



Patrol Belt



New Jersey Region - National Ski Patrol

January 2010

From the desk of Don Cavallo, New Jersey Region Director . . .

Mother Nature has been good to the New Jersey ski areas this season. We have had some great skiing and riding. We could use a little more natural snow for the Nordic areas. The New Jersey Region will be providing some outstanding training opportunities this season for patrollers of all levels. The dates and locations are being posted in the Patrol Belt, so please take advantage of the excellent training staff that we have here in the New Jersey Region.

I would like to announce that the New Jersey Region has elected two new Region Delegates to represent us on the Eastern Division Board. Deb Cowell from Hidden Valley and Joe Manna from Delaware Valley have been elected to a two year term which starts in April at the Eastern Division Board meeting in Albany, New York. Sue-Ellen Helmacy has held this position for the past six years and has done a remarkable job.

Everyone on the Ski Patrol does a great job of keeping the ski areas safe for the skiing public. We don't do it for the glory, and we don't ask for special recognition; however, sometimes it is nice to just pat each other on the back and say, "Nice job!" The National Ski Patrol has many different awards to do just that: to recognize a job well done. I encourage all of you, if you see a patroller or team of patrollers that has gone above and beyond, to write it down and send it in to your awards committee.

In closing, I would like to share an event that deserves a "well done!"

On Saturday, January 9, my son Ryan sustained a head injury during a snowboard competition at Mountain Creek. We want to extend our sincere appreciation to the entire Mountain Creek Ski Patrol team for their outstanding care. The emergency response team was with Ryan within a minute's time to help him after the fall. Since he was unresponsive, oxygen was administered. and the Ski Patrol members were attentive and keenly aware of exactly what needed to be done. The airlift to Morristown was efficiently organized, and Ryan arrived at the trauma center safe and sound. We were so impressed with the Ski Patrol's expertise and professional care!

You all played a critical role in helping Ryan, and we will be forever grateful.

Mary Ann and Michael

Don Cavallo doncavallo@optonline.net

Bike Patrol

Stephen Kiel
webmaster@nspnj.org

The 6th season of the NJ Region Bike Patrol has come to an end. If you are curious, here are some stats:
This season consisted of:

- 8 scheduled events at 5 venues
- 1 search for a missing mountain biker

Of the 8 scheduled events:

- 6 were mountain bike races
- 2 were bike/kayak/trek adventure races

During our 8 scheduled events this season, there were:

- 64 participations from 30 patrollers
- 7 patrols were represented from 3 NSP regions

The breakdown of participations and patrollers per patrol was as follows:

- Camelback: 3 participations from 2 patrollers
- Campgaw: 4 participations from 2 patrollers
- Hidden Valley: 25 participations from 14 patrollers
- High Point: 10 participations from 3 patrollers
- Mount Peter: 9 participations from 2 patrollers
- Mountain Creek: 10 participations from 5 patrollers
- Stokes: 3 participations from 2 patrollers

In addition, patrollers from the following patrols were scheduled to assist at the 24 Hours of Allamuchy event, but were unable to do so because the event was stopped due to horrendous trail conditions:

- Alpine Mountain
- Delaware Valley
- Hidden Valley
- Mount Peter
- Wawayanda

4 patrollers attended at least half of the scheduled events:

- Allan Clark (4)
- Eileen Dalton (5)
- Tom Hennigan (8)
- Steve Kiel (8)

4 patrollers served as event leaders, of which only one was not named "Steve":

- Eileen Dalton
- Steve Devine
- Steve Kiel
- Steve McGee

During the search for the missing mountain biker:

- 9 patrollers responded or assisted
- 6 patrols were represented from 2 NSP regions

In summary, a lot of good work was done by a small number of people for a good cause. Thank you again for another great season!

