

Mike Lord

RD



I'm hoping everyone has gotten at least a day or two of skiing in this weekend. I know my ole legs are sore but that's why they made hot tubs. The winter season is in swing and now we get to use our skills.

The refreshers are all done and most region patrollers enjoyed themselves. The Senior EMM class is full and there isn't much more room in the Senior S&T program. If you are thinking of joining these programs you need to Contact John Topping or Jeff Baker for the S&T. Bob Andre is running Senior EMM but he feels that the program is full and everyone is committed to participating. Plan early next year to get into this fun course. The region will be hosting a couple different Mountain Travel and Rescue courses this season. Contact Kevin Campbell to get your name on his list early. Jim Mussgnug will be having a great avalanche class at Swain this year. Check the region web page for dates and time.

I'm really excited to see how the region programs filled up so soon this season. Hopefully everyone will have a great time. If you think you would enjoy expanding your ski patrolling knowledge there is no better way than to participate in these region programs. Just plan early, as they seem to be filling up fast.

Before I go let me ask everyone to please take some time, log onto the National web site and update your personal information. This makes it so much easier for our program advisors to keep in contact with our region. A few minutes are all it takes, so read our Valley Views, update your information and then go ski. Have a great winter and I'll try and see as many of you as possible on the snow.

REGIONAL ADVISORS:

Nick Schiavetti **Instructor Development**

If you are interested in becoming an instructor in any of the four disciplines (Ski/Snowboard & Toboggan, OEC, Avalanche, or Mountain Travel & Rescue) sign up for the Instructor Development class that will be offered on Monday and Wednesday nights, May 3rd and 5th, 2004. It is an 8 hour workshop on effective instruction and counts

as a senior elective. To enroll in the class, contact Nick Schiavetti by phone at 585-243-5079 or email him at redhill3@rochester.rr.com.

In addition to completing this class, potential instructors need to complete a program of mentoring with an experienced instructor and then be evaluated by an Instructor Trainer (IT). After completing the Instructor Development class, contact the region advisor for the discipline you are interested in teaching to be assigned to a mentor and an IT.

Sheila Fovel

Alumni

Alumni Ski Day

The Alumni Ski Day will be held on Friday, February 20, 2004 at Hunt Hollow. If you are an alumni you will be treated to a free ski pass for 7 consecutive hours of skiing and lunch. In the past it has been a very enjoyable ski day. If you would like to know more, please contact Sheila Fovel at 266-0116 or Sheila_Fovel@yahoo.com. Information will be going out in the mail shortly.

Chris Stiegler

OEC

Now that the ski season is underway and we are performing the duties that we look forward to all summer, I thought it would be a good time to review what has happened this year with OEC.

Our candidate class finished on November 22nd and all the candidates that stuck with the program graduated. Congratulations to the following for graduating: Jon Hess, Zack VanStalduinen, Doyle Pruitt, Matthew Budd, Brian Fluharty, Joseph Harding, Brian Phillips, Geri Cherubium, Grant Fowler, Janice Barrett, Steve Duncan, Barbara Figscher, Adam Muscarella, Patrick Saeva, Sharon Valet, Rosemary Wall. Please congratulate and make these people feel welcome at your patrol. They all have worked very hard since the beginning of August to get where they are. I'd also like to thank Jeff Konzel for all the work he did running this year's program.

We also had seven patrollers complete the Instructor mentoring program and become OEC Instructors. Congratulations to Stephen Bateman, Charles Herb, Gary Marks, Elaine Pratt, Valerie Sorrells, William Teamerson, Barbara Collins. If any of you are interested in becoming an OEC instructor, we could always use your help, feel

free to email me at chs@hatherall.net and we will get you started.

There is still one date to keep in mind. On January 18th at Brantling we will run an OEC Enhancement Seminar. It's a one-day class to review and practice OEC skills in the outdoors. There is a no test and it is all teamwork. This class is an elective credit for your senior. If you are interested in the class, please email me at chs@hatherall.net for more information.

