



John Lawson **RD**

Well, fall is here. By the time you get this, several of the area on-hill refreshers will already have taken place. The OEC class will be about one half over, and the Region Refreshers are planned and ready to go. And pro nights are here. Sounds to me like the ski season has started. I hope each of you had a wonderful summer. I had a great time, just that it, as always, was too short. This year was also maybe a little too hot and dry. Let's hope it all averages out and we have a cool winter with lots of snow.

It is that time of the year when we will be planning our winter activities. I want to urge you to consider the possibilities available to you from the region. The region advisors are actively planning the winter events – many are already on the website. Many hours have gone into the planning of the events and it looks like there will be something for everyone. If you have not been involved in the Senior Program you may want to consider looking into it. We are continually working to make it both better and more “patroller friendly”. For example, this year the Senior EMM (formerly Sr. OEC) will no longer have the weeknight classes. Senior Candidates will train with basic candidates to both brush up on their skills and to get leadership practice. All scenarios will be practiced on the snow in preparation for the evaluation. No more East Rochester weekday nights! It could work for me.

The other programs are also improving. If you already have a Senior rating or are looking for electives for Senior, there are a lot of events planned. Enhancement seminars, including snowboarding, are on the docket. MT&R and Avalanche continue to evolve. There really is something for everyone – even those who have “done it all”. (If you have done it all consider teaching some of it to other patrollers.)

I know here I go again pushing the patrol activities on patrollers – Hey it's my job! It does go further than that however. I get to work with the program advisors all year long and I realize two important things. First, how dedicated and hard working they are. Second, I see what a good job they do in bringing quality programs to our region. I feel that taking advantage of their hard work is a benefit of patrolling. If you haven't attended a region event in a few years come on out and make some new friends and pick up some new tips. It is a way that we all benefit from being members of NSP. It doesn't have to be all shifts and refreshing. I promise you will have a good time. I look forward to seeing you on the snow.

REGIONAL ADVISORS:

Marcia Mundrick **Instructor Development**

Do you have a little extra time to donate? Want to keep your skills razor sharp? Have you thought of becoming an instructor? The NSP is always looking for quality instructors.

If so, you'll need to sign up for the Instructor Development class offered in the spring. It is an 8 hour workshop on effective instruction and counts as a senior elective. Then you'll be trained in the discipline of your choice through a mentoring program. If interested, talk to a current instructor or the discipline's advisor. It'll be well worth your time!

*Apologies to **Bob Andre** who was inadvertently left off the list of patrollers in the last newsletter who completed the Instructor Development course this May. He has moved on to OEC and MTR mentoring. Glad to have him aboard.*

Kevin and Patricia Campbell **MTR**

The coming of the new season brings a new course and many changes in the MTR program. Beginning this season there will be three courses available in the MTR program. All of the courses have been renamed. New is the MTR Fundamentals followed by MTR 1, and then MTR 2. Look to the Programs Brochure at the OEC region refresher or to the Eastern Division webpage for a breakdown and comparison of the courses. Genesee Valley will be offering the MTR 1 course this season. It will consist of one indoor evening class on December 10 (location TBA) followed up by a day/night outdoor session on January 11&12, 2003. The course will be held entirely within the Genesee Valley Region.

The MTR 1 course is intended for and geared towards those that have little or no camping experience particularly in cold weather, but want to learn. It is a great way to learn the basics of compass use, winter travel & camping, survival, and search and rescue. The priority is on fun, safety, learning, and comradery.

Look for full details and sign up to be posted at the OEC region refreshers and/or the region webpage.

Jim Mussnug Avalanche

This season patrollers from our region have a great opportunity to attend the Level II Avalanche course (previously known as Advanced Avalanche) which will be held March 6 – 9, 2003 at Whiteface Mountain (NY). Previously, this course has been offered at Mt. Washington, NH – so take advantage of the course being considerably closer! Prerequisites are completion of either Mountain Avalanche Awareness / Avalanche Fundamentals and Rescue (previously known as Basic Avalanche) / or Level I Avalanche as well as Level 1 Mountain Travel and Rescue (previously known as Basic Mountaineering). Contact Roger Damon at (802) 748-3630 for registration. This is a great course – intensive 2 days of class work, rescue simulation, and beacon practice, followed by 2 days of field work including snow pits and a full-scale rescue event.

For those patrollers wanting to get started with an Avalanche program this season, try the Level I Avalanche program in Pinkham Notch / Mt. Washington. This is a 2-day program – 1 day indoor plus 1 day of field work in actual avalanche terrain. This course is offered March 1 – 2, 2003. Contact AMC Reservations at (603) 466-2727.