NJ Ski Council Representative

Phil Uhler
phil.uhler@prudential.com

All NJ Region patrollers are part of the NJ Ski Council, and as such, have access to some valuable discount programs here on the East Coast. To use most of these programs, you will need to have a NJ Ski Council sticker affixed to your NSP card and present that card to the various ski areas or merchants that offer the discount. A supply of stickers was distributed to each Patrol Director. See your local Patrol Director for a sticker. For more details on the various discount programs, see <http://www.njskicouncil.org/DiscountsMain.html>

In addition to the discount programs the NJ Ski council offers, the High Life Ski Club (HLSC) has offered their Lodge in Chittenden, VT (just one town north of Rutland and is close to Pico and Killington) to NJ Region patrollers and their families, who can stay at the HLSC lodge without membership or escorts at the rate of \$30 per person per night. Sign-ups are usually done in person at a High Life Ski Club meeting 2 weeks before you want to stay. HLSC Meetings are each Tuesday at the Exchange Restaurant, downstairs room, 160 E. Main St., Rockaway, NJ. Please see the HLSC website @ <http://www.highlifeskiclub.org/> for address and more details. The HLSC contact for this program is Gary Silbert 973-663-0729.

Advance Purchase Lift Tickets

- How it works
 - The NJ Ski Council offers NJ Region Ski Patrol members an opportunity to obtain discount ski lift tickets from many Eastern ski areas.
 - The program is for use by NJ Region Ski Patrol members for themselves and their families, only.
- Ordering tickets
 - All tickets are obtained thru the NJ Region's Ski Council Representative(s) who can be reached at 908-326-3660 or via E-Mail pjuhler@optonline.com. Once the NJ representative has your check, he/she will order the tickets via the NJ Ski Council's web site and mail them your money.
- Getting and distributing tickets
 - Tickets will be either delivered to the NJ Region's Ski Council Representative(s) at the next Ski Council meeting or shipped directly to the NJ Ski Council Rep. (A \$15 shipping charge will be added to the cost of the ticket order).

- Ticket returns:
 - **It is highly recommended that all tickets be used in the same season as purchased.** Some, but not all, mountains allow a small percentage of returns per club. If they allow a return, they have strict time frames to return the tickets, will only return the ticket for an exchange for a voucher for next year, and fees may apply. All returns, like all ordering, are handled through the member club's representative to the NJ Ski Council.
- Prices:


Mountain	Notes	Return Limit (% of Purchase)	Price
Ascutney	All Ages		\$34.00
Bromley (Adult)	Ages 13+		\$40.00
Bromley (Junior)	Ages 6-12 (5 and under are free)		\$31.00
Gore/Whiteface	Valid at Gore Mtn. & Whiteface		\$46.00
Jay Peak (Adult)	Ages 19+		\$38.00
Jay Peak (Junior)	Ages 6-18 (with ID)		\$33.00
Mount Snow	All Ages	10%	\$53.00
Okemo (Adult)	Ages 19-64	20%	\$59.00
Okemo (Junior/Super Senior)	Ages 7-12 or 70+ (with ID)	20%	\$38.00
Okemo (Young Adult/Senior)	13-18; 65-69	20%	\$49.00
Pico	All Ages	15%	\$33.00
Stowe	Ages 13 - 64		\$51.00
Stowe - Child/Senior	Ages 6-12 and 65+		\$46.00
Stratton	All	10%	\$50.00
Sugarbush	All	15%	\$52.00

This price list is for New Jersey Ski Council clubs only and is not for general publication!!!

W Membership Discounts

- How it works
 - In general, the program provides on-the-spot discounts (with some exceptions) at participating businesses.
 - This program applies to individual members of SKI CLUBS that are members of the New Jersey Ski Council. A valid ID issued by a member club must have a NJSC numbered sticker affixed to the ID to validate a member's eligibility to participate in the program. (Your NSP card is your club card). The 2009 sticker is valid for the ski season of 2009-2010. When both sticker and ski club ID are valid, this is considered a VALIDATED NJSC SKI CLUB ID.
 - Offers are subject to change without notice.

- MEMBERSHIP DISCOUNTS FOR THE 2009 - 2010 Ski Season


See below ("Good Deals") for a list of MEMBERSHIP DISCOUNTS FOR THE 2009 - 2010 SEASON. The  indicates your Club Membership ID (NSP Card) with the NJSC Sticker is required. These discount programs are subject to change, and more are added. Please see <http://www.njskicouncil.org/DiscountsMain.html> for the most recent program details.