Thank you for all the help that the region was given by all the instructors, patrols and patrollers to start the season off on such a great positive note.

John Topping & Jeff Baker S&T
GVR S&T Program News

24" of new snow....

Now...reach down, place your index finger on your radial pulse....racing isn't it?
So what if the snow was in Boston!

There is no better way to make your skiing experience really sizzle than by joining the **Senior S&T Program**. The Senior Ski (ski, snowboard, tele) and Toboggan program has been honed to ten working sessions with plenty of personalized instruction from our region staff. This program is all about being better! We will improve your patroller skills and toboggan handling. We have PSIA instructors that will help you work on your skiing, snowboarding and free heeling. The Senior S&T schedule and applications for the program are on the Web site. Check it out!! Until **midnight tonight** you can still call or email John Topping or Jeff Baker to get in on the fun.

Already a Senior? We haven't forgotten you. Check out the plethora of other programs offered this year.

TOBOGGAN ENHANCEMENT! January 18th. This is a full day of new ideas, really cool people, awesome terrain and great food and drink. No test, no pressure, just great information being shared in new and exciting ways plus it's a Senior elective!
This program is for YOU! Class size is limited to under 15 people so sign up **now**.

Chicks Only! Hide your sons; the Women are coming to town.
A full weekend at Bristol, March 13th 14th. You've probably noticed: there are physical differences between men and women. When it comes to skiing and working with sleds the Eastern Division has the right people to make it all work for you ladies. This is for women, taught by women (the gentlemen would be embarrassed by the talk on the

chairlift). Contact Pamm Ferguson early for your chance at this great event.

THE Patroller School at Windham....a great mountain, festooned with patrolling talent; a weekend away doing what you like to do best (we'll leave that to your imagination). The best of the East all congregate on January 24th and 25th to bring you one of the best perennial learning opportunities. Contact John or Jeff for full details and registration instructions.

Senior recertification's If you have not recertified your senior S&T in a while it may be time (due every 3 years). Check the web page for the date and location that fits your schedule. Call or email your intentions.

Gleefully brought to you by the GV Region S&T Staff and their elves:

John Topping and Jeff Baker

Kevin and Patricia Campbell MTR

Our season started with the first of two indoor sessions, history at the time I write this. MTR2 is in motion and going well. We have 7 students in this year's course. Our IOR's (Brian Walsh & Ben Emerson) will hold the second indoor session before taking us into the wilds near Delevan, NY. Late in January, MTR2 will be history, leaving only pictures to see and tales to tell. Watch our web page for the pictures and the next edition of Valley Views for the names of those who can tell the tales. As you venture outdoors this season, remember the rules: Take nothing but pictures, leave nothing but footprints, and kill nothing but time.....

Skip Millor Awards

Congratulations to **Andrew Cruikshank** who received National Appointment # 9882; **Henry Williams**, National Distinguished Service Award, **Ben Emerson**, our Region Stevens Patroller of the Year Award; **Bob Schantz**, Region Doyle Award for Distinguished Service, and **Gina Wyffels**, Division Certificate of Appreciation.

The above awards were presented during the fall OEC refreshers. Also recognized at the refreshers was **John Lawson** who was awarded a Yellow Merit Star, in recognition of his work as Region Director.

Members of the **Genesee Valley Nordic Patrol** received individual gold pins from the National office in recognition of the patrol's selection as National Outstanding Nordic Patrol, 2003.

Bob Andre' Senior EMM

The region Senior EMM course has 19 candidates with representation from all the patrols. On hill training will begin Jan 11, with Sunday training at Bristol and Hunt Hollow, Wednesdays at Powdermill, and Thursdays at Swain, by appointment. The Senior EMM page on the

region website will be monitored and updated with current information. The final evaluation is February 29 at Hunt Hollow.