Within Genesee Valley Region, we usually offer an avalanche course in the season alternating from the Eastern Division Avalanche Level II program. Stay tuned for more details of a Mountain Avalanche Awareness (1 day) / Avalanche Fundamentals and Rescue (1-1/2 day) program to be offered in the 2003 – 4 season.

The majority of our instructor staff are also instructors for Mountain Travel and Rescue programs. Our goal is to ensure a variety of Avalanche and Mountain Travel and Rescue programs are available within the region and the division. This allows us to best utilize our instructor staff and allow patrollers the ability to progress from Level I to Level II programs. 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.

See you on the snow, and remember to ski safely and ensure your entire ski party are wearing rescue beacons when traveling in avalanche terrain!

Mike Lord OEC

Well, we're getting close to the start of the new season. I can tell because I'm only home two nights a week. The candidate class is doing nicely with a total of thirty-nine people. The class has finished their CPR requirement, and the mid-term will be in another week. If you'd like to meet the group or stop by to help, feel free. Starting in October, we'll be meeting at Bristol on Monday and Wednesday and going to Swain on Saturdays for outdoors hands on.

The instructor refreshers are over, and we've got a great

time planned for the refreshers for the rest of the region. **Please be sure to bring your first aid packs, as you will need them.** As always, your finished test and money for eats to support the HF-L cross country team are also needed.



Figure 1 - The 2002 Candidate Class

A final reminder: There have been some crossed wires and misinformation as to when and where a region OEC program is being run. Please be sure to always check the region web page for time location and any other information. I personally send the info. on the region web site to Bill Gamble, and that is the information I run our courses by. Some of the information on Patrol Web sites was old or not updated. I of course will apologize for any information I have wrong on the region site. The patrol sites are unfortunately on their own.

That's about it for now. I'm looking forward to seeing all of you at the refreshers. In the meantime, there's a frost advisory for northern PA and the Southern Tier of NY so winter can't be too far away.

Joe Menichino Certified

Well here we go again. Even though it doesn't feel like it yet, the season is rapidly approaching. The Farmer's Almanac is predicting a great year. I hope the farmers are right. Seems to me this is already starting off as a warm season and a dry one to boot.

We were all sad to hear of the sudden loss of Certified member Bud Tucker early this summer. He was a quiet and helpful regular that welcomed me into the program when I got started. Bud was a very low-numbered Certified patroller, one of the first. He was also one of the few to be awarded lifetime status. Many of you might know Bud's wife, Laura Tucker. She has been very active with the Student Program and is the editor of Trail Sweep. She is a friend to all. Send her a note if you have a moment. I'm sure she would appreciate it. She can be contacted at LETLBT@Aol.com.

On training- Swain is running an MCI drill this fall and the scenario is a scary but practical case- fire in the lodge. The local fire Companies will have the biggest part in the

program but our patrol will have to handle the initial response, the triage activity, the field hospital and probably an orderly transfer of leadership to the responding emergency services. Should be interesting to see what happens. The date is set for 11/9 in the early am (date and time to be confirmed later). We don't need any help but all are welcome to come to watch and audit.

Regarding fire, it's just not something we normally train for. Extrication from a burning building is beyond our training and competence level. I am a volunteer fireman, and after many interior attack scenarios, I know how dangerous the environment can be. Our NSP basic training requires that we check the accident scene for our own safety first before entering. Fire scenes are an extreme case of this danger. Smoke filled rooms not only lack oxygen but they are also blinding, not to mention hot. The drive to rush in for extrication must be carefully tempered by common sense. Otherwise you'll just add to the injury list. Patrollers can be prepared for fire emergencies by knowing the local hill protocols for fire conditions. Know where all the exits are in all your buildings. Know where your fire extinguishers are and know they are charged. If you must enter the building enter in pairs and stay low to the ground. Make sure someone in authority outside knows your pair has gone in. Refresh your first aid skills for burn management now. Know where the uncommon required supplies are. Trauma bandages and saline may not be the most obvious elements in your supply cabinet. Above all remember that "fools rush in". Please avoid the temptation. With the right training and the right equipment yes- it is safe to go. Without it you may become another casualty.

See ya on the snow- Let's hope the almanac is right for once.

John Topping & Jeffrey Baker S&T

It was 81 degrees today (September 22), which makes it hard to think about skiing, but the snow will be here before we know it. The Ski and Toboggan program will again this year offer a number of different events for you to participate in. We are excited to continue a "user friendly" program, hopefully a program that has something to offer everyone.