Good Deals FOR THE 2009 - 2010 Ski Season

- Discount Days And Special Events
 - Some of these are Ski Council specials, others are available to the General Public.
 - Present your NSP card with the NJ Council Sticker and a photo ID to obtain NJSC discounts. Go to group sales if there are any problems.

 Great Member Benefits at the [National Ski Council Federation](#) for the 2009/2010 Ski Season.

 [Ski Windham Ski Club Card](#) at the Group Discounts Office for the 2009/2010 Ski Season.

 Don't forget [Jack Frost/Big Boulder](#) discounts for the 2009/2010 Ski Season.

 Ski Appreciation Days at [Okemo](#) for the 2009/2010 Ski Season.


 Great discounts at [the Basin Sports Ski Shop at Killington](#) for the 2009/2010 Ski Season.

 Great discounts also at [Mount Snow, Vermont](#) for the 2009/2010 Ski Season.

 Check out the [Stowe Points Card Program](#) for the 2009/2010 Ski Season at Stowe.

 Did we mention [Stowe Appreciation Days](#) for the 2009/2010 Ski Season?

 Great Deals at [Gore Mountain](#) Ski Council & Club Appreciation Days

 Trailways Deals to [Gore Mountain](#)

 Can't forget [Plattekill Mountain](#) for the 2009/2010 Ski Season.

 And of course [Whiteface Appreciation Days](#) for the 2009/2010 Ski Season.

Your NJ Ski Council Representative for the NJ Region is Phil Uhler.

You can contact me by:

- Phone @ 908-326-3660. Messages left at this number will immediately send an e-mail to all of my e-mail accounts
- E-mail pjuhler@optonline.com
- By snail mail @ 371 Finch Lane, Bedminster, NJ 07921

Delaware Valley Ski Patrol

Stu Gillard
gillard@aol.com

Nordic Patrolling: Washington Crossing Park is open with winter hours 8:00 AM to 4:30 PM daily. Nordic patrollers may park in the Museum parking lot and may use the Museum (open 9:00 AM to 4:00 PM daily) to check in with the staff and warm up during patrolling. If the Museum is not open or if you do not communicate with the resident staff, patrollers may call 609-737-0623 or 609-737-0617 to report the start or your patrolling and call again to report the finish. If you check in, YOU MUST check out on the same phone number or same staff member you checked in with. It is critically important that the The WCSP Park Police are never uncertain about the status of a patroller, especially near park closing. The Park Police have been very supportive of our patrolling and we'll be another set eyes and ears for supporting the safety of the public when on the trail.

The two numbers above are for Park Administrative Offices reachable by your cell phone. If a patroller encounters a true emergency in the Park, use best judgement and call the above numbers and/or 609-737-3100 (Hopewell Township Police) depending on the situation. Routine situations that need to be brought to the attention of the Park, the above numbers are best to call. Again, use your best judgement as to what to report.

The Continental Trail appears to be a favorite with skiers, along with the Canal Path second. Please make sure you have a Park Map with you on patrol. A compass and/or GPS is highly recommended as well as the normal Nordic patrolling gear. As small as the park is, if you are not familiar with the terrain, there still is room for confusion out on the trail.

There is no grooming of trails. We may get lucky if a snowmobile makes track for us. Please send an Email out to the patrol with your intentions and plans for patrolling so others can join up. Photos of you on the trail are appreciated. Please reply to gillard@aol.com with any pictures you think are worthy for the DVSP web site.

The 2010 NSP membership cards have been signed by me and are in the mail to DVSP patrollers. You should get your cards around January 22, 2010. Enclosed with you card will be a NJSC sticker that identifies you as a member of the NJ Ski Council with all the benefits mentioned by Phil Uhler in this edition of the Patrol Belt.