Richard Stearns Student Patrolling

WOW!! Winter is here again, time for planning, scheduling and if there is time, skiing.

Swain has a group of student patrollers that will be working on S&T skills this year, and Bristol, Hunt and Brantling have added some young blood to their ranks. Looks like a prime opportunity to pull all these students together for some fun, along with a little learning. In the past we gathered the students together to train at various slopes in the region, and recruited help from the Region and Division S&T trainers. Nothing like one-on-one training, from the best teachers in the region, to put skills on the fast track. I will be organizing some dates and posting them on the website, and I will drop a note to the PR's as well.

If you would like to get involved in the student training, let me know. The diversity the region offers makes for a great learning experience for all involved, and it is fun teaching enthusiastic students.

The student program has succeeded in producing some very enthusiastic, ambitious and highly qualified patrollers for the region. If you know someone that might be interested please feel free to contact me and I will answer any questions you may have. My e-mail is rstearns@rochester.rr.com or call me at 585-343-4463 evenings.

Jim Mussnug Avalanche

Are you planning that ski trip out west later this year? Are you considering the Senior Program? Has it been a few years since you've participated in a ski patrol continuing education opportunity? Would you like to participate in the next Level II Avalanche Program? Then you may want to consider joining us at our upcoming Avalanche programs. We are very fortunate to have a great group of dedicated and very experienced instructors in the Region. Many of our instructors are certified in both Avalanche and Mountain Travel and Rescue. We often alternate between offering Avalanche or Mountain Travel and Rescue programs in the Region. This allows us to best utilize our instructor staff and allow patrollers the ability to progress from Level I to Level II courses in both Avalanche and Mountain Travel and Rescue. Please contact me if you are interested in becoming an avalanche instructor – it's a fun program to stay current on the latest equipment and techniques in avalanche risk control and rescue.

This year within Genesee Valley Region, we are offering the option to take either the one day Mountain Avalanche Awareness course or the 1-1/2 day Avalanche Fundamentals and Rescue course. The day long session will be offered at the Gander Mountain Store in Henrietta

on Saturday Jan. 31, 2004. An additional half day session will be run at Swain on Sun. Feb. 1, 2004 where we will spend time in the field studying snow pits, using rescue beacons, and conducting a rescue simulation. Those participating in the additional half day session will receive credit for the Avalanche Fundamentals and Rescue program. While both of these courses count towards the senior elective requirement, only the 1-1/2 day Avalanche Fundamentals and Rescue program meets the prerequisite requirement (as would the 2 day long Avalanche Level I program) for participating in the Avalanche Level II class. While registration took place at the Fall Refreshers, if you would like to still register, please contact Instructor of Record - Dick Harding (rharding@acsu.buffalo.edu).

See you on the snow, and remember to ski safely, ski with a buddy, and ensure your entire ski party is wearing rescue beacons, and carrying shovels and probes when traveling in avalanche terrain!

NEWS FROM THE PATROLS:

BRISTOL

Bristol Mountain opened for skiing on Thursday, December 4th for the 2003-04 season with great conditions and blue skies! Expanded snow-making and tripling the size of the pond will help make it a wonderful season. The Summit Demo Center is back with more skis for all to try out. The new Learn –to –Ski Center debuts this winter, for those beginner skiers of all ages.

Our new transfer from Powder Mills Park, Brian Walsh, had a great first day out, learning the “ropes” from his new crew.

Our only candidate, Doyle Pruitt, has completed the Region OEC program and will be completing the Bristol orientation soon. Grandpa Dick Doyle and Aunt Melissa Doyle are proud to have a third generation of Doyle's in the Bristol Ski Patrol family. Doyle will be starting S&T training in January, along with some eager auxiliaries. We are all looking forward to a memorable season. Happy Holidays to all of you.

Kris Vasiliauskas, PR

NORDIC

Who are we?

