "Senior In A Weekend" which will be held at Elk Mountain on March 3 and 4 2007. So mark your calendars now for a great weekend of learning, bonding, sweating and fun. The SIAW that was held at Seven Springs this year was a resounding success. We all had a learning experience from this. So, we here at EPA plan to build on that so that we can proceed to expand our SEMM program to the quality that we expect it to be. I would like to thank our partners

in WAR for their hospitality and facilities which will be hard to match. Most importantly, Jeff Marks and I would like to thank the T/E's (EPA and WAR) that made that weekend happen. With out them, this would have never been successful. We look forward to WAR's T/E's expertise and help again for 2007.

The backbone of the program though are the candidates themselves. They toil, sweat, get bruised and nervous to get to where they are today to better themselves as a patroller. A well-prepared candidate will go far in the program and succeed. Thus, I would like to thank the candidates for also making the program for what it is today.

As mentioned above, the candidate is the backbone of EPA's outstanding SEMM program. So, please get out there and talk about it to all fellow patrollers to get involved so that they

can evolve into a better patroller, a better patrol and a better region. A better region is a happy region, or cornier yet, "get involved so that we can evolve."

Last but not least, and most importantly are the accolades that the past SEMM coordinator deserves. Jeff Marks inherited a program that was nurtured through the years by past coordinators that did a fantastic job. Over the past 6 years, Jeff took the program to another level of organizational skills, respect and an understanding of the program that all patrollers can relate to. Thanks Jeff for your hard work, new ideas, and the knowledge that you gave the program.

Greg Johnson

EPA SEMM T/C
240 Test Rd.
York, PA 17404
717-266-0468
iskipatrol@earthlink.net

Senior Emergency Management's 2006 season schedule of events is as follows:

| | | | | | |
|----------------------------|-----------|----------|--------------------------------------|----------------|------------|
| Sunday, January 7, 2007 | Clinic #1 | Montage | Sunday, February 11, 2007 | Evaluation EPA | Bear Creek |
| Saturday, January 20, 2007 | Clinic #2 | Roundtop | Saturday & Sunday, March 3 & 4, 2007 | SIAW* | Elk |

* An EMM and S&T clinic are required. Also, your electives have to be fulfilled.

-A Program Advisor's Report

Women's Program

Sarah Keating - Women's Toboggan Enhancement Seminar Program Advisor

This past spring women's program proved to be another successful and fun event! More than 20 women patrollers from our region participated in the two days of toboggan and ski training. Montage Mountain once again demonstrated its terrific hospitality and a thank you goes out to them.

Bonnie O'Hara, a level III PSIA examiner joined the program this year and provided a full day of ski tips. She's a live wire and hopes to be

included in future events.

This year's program is moving to Whitetail Mountain in order to accommodate both the senior S&T program (only so many weekends!) and also to assist the gals in the Maryland region to get involved in developing their own women's programs.

The 2007 program will be one day, toboggan only, on Saturday, Feb. 24 at Whitetail (cost will be just \$35).

This is the day before the senior S&T so it will give women the option to fine tune and warm up.

Hope all can make it again. EPA is blessed with a super group of female Trainer Evaluators and Instructors who want to share their skills with you. Please contact me should you have any questions about the 2007 program. Best!

Sarah

Certified program

Brant Maley – Certified Program Advisor

Last year's exam was held at Cannon Mountain, N.H. Unfortunately, the ski and toboggan portion of the test was canceled for the first time in history, because of the lack of challenging terrain due to the weather; the remainder of the exam was still given. As with other division programs, EPA had a strong showing at Cannon Mountain.