Lastly, CW3 Tim Lelie has safely returned from IRAQ and should be released from active duty this week. Congratulations, Tim, on an amazing accomplishment of flying over 300 combat hours in a UH-60 Blackhawk Helicopter!

Delaware Valley Ski Patrol

David Mooney, IOR
dmooney@earthlink.net



Back row, Left to Right: Bob Hodges (Elk Mountain), Diane Gardiner (Hidden Valley), Max Brown (Big Boulder), Ken Anders (Shawnee), Aleksandr Casucci (Shawnee), Espen Karlsen (High Point), Nick Snyder (Alpine Mountain), Joshua Tucky (Sno Mountain). **Front row, Left to Right:** Adam Olsen (Jack Frost), Laurie Lesko (Big Boulder), Lilia Gilbo (Big Boulder), Mary Kate Funari (Jack Frost)

The OEC practical test went great (we almost finished before lunch!), and all eleven candidates being evaluated passed. Three candidates needed to re-test a station due to nerves, but they made it. Congratulations to the Students: Diane Gardiner (Hidden Valley), Max Brown (Big Boulder), Ken Anders (Shawnee), Aleksandr Casucci (Shawnee), Espen Karlsen (High Point), Nick Snyder (Alpine Mountain), Joshua Tucky (Sno Mountain), Adam Olsen (Jack Frost), Laurie Lesko (Big Boulder), Lilia Gilbo (Big Boulder), Mary Kate Funari (Jack Frost)

Many thanks to the DVSP OEC Class core Instructors: Roger Copt, Joe Manna, Stu Gillard (PD), Tom Marret (Alpine), Gene Jack (Alpine), Terry Ownes (Big Boulder)

Additional thanks to: Tom Blackwell, David Olsen, RaeAnn Stichter, Gene Davis, Julie Cargille, John Moravitz, Ted Kowalyshyn, Rich Messina, Matthew Abbadessa, Nancy Mayberry, Donna Lelie, Gene Kohler (NJ IT).

Special thanks to the West Amwell ESC School for their continued support of DVSP and the OEC class through the generous use of their facility.

A Big Thanks to the 2009 OEC Final Practical Test evaluators and assistants from eight ski areas. As always, I'm indebted to the volunteers of the NJ and EPA Regions who stood (or lay on the ground) in the cold to watch the next generation of patrollers prove themselves worthy to join the ranks of NSP. We could not have done it without you!

STATION 1 - Oxygen : Wolfgang Boernert (Alpine), Mike Melcer (Alpine)

STATION 2 - Diabetic/Bleed: Roger Copt (DVSP), Jeff Detwiler (Jack Frost), Greg Mohr (Ranchlands), Donna Lelie (DVSP)

STATION 3 - Clavicle/knee: Bob Leonard (Plattekill, NY), Gene Jack (Alpine), Susan Leonard (Plattekill, NY), Peggy Krimmel (Alpine)

STATION 4 - Femur: Don Cavallo (NJ RD), Tom Marett (Alpine), Tom Blackwell (Plattekill, NY), Gene Davis (DVSP)

STATION 5 – Unresponsive/backboard: Bob Carlson (Shawnee), Terry Ownes (Big Boulder), Ted Iandola (Jack Frost), Jim Paradee (DVSP)

STATION 6 – Unresponsive/backboard: Sue Ellen Helmacy (Hidden Valley), Rich Messina (Camelback), Nancy D'Ambrosio (EPa), David Olsen (Jack Frost), BJ Leonard (Plattekill, NY)

OEC Testing IT: Gene Kohler (NJ OEC IT), Dennis Zercher (EPa OEC IT)

If you know of a candidate who is in need of a class, please do not hesitate to send them over. Next OEC class starts August 30, 2010!

Special Olympics

Kathy Kelley Iantosca
peanutfan@optonline.net

Special Olympics NJ Winter Games will be held at Mountain Creek on TUESDAY and WEDNESDAY, February 2 & 3, 2010! Big changes this year! Alpine, Cross-country, snowboarding, and snowshoeing will ALL be at Mountain Creek on both days. Skating will be at Skylands Arena on Tuesday only.