This year we will be running a Snowboard Enhancement Seminar. This is the first of its kind in this area in two years, and it will give the boarders their day in the sun. It will be taught by a high level snowboard instructor. This seminar will be geared towards the snowboarders by a snowboarder, not geared towards the snowboarders by a skier.

The Senior S&T training clinics will be on the Region website calendar in the next few weeks so you can set your schedule. The training clinics include different skiing techniques, toboggan training, in and out of the bumps, in and out of the handles and many other interesting aspects

of S&T. On March 1st and 2nd, we will hold a two day evaluation so you can show off all that you learned. We would encourage those of you who are considering this program to give it a try. The worst that could happen is that you will learn some new skiing and toboggan skills and have a great time doing it. We have a great group of instructors willing to work with you to improve all of your skiing needs and desires.

If you are interested in becoming a Senior S&T TE/IT we would be more than happy to help you begin that process. The Patrollers School at Windham will be back this year, along with the Certified program for those of you ready for a major challenge. If you have any questions regarding the program please contact Jeff Baker at jeffreybaker@msn.com or John Topping at jtoppin1@rochester.rr.com.

NEWS FROM THE PATROLS:

POWDER MILLS PARK

Wow, can the season be this close already? Even though it's an 80-degree weekend at the end of September, the summer has gone by way too fast. However the refreshers and pro nights are quickly sneaking up on us.

It was nice to see everyone at our September "meeting". Actually, we held our delayed picnic second weekend in September. It was good to see everyone after the long summer and to get to see spouses and children. We also got a chance to get to know some of our newest members. We are thrilled to have 3 more transferees coming over from Ski Valley: Brian Walsh, Bob McNamara and Therese Costich – Sicker, and 2 new candidates: Barb Collins and Chris Wendel. I think a good time was had by all and I wanted to thank everyone that helped put the event together, especially Kate and Greg Belaskas for all their hard work.

Our on-the-hill refresher is planned for Saturday November 2nd from 8am (sharp) until Noon. That puts us on the weekend in between your 2 choices for the region refresher. In case you skimmed over it, remember that the original dates of the refreshers were updated to: October 26th and November 10th. Check your calendars, we are almost the last on-hill this year, so if you have a conflict, plan now; the other hills' refreshers are already underway. If you do have to attend another hill's refresher, remember to make sure they have room beforehand, and let me know so we can plan our on-hill appropriately.

Kate will be sending out the calendar and starting the scheduling process here shortly (as soon as we have the dates from Bristol). As a change this year, we will also have a cookout (more beef tenderloin, etc. etc.) for the

hardy folks that help set up and organize for the year. So, plan to get a few of your hours in and see some friends at this event (we will note it on the schedule based upon the planned opening day).

Thanks,

Glenn Becker

SWAIN

Swain has had lots of activity this summer. We started with our annual picnic back in June. It was a great time with lots of great food, a Chinese auction and special awards. Knobby and Jeanne Eldridge were honored with well-deserved Distinguished Service Awards presented by Skip Millor and John Lawson. I believe it is safe to say they were extremely happy. We had two special service awards- Harry Stoneham got his 50 year pin and Herbie Lehman got his 55th. Amazing gentlemen both. Our Swain Patroller of the Year Award went to Don Wambach. Don is a quiet, soft-spoken, long time member that just plain does an excellent job every time he comes. Congratulations to Don!

We have made a huge effort at building maintenance this fall under the leadership of our building chair Steve Shelley. A huge percentage of the patrol has kicked in to build a new storage building, fix old plumbing, fix sled shacks, paint, clean, purge, etc.. It's been fun, and the Executive Committee appreciates the extra effort the membership has extended to get the work done.

We have 5 new Candidates this year. This will just offset the anticipated but as yet unconfirmed loss in experienced membership. We were all saddened by the death of long time member Tony Nowak last season. He will be missed.

Swain's Fall Refresher is scheduled for 10/5 starting at 1 pm in the main lodge. Visiting patrollers are welcome, but we'd appreciate a call first (Joe Menichino at 607-587-8229). This year, we will be holding a night evac. with the slope blacked out. This date should roughly coincide with the new moon so I hope everyone brings fresh flashlight batteries. It's gonna be dark.

We are also planning a major Mass Casualty Drill (MCI) drill on November 9. Visiting Patrollers are welcome to watch and audit. Again, please let us know if you're coming, so we can have enough donuts etc. The Region OEC class will hopefully be around that day to watch and learn as well.

Finally- our patrol has gone electronic this fall. We have our own web page thanks to Marie Osypian. It's located at <http://www.swainskipatrol.org>. We are also doing most of our scheduling and registration on-line before the actual refresher date. It should work great once we get all the bugs worked out.