- A patrol committed to the safety and well being of the skiing public.
- A fun group of people who love skiing and the outdoors.

- The National & Eastern Division Outstanding Nordic Ski Patrol!

Where and when do we patrol?

- We patrol the cross-country ski trails at Mendon Ponds Park and Cumming Nature Center weekends from late December through early March, snow permitting.
- Shifts are from 10 a.m. to 4:30 p.m.

WE WANT YOU!

What are your options and our requirements?

Dual Patroller:

- Have current OEC and CPR certification.
- Ski five shifts in the season
- Demonstrate proficient nordic skiing skills (participate in our skiability classes if you wish to enhance your skinny skis skills!)
- Have fun!

Visiting Patroller:

- Have current OEC and CPR certification.
- Patrol a minimum of 2 shifts during the season
- Agree to shadow a Nordic Patroller during the shift.
- Have fun!

Nordic Patroller:

- *Have current OEC and CPR certification.
- Ski 10 shifts in the season
- Demonstrate proficient nordic skiing skills (participate in our skiability classes if you wish to enhance your skinny skis skills!)
- Have fun!

Why should you join us?

You will have the opportunity to enjoy the outdoors and the beautiful trails at Mendon and Cumming. Come get some fresh air and exercise while improving your Nordic skiing skills. Become part of an energetic, fun group of people who are dedicated to helping the skiing public. It will make you smile!

Where do I sign up?

Please contact us:

- Cristina Hickok Carey (585) 241-3506 or hickokcarey@netscape.net
- Mell Gleason (585) 288-8641 or mellgleason@yahoo.com
- gvnordicrecruiting@moosewareinc.com

Learn more about the Genesee Valley Nordic Patrol at www.moosewareinc.com (Link available from Genesee Valley Region website: www.nspgvr.org and the national website: www.nsp.org)

Christina Hickok Carey



Figure 1 – Members of the National Outstanding Award-winning Genesee Valley Nordic Patrol at their on-trail refresher on December 6th.



Figure 2 – Nordic Patrollers Mel Gleason and Mike Tallon with Rochester Democrat & Chronicle reporter Gary Falleson at the on-trail refresher.

HUNT HOLLOW

The Hunt Hollow patrol is all set for the upcoming season – The skiing officially started on December 6th and they continue to blow snow to open more of the slopes. All of the required refreshers are completed and we are ready to ski. Too bad the latest East Coast storm didn't come close enough to help out.

Hunt Hollow will be opening some new terrain for skiing this year. The club along with a lot of help from the Hunt Patrol cleared two areas for "Glade" skiing. One of the areas is an expert trail between Cascade and Ragged Edge. This area will be designated as a double black diamond slope and will be a welcome new and exciting area to ski. The other area is adjacent to an intermediate slope near Lower Dipper. This is a more gentle area for those less experienced in tree skiing.



Figure 3 - A portion of Hunt Hollow's new glade skiing trail between Cascade and Ragged Edge (looking uphill).



Figure 4 - The new glade area between Main Street and Little Dipper (looking down from Chute).

We have four candidate patrollers who have all passed the region OEC course and will be starting the on-hill OEC training and ski & toboggan training in a few weeks. Congratulations for making it through all the OEC training go out to: Matt Budd, Brian Fluharty, Brian Phillips and Joe Harding. Our thanks certainly go out to the all the

instructors who made the Region OEC course a roaring success! Great Job!

Toby Thomas will be heading up our night lift evacuation on January 11th. Toby and his assistants are planning the event to include a refresher and a full evac, all in one night. If anybody is interested in attending this, please let me know.

Our On-The-Hill refresher was October 4th on a very rainy day. We were fortunate enough to be able to cover all of the first aid inside. Unfortunately we had to all go out for the ravine extrication practice and refresher. So we got a little wet, it all worked our thanks to Sue Navarra's (APD OEC) planning, thanks Sue!!