If you are interested in volunteering, please register with SONJ state office, ASAP. The volunteer application is available on their website, www.sonj.org Also, if you are interested in being a race official at the Alpine venue, please email [Kathy Kelley Iantosca](mailto:Kathy.Kelley.Iantosca) in addition to registering with the state office. I am trying to fill the race official positions with Ski Patrollers.

Equipment

Matthew Rosett
ferretsx3@comcast.net

"News from the Equipment Chairman:"

Currently, the Region owns and maintains 6 sleds and 4 sled packs. The sleds are for training, and the sled packs are intended for OEC tests. The packs reside at HVSA. One sled is with the Delaware Valley folks. One sled is at Campgaw. The remaining 4 sleds are at Hidden Valley. If you are in need of any of this equipment, please contact me (with as much notice as possible), and I will assist you in getting the equipment.

We are adding detachable tail ropes (11 mm static kern mantle rope) to three of the sleds this year. So if you borrow a sled, don't forget to get the tail rope that goes with it!

Lastly, I am in the process of purchasing a new sled. One of the current sleds will be retired and donated to the High Point Patrol.

Any questions or comments may be directed to me at Ferretsx3@comcast.net or 201-306-0937.

Thanks and have a great Ski Season.

Awards

Sue-Ellen Helmacy
sehmail@ptd.net

YOU can make a difference!

Please think of at least one fellow patroller that you feel is deserving of being recognized for their patrol efforts and take a minute to nominate them for an award!

Log onto the "[Division website](#)" for Division award considerations.

For National Awards, check "nsp.org." Awards are listed in "Member Services" dropdown to "Bookshelf." The second box is "References and Resource Materials / Award Downloads". I'm sure you will find an appropriate award in either of those places.

I'll be happy to assist with completing the forms. Once they are completed, they need to be sent to me either by email or snail mail:

sehmail@ptd.net or Sue-Ellen Helmacy
18 Panorama Drive
Sussex, NJ 07461

Stand up to the patrols that always seem to "hog" the awards!

Women's Development Program

Debbie Cowell
drc@warwick.net

Watch the Region calendar for up-coming events. Please let me know if you have an interest in a particular type of training event - Tele/snowboard/cross country/alpine enhancement or cross overs; S&T, OEC, or any idea for something new and different!

Young Adult Patroller Program

Debbie Cowell
drc@warwick.net

Start Training!!!! This year's NSP Eastern Division Young Adult Patroller Seminar is March 19-22 at Jiminy Peak in MA. That's only 9 weeks to get your OEC, S&T, and skiing skills sharpened up! There will be a YAP OEC clinic at Hidden Valley on March 7, 2010 from 10 AM to 2 PM. Please RSVP to me by 2/21/10 if you plan to attend. Also, Joni Porter has offered to do some additional OEC training on Sundays at Hidden Valley (except 2/21/10). Please contact me if you are interested.

Watch the Region calendar for additional YAP training opportunities. All YAP Candidates/Patrollers should take advantage of the Region's S&T clinics and Senior S&T clinics.

Registered Candidates or Patrollers that are still in high school are both eligible and strongly encouraged to attend the Young Adult Patroller Seminar. The registration form is available on the [Eastern Division website](#) and in the current Winter 2010 Trail Sweep. The deadline to register is 2/15/10. Don't forget that you will need either my signature or your Patrol Director's signature to participate. Please try to register early!

Any Adult Patrollers over the age of 21 interested in helping with the YAP Seminar should contact [Debbie Cowell](#).

Ski & Toboggan

Andy Byra
acski@verizon.net

Winter has finally arrived and has given us plenty of cold weather to make snow. The ski areas seem to have all of their terrain open, with the best start to a ski season I can remember in quite some time (so much for global warming).

With this great start, I am sure everyone has been working on their re-certs, or at least planning to do so. Re-certifying your toboggan and skiing skills are just as important as your OEC skills. Our guests and our ski areas put a great amount of faith in us to transport any injured person safely to our aid rooms.