Have a great season- Joe Menichino

BRANTLING

Just like everyone else after last year's rather sparse season, the patrollers at Brantling are looking forward to a much better year at Wayne County's largest ski area. If the naturalists are correct, based on the Mountain Ash Berries, we are in for a lot of snow. Owner **Fiffi Steinrotter** is putting the finishing touches on a two-year major upgrade to the area's snowmaking system, which should make up for any shortcomings on Mother Nature's part. Last season saw a doubling in size of "Lake Brantling", otherwise known as the snowmaking pond. This past summer saw replacement of and addition to nearly 100% of the piping network, as well as the construction of a new pumping facility. The improvements will mean an earlier start to the season and a more than 50% increase in snowmaking capability.

We ended last season with our banquet. John Williams was presented with our Patroller of the Year Award, which is in memory of the late Harry Rich. Pete Peterson was presented with a 25 year LCA Service Recognition Award and Ann Boise was presented with a 15 years Service Recognition Award.

Patrol activities get underway with the On-the-Hill and CPR Refresher, followed by a work party, on October 12. Sunday, November 3 is the date of the annual Brantling Open House, Ski Club Used Equipment and Clothing Sale and the patrol's famous Chicken Barbeque. The BBQ is the biggest fundraising event of the year, as well as a great "social" day at the Big B.

Again this year the patrol will be under the leadership of **Steve Mitchell**, who swears that this will be the last of his six seasons as PR. Other officers who are completing a two-year term of office are APDs **Martha Rich**, S&T, **Bob Hillegeer**, OEC and **John Williams**, Scheduling. **Jim Webster** and **Pete Peterson** will be again be filling the non-elective posts of Treasurer and *Toboggan* Newsletter Editor, respectively.

The Brantling Patrol cordially invites other patrollers to come out and enjoy a day or night on the slopes with us. If there is still anyone from Ski Valley looking for a new home, we have room for you. Just let PR Steve Mitchell know. Contact info. is in the Region Directory.

Wishing you all a great season.

Pete Peterson and Steve Mitchell

HUNT HOLLOW

The Hunt Hollow Ski Patrol had a great on-the-hill refresher on September 22, 2002. The highlight of the day was the lunch time talk by Jasper Shealy, Ph.D. Dr. Shealy is a well known expert in the field of ski safety and discussed the findings of his studies regarding helmet use for skiers.

It has been a busy summer for Hunt Hollow, with the completion of the two-year snowmaking expansion. Additionally, there are plans to add an additional surface lift this fall. Finally, Sky Coaster will be lit this year, providing a green trail from top to bottom for night skiing.

Hope to see everyone on the slopes soon.

Andrew Cruikshank

NORDIC

Let it snow, let it snow, let it snow!!! The Nordics: Cross country ski patrol: We really do that! Known officially as the Genesee Valley Nordic Ski Patrol. There are more than 20 of us! And growing!

Most of you "old timers" have heard my spiels before at refreshers and meetings. All the new patrollers may not know that we exist. So, briefly: We are the so-called flatlanders of the Ski Patrol. But we are the ones who really ski all day. There are no lifts and few huts and rarely snow mobiles and very few others to help. In this Genesee Valley Region we patrol Mendon Ponds Park and Cumming Nature Center on a regular basis during weekends. That is, when there is natural snow. Lately we have been known to appear in Harriet Hollister Park on the west side of Honeoye lake, usually for training and getting in a bit more of the downhill-on-ski experience.

This season is a bit pensive, with Monroe County budget cuts being responsible for cutting services in the parks and affecting Cumming Nature Center to the point of losing most of their staff. So it's a definite maybe for us. We do have 3 candidates and 3 transfers, and looking forward to some great skiing.

And if any of you downhillers want to experience a great day's workout, come join us. Leave your parkas and snowpants at home, don some lycra and goretex, and come on out. We'll show you some great skiing and a different way to be a patroller: Out there, alone, confident in your skills, dependent on your sense of direction (you can bring a GPS), and prepared to stay a while..in the snow!

Holger Stave

BRISTOL

Bristol Mountain has completed grading on two new novice/intermediate trails, Nova and Milky Way, to the south of the Morningstar lift. We anticipate that Nova will be open this season with full snow making and lighting. Milky Way is approx. 5000' long and will only open if sufficient natural snow arrives. In addition a new 450'-500' half pipe is being constructed in the lower half of the Morning Star trail for use this season.

We have three transfers this year, **Jeff Baker** from Hunt Hollow, **John Melville**, Powder Mills, and **Eric Weckenbrock**, Snowy Range, Laramie, Wyoming. **Gina Wyffles** is joining us as a dual patroller along with Nordic in our Auxiliary First Aid group.

