



September, 2004

**New Jersey Region  
National Ski Patrol**



**Snow Flakes** ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️

## ***2004 – 2005 Season Begins "Bring it on!"***

*This season begins with something never before attempted by the New Jersey Region.*

*The election of Regional Director, by Patroller vote.*

*Why inflict this form of torture upon our selves?*

*The New Foundation of the Eastern Division is that your vote, your voice counts.*

*Your elected Regional Director will be one of 15 Division Board Members who will determine how effective our programs are, what improvements or delivery changes are needed, and most important how they are to be funded.*

*The National office has charted its course using maps drawn by experts while the Eastern Division believes that, a balance is needed and local areas should have a substantial voice in the direction of The National Ski Patrol and it's programs.*

*You will be asked to cast your vote for New Jersey Regional Director at your areas OEC refresher. Vote for a listed candidate, vote a write in candidate (be sure they meet bylaw requirements) but please **VOTE!***

*Have a Great Season!*

**Greg**



## **Bike Patrol**

Steve Devine

Keeping Skills Sharp and Having Fun!

***Don't like refreshers?  
Scenarios are getting boring?  
Want to have some REAL adventure?***



Bike Patrol! What started out as an "Experiment" in response to a Park Rangers desire for help during bicycle events has become an overwhelming success! As a result of the demonstrated usefulness and skill of Ski Patrol Personnel in providing First Aid and other Patrol

Services at Bike events, the word is spreading about this bunch of Ski Patrollers on Bikes. Event organizers have recently begun to contact us to see if we could help them with their events. We are also being asked if we can commit to next years event schedule. The New Jersey Region has even received a number of donations from event organizers.

Patrollers from across the New Jersey Region have turned out to give Bike Patrol a try. One thing we learned is that First Aid is actually easier when your fingers are warm and you are not sliding down a hill! Even if you don't own or ride a bike, there is a place for you on the Bike Patrol. There is no minimum commitment. It doesn't matter if you are an Auxilliary, a Nordic or an Alpine Patroller. Anyone with OEC and CPR can do First Aid and can (try to) ride a bike. The benefits to the patroller are significant. Alpine patrollers keep their Quads in shape riding. Nordic patrollers get to look at topo maps and pretend that their not really lost in the woods. (Turned around maybe, but not lost.) When you finally do attend your Fall refresher, your skills First Aid are still sharp and ready to go. So there is something in it for everyone.

We have FIVE more upcoming events through September and October. Please contact me if you are interested. We need the help.

Dates:

- Sunday 9/12 – Ringwood State Park
- Sunday 9/19 – Hidden Valley
- Sunday 10/10 Wawayanda State Park
- Saturday 10/16 Ringwood State Park
- Saturday 10/23 Wharton State Forrest



I would also like to thank those patrollers (you know who you are) who have supported Bike Patrol activities and have put up with my incessant emails and phone calls. Without YOU there would be nothing.

Keep Riding and soon we will be sliding!

Steve Devine

(H) 973-586-1767

devines@camfilfarr.com

## Ski & Toboggan

Chris Broderson

Many of you expressed an interest in the S&T Program last season. Some want to become Seniors, others S&T Instructors, and some TE (formerly known as Senior Examiners). Believe it or not, it's not too early to begin preparing for the season and as always we need talented, dedicated people to lend a hand!

Anyone interested in becoming an S&T Instructor/S&T Examiner (otherwise known as an IT or Instructor Trainer) please contact Jeff Haines or myself. You will need to attend a Phase I course and then be appointed a Mentor for training before being signed off. The good news about the changes to this part of the program is candidates are able to move through toward certification at their own pace.

Please be sure to check out the Eastern Division website's new calendar. Each program is color coded (S&T is in red), and for those interested in becoming a TE you'll notice something relatively new: clinics for TE candidates. This program was piloted last year at Bromley with great success. For anyone interested in participating in a TE evaluation I would HIGHLY recommend attending one of these clinics. In other words, don't expect to be successful at becoming a TE if you don't attend one of these clinics.

Those of you working toward Senior should start thinking about training & testing. For many years the NJ Region has had an outstanding relationship with Southern NY, and many of our Senior Candidates have tested in March at Belleayre. While I continue to encourage people to attend this event, remember there are other evaluations you can attend if the Belleayre exam doesn't fit into your schedule!

Finally, Division is making changes to the Bylaws. These changes are designed to give Patrollers more "ownership" in the organization. Hopefully you've already noticed a change with more programs being offered locally, such as Women's S&T Enhancement, Skier Enhancement, etc. I would ask that each of you think about which programs you would like to see take place in the NJ Region and pass the feedback along to Jeff Haines, Greg France, or myself so we can place these requests accordingly. Remember: Division is here to serve YOU.

## Hidden Valley

**Sat. 9/25/03** Mike Colvin Memorial Run (rain date 9/26)

**Sat. 10/23/03** OEC Refresher, 8am

**Sun. 10/24/03** Area Refresher and Lift Evac., 8am

**Ski Swap: October 29, 30 & 31**

**Sat. 11/20/03** Beefsteak Dinner

## Delaware Valley

**October 3rd** Delaware Valley OEC refresher

## Regional Nordic Refresher

**Saturday Nov. 20th** 9am SHARP at High Point

## Mt Creek Refreshers

**Area** refresher at Vernon, Sunday, September 26, 7am - 5pm

**OEC** refresher at South, Sunday, October 10, 7am - 5pm

**Pizza YES!** Don't forget to bring you completed scenarios from the Ski Patrol magazine.

## New Senior OEC Instructors

Sue VanOrden

### Congratulations:

New Senior OEC instructor / examiners:

Kevin Gross, Mt Creek, Sur Tordorf, Mt Creek

Harriet Frawley, Hidden Valley, Charles Reisinger, Hidden Valley

## Preseason Check Ups

Dennis Fielding, MD  
Medical Adviser

It's time to get yourself Medically evaluated before starting your preseason conditioning, see your private medical doctor. Ask him if you're in condition for the rigors of Ski Patrolling? Any risk for Coronary Artery Disease? Is your Blood Pressure under control? What kind of conditioning does he recommend for your specific medical condition?