I am challenging each and every one of you to work on your toboggan skills by attending a Toboggan Enhancement Clinic or Patroller School. There are many opportunities--just look at the [Region](#) or the [Eastern Division](#) calendars. You can also just go out and work on your snow plow, side slip, and the transition on your own. The skill I find most patrollers have a problem keeping sharp is the transition.

This skill requires practice, practice, practice, and should be worked on every season to stay sharp. You can also ask one of the many S&T instructors for help; that is what they are there for.

The New Jersey Region S&T schedule will be as follows:

- 1/10 New Jersey Ski Trainers Workshop at Mountain Creek
- 1/16 1st Candidate level exam at Mountain Creek
- 1/30 2nd Candidate level exam at Hidden Valley
- 2/13 Candidate level exam at Hidden Valley
- 2/20 Candidate level exam at Mountain Creek
- 2/24 Toboggan Enhancement at Mountain Creek
- 3/3 Candidate level exam at Mountain Creek
- 3/7 Senior S&T test at Mountain Creek

As always, there will be Senior training at Hidden Valley on Monday nights and Mountain Creek on Thursday nights. We will also have several days planned at Bellayre Mountain in NY.

Patroller Schools will be at Sunday River, Maine, on 1/21 thru 1/23; Windham on 1/23 and 1/24; Elk Mountain 1/23 and 1/24; and the Killington Patroller School will be 2/6 and 2/7. Lets get out and improve our skills; you will glad that you did!

Please contact me if you would like to attend any of the clinics, or training dates listed above. My e-mail is acski@verizon.net, or you can reach me at my home #973-839-1229.

From the Eastern Division Website:

EASTERN DIVISION PATROLLER SCHOOLS

Whatever level of patroller you are, come join in on the fun!

Sunday River, Maine - January 21-23, 2010

Elk Mountain, PA – January 23-24, 2010

Windham Mountain, NY – January 23-24, 2010

Killington Mountain, VT – February 6-7, 2010

Several Eastern Division Patroller Schools are scheduled for this season. This two-day program, available to all patrollers in the Eastern Division, will feature several venues designed to meet the needs of the individual patroller. All of the venues count as a Senior Elective or National Continuing Education. Please see specific patroller schools listed below indicating the various venues available for that weekend.

The first venue will be the traditional format, which consists of one day skiing/boarding with a PSIA Instructor and one day with an NSP Alpine Toboggan Instructor. This venue is for the Candidate, Auxiliary, or Basic Patroller. Instruction will be individualized for alpine, telemark, and snowboard. Regardless of the type of equipment you prefer, the emphasis is on a fun, stress-free learning environment.

The second venue will be for patrollers taking the Senior S&T exam. We will show the senior candidate the “whole test” in a positive non-testing environment. This will give the patroller individual feedback of their strengths and the areas they may need a little extra help. This clinic meets the requirements for a Senior Clinic to be taken prior to the Senior Exam.

The third venue available is designed for those patrollers who are planning on becoming an Alpine Toboggan Instructor or a Senior S&T Trainer/Evaluator. Emphasis will be placed on teaching, and training effectively. If you are interested in becoming an Alpine Toboggan Instructor for your mountain; or a Senior S&T T/E, come join us, and we’ll get you on your way.

The fourth venue is an Intro to Certified Program. This venue will provide the interested patroller a broad overview of the Certified Program. Over the course of 2 days we will be running sleds, providing a hands-on Certified OEC clinic, and introducing you to other modules of the Certified Program. Please sign up early as this venue will be limited to the first 12 patrollers who sign up.

And what is a Patroller School without a Saturday evening après Patroller School Party! Join in on the fun and talk with other attendees and instructors sharing what you accomplished for the day.

Thanks for supporting the Eastern Division Patroller Schools. We look forward to having you for a fun and exciting weekend!