The certified program has the following components. The ski and toboggan exam is held on some of the most challenging terrain in the Division with the following components: groomed ski, steep ski, crud ski, mogul ski, equipment carry, sideslip, snow plow, empty sled, loaded sled and sled skills. After the ski and toboggan exam, the next step is the lift evacuation portion. The first aid exam is a written test, intense practical problems and a bystander problem. The bystander problem is a practical first aid problem where the patroller has an untrained bystander to help render care to the

injured person. Once finished with first aid, you have a management interview. The management interview consists of the candidate interviewing for a patrol director position at the area who is hosting the exam. The next phase is hill safety interview, which is done on the snow while skiing around the mountain. During the hill safety interview, you will be asked questions about lift operations, snowmaking, grooming, incident investigations and just about any question regarding skier safety. The mountaineering section requires the candidate to exhibit a proficiency in basic knot tying and develop a haul system with ropes and rigging to move a Stokes basket up an embankment. The avalanche section is a written test and the candidate performs a beacon search.

The exam is not easy in any sense of the word, but it is very informative and rewarding. If you have the desire to improve your patroller skills and want a physical and mental challenge, the

certified program is for you. How do you get involved? I have a few suggestions: attend the Introduction to the Certified Program, which is held at Ski Windham during the Patroller School and at Sunday River, Maine. Attend the exam (watch the ski exam, ride in the toboggans, and help out by laying in the snow, listen to the interviews and play the part of a patient), and most importantly talk to a certified patroller, ask questions and find out what is involved. This year's exam will be at Hunter Mountain, N.Y. in the end of March. **Please check the Division Calendar for the dates of the all the above events.**

If you have any questions feel free to drop me an e-mail at SkiPatrol@Comcast.net

See you on the snow!

Brant Maley Certified #523

Act Your Age....

Jim Policelli - Regional Safety Advisor

When was the last time you heard that? Probably when you were an adolescent and may have been behaving childishly when people began expecting more mature behavior from you.

Maybe it's time for you to hear it again. Not that you are behaving childishly, but you may be behaving too youthfully. A big chunk of the skiing population (actually the nation's population) is advancing well past the age of their peak physical capabilities. This year, baby boomers begin plunging into their 60s and life (i.e. their bodies) takes on big changes.

Here is where strength, flexibility and stretching training keep getting more important with age. As a kid, I could hop out the front door, sprint two blocks to the corner store for a loaf of bread and sprint back with no problem.

Try that today and I may not be able to get out of bed the next day. Staying in good condition as well as taking the time to stretch out and limber up before such an activity goes a long way to prevent both next-day soreness and soft tissue injuries.

This isn't limited just to "old-timers". The same thing readily happens to much younger skiers and snowboarders. Earlier, they may have been high-level, even competition-level performers on the slopes. Then they did things like start a business or begin a family, and time pressures may have drastically reduced (or eliminated) their annual trips to the mountain. After years pass, the business is up and running, the kids are big enough to take out on the slopes and it's time to return to action. And that's great.

Some unwanted things probably happened, though. With the passing of just a few years, their reflexes slowed somewhat, and their "strength-to-weight ratios" aren't near what they used to be. In short, their nervous systems remember high-performance skiing or snowboarding, but their bodies can't perform well enough to keep up. Now, they are candidates for serious injury.

This doesn't have to be. Both for our own personal benefit as well as in our communications with the skiing/snowboarding public, let's not forget the importance of taking those few minutes of time to get our bodies ready for the day on the slopes.

Every year, it gets more and more important.

Jim

2006 – 2007 EPA REGIONAL DIRECTORY

-----OFFICERS-----

| | |
|---|---|
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| <p>Assistant Regional Director Flo A. Rutherford 501 Rosie Lane Hatfield, PA 19940 H 215 997 7657 W 215 997 0150 Sk8nski@comcast.net</p> | <p>Treasurer Jack Bogdon 2339 Herman Lane, Allentown, PA 18104 Home 610-398-7897 Cell 610-909-5064 JDB@rcn.com</p> |

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| | |
|---|--|
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| <p>Elections Coordinator Bob Davies 3437 Slade Run Drive Falls Church, VA.22042 H 703 534 0924 Bdavies6@verizon.net</p> | <p>Medical Advisor (Assistant) Jeff Marks P2726 Mill Road Box 335 Grantham, PA 17027 H 717 697 8664 W 717 697 7602 fax 717 796 0921 jamski@aol.com</p> |
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| | |
|--|--|
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Revision 7/12/06

Corrections & Updates to Gerit Lewisch



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