Next get your vaccines updated-Tetanus Booster should be every 10 yrs, Hepatitis B Series should be a must for all patrollers, consider Flu Vaccine as well each Fall.

Don't forget to get those bindings rechecked before the season, a pre-release or a failed release can both have devastating consequences for you or someone in your toboggan. Ski healthy.



## FREE SKIING, Alumni News

It's fantastic that our Ski Areas provide a free day of skiing for the Alumni members. Showing their ongoing appreciation for all the dedicated service we have performed over the years.

It provides us the pleasure of seeing some of our fellow patrollers that we might not have seen for awhile and catch up on all the gossip.

This years FREE SKI DAYS will be at Mt Creek on Friday January 14th. We will meet at the Ski Patrol building at the South Lodge anytime after 8:30am. *Lunch will be provided!*

At Hidden Valley on Saturday January 15th., anytime after 8:30am at the Patrol Building. *Lunch will be provided!*

*So come join the fun on either or both days, you won't regret it. If you are planning to attend please contact me so arrangements for enough food can be made.*

Contact John Phelps, 570-242-3023 (C) or 570-296-2219 (H)  
Please also contact me for information regarding joining the NSP Alumni.

## Special Olympics

Volunteers needed for Special Olympics 2005! Volunteers are needed again to support New Jersey Special Olympics. The time trials will be held at Mountain creek on Tuesday and Wednesday, January 4th & 5th. The Special Olympics Winter Games will be held on Monday and Tuesday, January 31st and February 1st. Downhill competition will be held at Mountain Creek.

Cross-Country will be held at Campgaw Mountain.

Please contact Kathy Kelley, 201 998-8596 or [luvto.ski@verizon.net](mailto:luvto.ski@verizon.net) for more information, or to sign up.

Thanks, Kathy



If we have as much snow as we had rain this summer I'm getting powder straps!!!

## OEC Instructors

Needed OEC evaluaters for Hidden Valley OEC evaluation  
October 9th, 8am.

Contact: Kathy Kelley, 201-998-8596 (H) • 908-243-7583 (W)  
[luvto.ski@verizon.net](mailto:luvto.ski@verizon.net)

## HV Annual Clam Bake & Picnic

**Sat. Sept. 11th**  
**Noon til - 9pm**

**Open to ALL Patrollers & Candidates & their families.**

WHERE: Lafayette Field, Lafayette, NJ

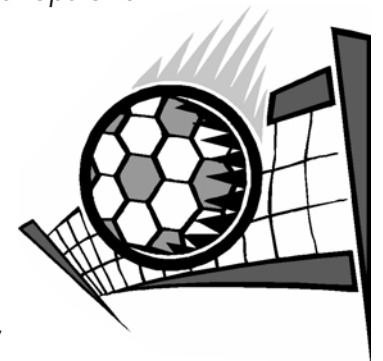
FOOD: Clams, Ribs, Hot Dogs, Chili, Burgers, London Broil, Corn, Sausage & Peppers, Salads, Roasted Pig & Chicken, Bill's Homemade Chowder, Beer.....Wine.....Soda.

ACTIVITIES: Volleyball, Basketball, Softball, Rollerblading, Swimming, Organized Games and Antique Shops and Shopping 1/2 block from picnic area.

**JOIN US.**  
**WE GUARANTEE**  
**YOU'LL HAVE A BALL!**

**RSVP by Aug 12th**  
**(We need number of adults & children so we may plan accordingly.)**

Contact Bill Brown at 973-697-3972 (Please leave message)



## Hot Line & Web Page

Want current information about what's going on in the New Jersey Region....

Call: 973-383-4445 • Option 1 • our code # 4401

NJ Web Site: [www.nspnj.org](http://www.nspnj.org)

Eastern Div.: [www.nspeast.org](http://www.nspeast.org)

Want to leave some information on the Regional Website?

Send your info to be posted to: [nspnjweb@optonline.net](mailto:nspnjweb@optonline.net)

Harriet Frawley is the new webmaster for the regional web site.

## Telemark Skiers

*At our request Division has tentatively scheduled a Tele Enhancement Seminar for March 5th & 6th at Mountain Creek. Details will follow, so check the Division Website early and often for registration information as these events tend to fill up very rapidly. This event is open to anyone in the Division, not just the NJ Region. First come, first served.*

*Chris Brodersen*

## Winter Patrol Belt Articles

*Our next Patrol Belt is scheduled to be mailed the week of December 1st. Anyone wishing to place an article should have all information NO LATER THAN November 15th to:*

*Roger Williams*

*518 Grandview Drive,  
Highland Lakes, NJ 07422*

*973-764-4232 (H)*

*973-764-5242 (W)*

*973-764-0642 (Fax)*

*rbdesign@warwick.net*

*Please forward any changes of address, new members or status so we can keep our files current.*