Sunday River, ME, January 21-23, 2010, Thurs-Saturday

Program Agenda:

Traditional Patroller School for Alpine, Snowboard and Telemark

S&T Clinic (Friday and Saturday)

Senior S&T Candidate Clinic (Friday and Saturday)

Senior S&T T/E Candidate Clinic (Friday and Saturday)

Intro to Certified (Thursday Only)

Certified Precourse (Thursday Only)

Contact: Jim Wackell, email: jimiski@hotmail.com

Program Fee: \$35.00 per day

Elk Mountain, PA, January 23-24, 2010

Venues include:

Traditional Patroller School for Alpine, Snowboard or Telemark

Alpine Toboggan Instructor Clinic

Senior S&T Candidate Clinic

Senior S&T T/E Candidate Clinic

Intro to Certified Program

Contact: Bill Jordan, email: cert169@adelphia.net. For simple, convenient on-line registration, go to www.nspeast.org. Go to the calendar page and click on the link under comments.

Program Fee: \$60.00

Windham Mountain, NY, January 23-24, 2010

Venues include:

Traditional Patroller School for Alpine, Snowboard or Telemark

Senior S&T Candidate Clinic

Spouse's Clinic (That's right! Bring your spouse along for the weekend for 2 half-day PSIA ski lessons – fee \$50.00).

Contact: Brant Maley, email: skipatrol@comcast.net. For simple, convenient on-line registration, go to www.nspeast.org. Go to the calendar page and click on the link under comments. Or register direct at <http://patrollerschoolwindham2010.eventbrite.com>

Program Fee: \$70.00

Killington Mountain, VT, February 6-7, 2010

Venues include:

Traditional Patroller School for Alpine, Snowboard or Telemark

Senior S&T Candidate Clinic

Senior S&T T/E Candidate Clinic

Contact: Brian Bishop, email: brianbishop@mail4me.com, see registration form in Trail Sweep, or go to www.nspeast.org. Go to the calendar page and click on the link under comments.

Program Fee: \$70.00

** All program fees include 2 days instruction, lift tickets and après ski party. **

For additional, current information, please see the calendar on the [Eastern Division Web Site](#)

High Point Ski Patrol - Nordic

JC Cowell
nordic@nspnj.org

News Flash!!!

We have snow in the woods, and we are skiing at High Point. Our season is in full swing; and although we could use a little more snow, we have enough if you know where to go. If you want to try cross-country skiing or sharpen some outdoor skills, then send me an email and come on up.

Nordic Program

Steve Devine
devines@camfilfarr.com

We are finally off to a good start! Cold weather preserved the early season snow providing good enough conditions to get out and cross country ski and snowshoe in most areas. The big storm went to the south, so Delaware Valley was the big winner with over 18 inches of snow on their trails! As soon as this current thaw is over, we should return to more snow and improved conditions. The good news is that High Point Cross Country Ski Center was awarded their bid to continue operations. We have four Nordic Candidates, and hope to pick up more. So if you are interested in learning more about Nordic, please contact me or a Nordic Patrol Director, and we will get you on the right track. Instructors are available to train with you every Saturday morning beginning at 9:00 AM at High Point. We always keep this fun. Hans Karlsen, the operator of the High Point Ski Center, can provide equipment if you do not have your own.

This year I would like our existing Nordic patrollers to focus on involvement and improvement. We can continue to practice our navigation skills, SAR skills, and MTR skills and carry those into the Bike Patrol season as well. At a minimum, please complete your required duty shifts, and feel free to join in with the training on Saturday mornings at High Point.

Important Dates:

Nordic Senior S&T Evaluation: Saturday, Feb. 27, 2010; WNY Region. Contact Butch MacQueen at 716-354-9235. Pre-registration is required. <http://www.nspeast.org/html/calendar.htm>

Nordic Patroller S&T Evaluation: Saturday, Feb. 27, 2010; High Point. Contact [Steve Devine](#) or your local Nordic Patrol Director.



