

NORTHFIELD MOUNTAIN NORDIC SKI PATROL



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THIS JUST OUT! A BETTER CPR – AGAIN

by Ralph Rossi

Every year at the fall refresher we all get together to recert for CPR. And almost every year the rules change, the protocol is tweaked to make the technique more successful or more efficient. Well they did it again! I just read an article in Time magazine by Dr. Gupta where he highlights the changes made by the American Heart Association. I guess the AHA was reviewing their statistics and realized that 95% of cardiac arrest victims die before they reach a medical facility. The change was based on nearly 400 cardiac specialists reviewing thousands of studies of heart attacks.

The new emphasis is on the chest compressions. When faced with a cardiac arrest victim you do a scene survey, check the ABC's, call 911 and initiate CPR. We've been trained to do 15 compressions/2 breaths for a single rescuer, and 5 compressions/1 breath for two rescuers. When administering the new CPR, you now do 30 compressions followed by 2 breaths. Turns out that with all the shifting back and forth between chest compressions and mask to mouth breaths, valuable time was being lost. According to the American Heart Association's Dr. Michael Sayre, the new guidelines place more emphasis on the heart and are also simpler. "Push hard, and push fast," is how he put it. This change will also affect the protocol for recerting for AED. The first revised CPR classes will be available next spring. You can also go to the AHA website (www.americanheart.org) and purchase the "CPR Anytime" kit for \$30.00.

GETTING TO KNOW YOU...

by Joannie Duris

We thought we'd get to know our candidates out on the trails with the early start to our season, but alas, this is New England. Trails are closed until Mother Nature decides to give us more snow instead of rain and thunderstorms. Back by popular demand, and through the magic of e-mail interviews, this column once again lets us get to know a bit about our candidates. So when the snow finally flies and you bump into these folks on the trails (hopefully not literally), you can say, "Oh, yeah! I read about you in the Rattlebone!"

Marianne Jakus describes herself as "someone who loves to continue to grow, and to help others to grow by understanding our lives." She notes that people tend to mispronounce her name, which can be hard on the ears since she loves language. (It's Marianne with a short 'a', as in adios.) Her dad used to call her Mar, and she misses hearing that.

Mar is originally from New York City. She took a long and winding road to end up in New England thirty-four years ago, and hasn't left since. She spent three years in Madison, Wisconsin, six years in Berkeley, California in the 1960's, and three years in Baltimore before she came to Amherst when she was twenty-eight. (Small world, Mar! I just did the math, and I was a student at UMass, Amherst, when you settled in town. Who knows? Maybe our paths crossed even back then.)

Marianne has degrees in biology and psychology, and works as a private tutor. One of her main interests and strengths is the evolution of human behavior or human behavioral ecology. She has a son in Berkeley who is an architect and designer.

Patrollers should give themselves a pat on the back because it was "the absolutely wonderful people who I met on the patrol when I skied at Northfield" that inspired Mar to become a candidate. She notes that she was encouraged to become a patroller even though she is older, so she feels it's only fair that she gets to brag about her athletic exploits. She plays *(continued on next page)*

The next issue of the Rattlebone will be published in mid-March. Please get all articles, information, dates, etc. to Joannie Duris by March 15th.

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GETTING TO KNOW YOU...

(continued from page one) competitive tennis and qualified and ran sprints in the National Senior Olympics. And she doesn't even train as a runner! Too much running is too hard on her feet to be able to maintain her competitive edge in tennis. Mar's partner, Willie, couldn't believe the strength and agility of the athletes at the Senior Olympics.

Mar is a woman of many talents. She also sings in an eleven woman ensemble called the *Wild Women of Wednesday*. Their first gig is at the Creamery on Route 9 in Cummington on Tuesday, April 4th, at 7:30pm.

Jonathan Shefftz joined the patrol as a candidate this season, and just completed the OEC course at Blue Hill last month. He and his wife will be moving from Cambridge to Amherst as soon as their new house is completed. Jonathan describes himself as someone who really, *really* likes to ski. When I asked him if he has a nickname he prefers to go by, he pleaded the fifth. (Which is going to lead patrollers to speculate on just *what* he's hiding.)

Jonathan is originally from Binghamton, New York. He graduated from Amherst College in 1989 and then attended Harvard University for graduate school. Somehow he ended up staying in the Big City of Boston – not his natural habitat – for almost another fourteen years. He works as an environmental and financial economics consultant, mainly in the context of analyzing public policy issues for federal agencies and serving as an expert witness in commercial and environmental litigation.

He notes that he had already planned to be skiing frequently at Northfield, so becoming a candidate “seemed like an ideal opportunity to meet a group of like-minded people, receive comprehensive emergency care training, and give something back to the community.” He'd also like to become involved in the NSP avalanche and MTR programs as an instructor.

Jonathan started out in alpine racing and coaching. He spent four years coaching at Harvard, and another ten at MIT. (I think we may have a ringer for our team for the Regional Patrol Competition.) Now he's more interested in the various self-propelled forms of skiing. Jonathan also enjoys road and mountain biking, rock climbing as long as it's not too scary, tennis, and hiking – especially if it leads to skiing.

When I asked Jonathan to share a few, little-known facts about himself, he came up with some fun ones: Many, many moons before he met his wife-to-be, he spent three weeks coaching and living with the Wellesley College ski team. He has also skied above tree line on Mount Washington in every month of the year except August and September. (continued next column)

THE SEASON AHEAD

As cross-country skiers in southern New England we have to think positive: *there will be snow*. I'm not going to predict when, because I don't want to receive the Flaming Flounder Award for an inaccurate prediction. The patroller who received the award for this shall remain nameless. When trails do reopen, we have some new things to explore. Visit the new yurt outside the Visitor's Center near the pond. It's a unique place to get warm in, or just hang out for awhile. If you want to trade your skis for snowshoes one day, you can check out the new snowshoe trail connection above the Chocolate Pot that gives folks on snowshoes a more direct route to the summit. Be sure to mark your calendars for these upcoming events:

January 7: WINTER TRAILS@ DAY

Northfield Mountain, 1 – 4:30pm. This event is part of a National public awareness campaign called “Winter Feels Good,” developed to promote the health, fitness and social benefits of snow sports. Free instructional clinics and tours will be provided for *first time* skiers and snowshoers. To pre-register and check on snow conditions call: 800-859-2960.

January 14: PATROL MEETING

Northfield Mountain, 6pm. Come also for the popcorn and Saturday night at the movies, featuring a classic film from the New England Ski Museum.

February 3: SPECIAL OLYMPICS

Volunteers are needed for the Nordic Skiing competition in the Berkshires. Details can be found via a link on our website.

February 11: PATROL MEETING

Northfield Mountain, 6pm. Stay for the meeting. Stay for our annual Winter Carnival. Lots of games. Lots of laughs. Lots of prizes.

March 11: PATROL MEETING & ELECTIONS

Northfield Mountain, 6pm. Be there! Every vote counts.

April 8: PATROL AWARDS BANQUET

WWW.NMNSP.ORG

Don't forget to check our website for the latest patrol news and dates of upcoming courses and events.

If you don't remember the user name and password for entering the 'patrol room', contact Bill Schweikert at: webmaster@nmnsp.org

GETTING TO KNOW YOU...(continued from column one) And in spite of all his skiing exploits – believe it or not – Jonathan spent four years at Amherst College entirely oblivious to Northfield Mountain's existence!