Hunt Hollow has a new web site @ www.hunthollow.com., check it out. It still has the link to our patrol page if you need any information or want to see some of Bill Gamble's pictures. Have a great season.

John Topping

SWAIN

The 2003-2004 ski season is underway at Swain with December 4th marking the opening day. With the recent cold weather we are off to a good start. The Swain maintenance staff has been busy getting the mountain ready for the upcoming season, perform tasks such as replacing water lines which will improve our snow making ability. Other improvements include the addition of a new groomer and painting of the Quad I & Quad II chairs and towers.

Swain welcomes 7 new candidates to our patrol this season: Janice Barrett, Sharon Clark Valet, Steven Duncan, Barbara Figenschel, Adam Muscarella, Patrick Saeva and Rosemary Wall. Congratulations to each of these individuals on passing the OEC Regional Course which completed in November.

A re-cap of our recent Swain award winners is well worth noting. Awards that were not presented at our annual summer picnic were presented at our September 'On The Hill'.

Our 2002-2003 award winners include:

- National Certificate of Appreciation – Jon Gorton
- NSP Distinguished Service Cross - Keith Snyder
- McKenna Award- Swain Patroller of the Year- Marie Osypian
- Lehman Award- Swain OEC Instructor of the Year- Cathy Rague
- Lehman Award- Swain S&T Instructor of the Year- Mike Mooney
- Hanning Award- Swain Distinguished Service Award- Don Strine and Bruce Johnson

- Stoneham Award- Swain Candidate of the Year, Beth Fuller
- Region Doyle Award- Distinguished Service to the Region presented by Skip and Pamm to Jon Gorton
- Region Instructor of the Year - Mike Lord
- Yellow Merit Star - Tom Wallin, Ginny Illi
- Angel Pins - Cecilia Stearns, Linda Shelley, Natalie Wallin

Best wishes for a Happy & Safe 2004 from the Swain Ski Patrol!

Joe Menichino, PR

POWDER MILLS

Well, the snow has started to fly. The season is underway.

We held our on-hill refresher on November 8th. The theme of the day was unusual in that this year we focused on non-alpine injuries. The scenarios included a sledding accident, fall in the parking lot and a Nordic injury, all of which are very likely incidents to occur given our location within the park. We welcomed a number of patrollers from other hills. It is always nice to share thoughts / techniques / war stories with folks from other patrols. We were also fortunate to be joined for the morning meeting by Bob Lechner from Swain. Bob will be managing operations at Powder Mills for Swain this year. See the region events page for pictures of the day.

We set up the hill and patrol room on December 6th, with some follow up on December 20th. The weather did not quite cooperate for our planned opening on December 13th, but we expect to be in full swing sometime during Christmas week.

There are several training events being planned for the Powder Mills patrollers in conjunction with Swain this year. As the dates are firmed up, I'll be sharing them with the group via e-mail.

BRANTLING

A busy fall for the Brantling Ski Patrol, with three big dates on the calendar and a lot of other pre-season chores to be taken care of. Sunday, October 19 was the annual On-the-Hill Refresher, attended by three dozen Brantling patrollers and a record twelve visiting patrollers. The day featured the usual festivities; registration, patrol announcements and general business, followed by two hours of skills stations and a CPR/AED refresher. Two weeks later, on November 2 the patrol brought in over \$400.00 at their famous chicken BBQ, held in conjunction with the area's annual open house and ski club's used equipment sale. Our thanks to the patrollers who pitched in on the event, our biggest fund-raiser: chef and organizer