At this point in time, I believe we have 28 candidates working their way through the OEC program.

The following awards were presented at our spring picnic: **Jim Guderian** was presented with the Distinguished Service Award for his many years as a significant contributor to the Bristol Patrol. **Hugh MacMillan** was voted Patroller of the year, **David Curry** was Candidate of the year, and **Janet Remizowski** Instructor of the year. **Marcia Mundrick** received the Patrollers' Cross for her season ending knee injury while on patrol.

Nick Anastas and **Dick McSorley** have retired from the patrol. Nick completed 40 years of service and Dick, 38 years. We are grateful to them for their many years of dedicated service.

Calendar

As of 10/6/02

The Ski Company Mountain Sports - Invitation Only	All Patrollers & Paid Alumni	October 10	TBA	The Ski Company, Jefferson Road, Henrietta	
Brantling On-Hill Refresher	Brantling Patrollers	October 12	8:00 AM	Brantling	Steve Mitchell H: 315-946-3372 smitc68115@aol.com
Muxworthy's Ski Loft Pro Nights - Invitation Only	All Patrollers & Paid Alumni	October 14, 15	6:00 PM	The Ski Loft, Schoen Place, Pittsford	Gary Muxworthy
Snow Country Pro Night - Invitation Only	All Patrollers & Paid Alumni	October 15	5:00 PM	Burgundy Basin Inn, Pittsford (Bushnell's Basin)	Mitch Osur
Region OEC Refresher	All Region Patrollers	October 26	Register 7:45 AM - ~4:00 PM	Honeoye Falls-Lima H.S.	Mike Lord H: 607-776-1353 mglord31@hotmail.com ; mglord@aol.com
Powder Mills On-Hill Refresher	Powder Mills Patrollers	November 2	8:00 AM - Noon	Powder Mills Park	Glenn Becker H: 585-924-5113 Glenn.Becker@usa.xerox.com
Brantling Open House and Patrol Chicken BBQ	All	November 3	10:00 AM	Brantling	Steve Mitchell H: 315-946-3372 smitc68115@aol.com
Region Officers' Meeting	Region Staff	November 6	7:30 PM	TBA	John Lawson H: 585-248-5093 jlawson@rochester.rr.com
Swain Mass Casualty Incident Drill	All Interested Patrollers	November 9	9:00 AM	Swain	Glenn Gebhard H: 607-324-3423 glenngebhard@infoblvd.net
Region OEC Refresher	All Region Patrollers	November 10	Register 7:45 AM - ~4:00 PM	Honeoye Falls-Lima H.S.	Mike Lord H: 607-776-1353 mglord31@hotmail.com ; mglord@aol.com
GV Nordic On-Trail Refresher	Nordic Patrollers	December 7	7:30 AM - 4:30 PM	Cumming Nature Center	Chuck Crockett H: 585-265-3708 ccrocket@rochester.rr.com
Bristol Candidate OEC Evaluation	Bristol Candidates	December 8	7:45 AM	Bristol	Win Beers H: 585-442-2418 winb@eznet.net
Bristol Blackout Chair Evacuation	Bristol Patrollers	December 8	4:00 PM	Bristol	Win Beers H: 585-442-2418 winb@eznet.net
MTR 1 Course Indoor Session	All Interested Patrollers	December 10	TBA	TBA	Kevin & Patricia Campbell H: 315-462-6490 soups@rochester.rr.com
MTR 1 Course Outdoor/Overnight Session	All Interested Patrollers	January 11-12, 2003	TBA	TBA	Kevin & Patricia Campbell H: 315-462-6490 soups@rochester.rr.com

Region Officers' Meeting	Region Staff	January 19, 2003	9:00 AM	TBA	John Lawson H: 585-248-5093 jlawson@rochester.rr.com
2003 Senior EMM Evaluation - Register by August 30, 2002!!	Senior Candidates	February 23	8:00 AM	Brantling	John McManus H: 585-586-4109 mcgroh@rochester.rr.com
2003 Senior S&T Evaluation - Two-day	Senior Candidates	March 1 & 2	8:15 AM	Bristol	Jeff Baker 585-943-5837 jeff@newenergyworks.com ; jeffreybaker@msn.com
Region Officers' Meeting	Region Staff	March 5	7:30 PM	TBA	John Lawson H: 585-248-5093 jlawson@rochester.rr.com
Region Officers' Meeting	Region Staff	April 9	7:30 PM	TBA	John Lawson H: 585-248-5093 jlawson@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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