SARCNJ Winter Tech Weekend February 20 and 21 at the
Hidden Valley Club, Vernon, NJ



Hosted by
New Jersey Region - National Ski Patrol and New Jersey Search and Rescue

Training topics to include;

- Snow and Ice Travel with Ice Axe, Crampons and Snowshoes
- Rescue anchors in snow and ice
- Medical Considerations for cold weather patient care
- Avalanche Awareness
- Avalanche beacon search
- K-9 search for buried subjects
- Avalanche self and group rescue

Sunday will take all the skills you learned the previous day and test them in several mock rescue scenarios!

Also, the NJ Region NSP plans to offer the certificate course, Avalanche Fundamentals and Rescue at the cost of \$40. This course will cover snow science, self rescue, group rescue, beacon search and probe line search. Graduates of this course will have the option to upgrade this course to Avalanche Rescue Level One which will move to Pinkham's Notch NH on March 13 and 14th. This course will include the Tech Weekend Avalanche Fundamentals, Avalanche Level One in NH, accommodations at the AMC Hut in Pinkham's Notch and all meals for the cost of \$340.00. The Saturday portion will cover advanced field work. Sunday will culminate in a trek into Tuckerman's Ravine to work in actual avalanche conditions! There will be limited registration openings for the Avalanche Fundamentals and Rescue as well as the Avalanche Level One course so respond as soon as possible if you are interested!

Contact Bryan Enberg bryan.enberg@gmail.com for details.

Mail Registration and Payment to: Phillip Galka, 61 Warren Street Whippany NJ 07981

Name: _____ **NSP#:** _____

Address: _____ **City:** _____ **State:** _____ **Zip:** _____

E-mail: _____ **Phone:** _____

Check Course Selections:

___ February 20 , 2010 - Avalanche Fundamentals and Rescue – \$40.00

___ March 13-14 2010 – Level 1 Avalanche for Professional Rescuers – \$340.00

New Jersey Region Awards Dinner - 2010

JC Cowell
nordic@nspnj.org

NJ Region Awards Dinner Dance
May 2, 2010
5:00 PM Cocktails
6:00 - 9:00 PM Dinner

Lake Mohawk Country Club
21 The Boardwalk
Sparta, NJ 07871
www.lakemohawkcountryclub.com



Please join your fellow patrollers from the NJ Region for an evening of awards, dining, and dancing at the Lake Mohawk Country Club. Cocktails will be served (cash bar) beginning at 5:00 P.M. followed by dinner at 6:00 PM.

The cost is \$45.00 per person **before** April 15, 2010, and \$50.00 per person after. Please send your check payable to NSP-NJR (National Ski Patrol - New Jersey Region) to:

JC Cowell
30 Breakneck Rd
Vernon, NJ 07462
201-704-7799

Fabulous door prize! Find a baby-sitter! Bring a guest! Have some fun!

IMPORTANT MESSAGE

Please keep your contact information current on the National Ski Patrol database, as it is the only way to communicate important information to you. Log into the NSP website and check to see if your personal information is correct. Correct anything that might be wrong, and update your personal information.

You can access the NSP Member website by visiting: <http://www.nsp.org/public/AsiCommon/Controls/Shared/FormsAuthentication/Login.aspx?ReturnUrl=%2fpublic%2fdefault.aspx> Enter your NSP ID number and password. If you don't remember your password, click on "Trouble Loggin In?" below the Member Login box. Enter the required information, and you will be emailed your account information.

Once you have logged in, please click on "Edit Your Member Record" and update any incorrect information.

If you have never activated your online member account with NSP or if you continue to experience difficulties in accessing your current member account, please contact Cheri Overton, Member Services Manager/Registrations at: coverton@nsp.org or by calling her at 303-988-1111, Ext 2646.

It is imperative that all of the NSP member records are accurate since this is the only way for the Region Director and the Region to send important and timely information to the members!

National Ski Patrol Eastern Division currently has items for sale. Check out the Eastern Division website for a complete list of merchandise and suppliers: <http://www.nspeast.org/html/merchandise.htm>

***For complete listings of scheduled events throughout the year,
check the below calendars:***

***New Jersey Region NSP Calendar: <http://www.nspnj.org/calendar.html>
Eastern Division NSP Calendar: <http://www.nspeast.org/html/calendar.htm>***