Kim Buell, Brian Bartleson, Dave Vinke, John Williams (hamburger/hot dog man), **Beth Del Vecchio, Rich Koehn, Brian Mayou and Mike McManus**. And this year, instead of combining the On-the-Hill Refresher with a work party, we made the work day a separate event, which was the right decision. Saturday, November 15 was a rather warm and very sunny day and we got a lot accomplished; new plumbing for the patrol room, a new sled house as well as improvements to two others, upgrading of the patrol room and radio equipment and several other minor chores. Again a good turnout of patrollers under the guidance of PD/AR **Marsha Wait: Steve Mitchell, Greg Bernhard** (and son **Peter**), Brian Mayou, Brian Bartleson doing storm damage cleanup on the hill, **Rob Centro**, Dave Vinke, **George Del Vecchio** and Mike McManus; plumber/carpenters, **Larry Mooney** and Rich Koehn; radio technicians, **Pete Peterson** and **Merril Gray**; mostly staying out of the way of others and doing odd jobs.

Brantling congratulates our two newest patrollers on their successful completion of the OEC Basic Course and welcomes **Jon Hess** and **Zack Van Staaldin** to the patrol.

Orders have been placed for additional equipment purchased with our grant; two new toboggans, two new radios, quick splints, backboards and other medical equipment and supplies.

January will find Brantling hosting two Genesee Valley Region events; the annual officers' breakfast on the 11th and the OEC Enhancement Seminar on the 18th. The mountain was blessed with good snowmaking conditions in early December and opened on Friday the 5th. Now if this season can just come close to 2002-03 we'll be happy campers...er...patrollers!

Pete Peterson,
Newsletter Editor

Calendar

As of 12/16/03

<u>EVENT</u>	<u>DISCIPLINE</u>	<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>	<u>CONTACT</u>
MTR2 Course Indoor Session	MTR2 Students	January 7	6:30 PM	Genesee Valley Park Waterways Lodge	Ben Emerson emerson6@frontiernet.net Brian Walsh brian_walsh@rge.com
Region Breakfast Meeting	Region Staff	January 11, 2004	9:00 AM	Brantling	Mike Lord Cell: 607-765-1670 mglord@aol.com
Hunt Hollow Night Evac Drill	Hunt Hollow Patrollers	January 11, 2004	~5:00 PM	Hunt Hollow	John Topping H: 585-385-5706 jtoppin1@rochester.rr.com
MTR2 Course Outdoor Session	MTR2 Students	January 16-18	TBA	TBA	Ben Emerson emerson6@frontiernet.net Brian Walsh brian_walsh@rge.com
Avalanche Awareness Course	Interested Patrollers	January 31, 2004	TBA	Gander Mountain	Dick Harding rharding@acsu.buffalo.edu
Avalanche Fundamentals & Rescue Course	Interested Patrollers	January 31; February 1, 2004	TBA	Gander Mountain; Swain	Dick Harding rharding@acsu.buffalo.edu
Senior EMM Final Evaluation	Senior EMM Candidates	February 29	8:00 AM	Hunt Hollow	Bob Andre' H: 585-924-7215 rlandre@frontiernet.net
Region Meeting	Region Staff	March 3	7:30 PM	Hunt Hollow	Mike Lord Cell: 607-765-1670 mglord@aol.com
Senior S&T Final Evaluation	Senior S&T Candidates	March 6 & 7	TBA	Hunt Hollow; Bristol	John Topping H: 585-385-5706 jtoppin1@rochester.rr.com
Women's Patroller Clinic	Women Patrollers	March 13, 14	8:00 AM	Bristol	Pamm Ferguson H: 473-1196 pamm.ferguson@rochester.edu
Region Meeting	Region Staff	April 7	7:30 PM	Hunt Hollow	Mike Lord Cell: 607-765-1670 mglord@aol.com
Instructor Development Course	Potential Instructors	May 3 & 5, 2004	6:30-10:30 PM	TBD	Nick Schiavetti H:585-243-5079 redhill3@rochester.rr.com

Check out the GV Region web site at <http://www.nspgvr.org> regularly for updates to the calendar and other news items, as well as occasional coverage of Region events.

CHECK OUT OUR WEB SITE AT:

<http://www.nspgvr.org>

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