

NORTHFIELD MOUNTAIN NORDIC SKI PATROL



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LET THERE BE SNOW!

by Jonathan Shefftz

I got in my first ski day of the 2006-2007 season (and my last ski day as a 30-something year old) on October 21st at Bolton Valley in northern Vermont. Seven inches of snow covered the alpine trails. After three runs of skinning up and skiing down, I switched into cross country gear and skied out to Bolton Lodge and back on the Nordic trail network.

Now don't worry that this early start will jinx the rest of the season just like my October 18th Mt Washington ski outing did last year. This is the fifteenth year in a row that I've skied in October (one in California on natural snow, five in northern New England, and nine back when Killington would make snow for its October openings) and I note absolutely no historical correlation at all between the quality of my October outings and the ensuing ski season!



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

MOULAGE MADNESS

by Bob Duris

At the November patrol meeting we were treated to a session on moulage given by Amanda Cannon of Mohawk Mountain and Ron Ellison of Powder Ridge. Moulage is the art of applying mock injuries for the purpose of training medical personnel. It has been well proven that people learn and retain better when realistic injury simulation is used. Training time can be reduced and, by helping to induce a disaster-produced psychological response, people are better prepared when confronting the real thing.

Amanda and Ron were able to show us how a large variety of realistic scenarios could be created by using almost entirely just ordinary materials that fit easily into a standard daypack. Following are some of the items they produced from their bag of tricks: half of a tennis ball to simulate a dislocated shoulder, lipstick for blood, knotted cravat for a deformity, ashes for burns, cravats soaked in various amounts of (fake) blood to be laid on the ground, bubble wrap in various sizes for blisters or subcutaneous emphysema, soda bottles for oxygen, cardboard for rigid abdomen, vitamin-E pill for CNS fluid, blue and white Halloween paint for skin color, a stuffed glove for hand and finger injuries with painted nails and broken sticks for joints, Halloween edible blood for mouth, other Halloween props such as impaled screws and thicker blood, broken goggles for eye and other injuries, medic alert tags, and tape.

Not to be forgotten in all of this is the patient. They should be well-prepped on how to act. Also, some of the items in the pack are for them: plastic and plastic bags for clothing protection, old zip-up garments to use, tarps for protection from the ground, and paper towels for cleanup.

Last but not least, the pack had a supply of paperwork for scenarios and evaluations. A lot of good material is available from the NSP through OEC and there is no better place to keep a set than in the moulage pack.

They rounded out the session by going through the contents of a moulage kit the patrol has available and giving us hints and tips of how best to use it. There certainly is a lot we have available and with the great training and insights provided by Ron and Amanda don't be surprised if our next OEC session looks very much like the real thing!

CHOCOLATE POT CHAT

by Tom Deam

Well, it seems the name of this column should be changed to Couch Spud Sprouting, as we've noticed little snow has fallen and much less has stuck. On the good side, meetings have been well attended. Thanks to those who have trekked to the meetings.

Speaking of meetings, training sessions usually precede them to help keep our skills somewhat up to date. This month (January) a search & rescue exercise with avalanche transceivers is scheduled. Or should I say frozen ground transceivers? The only avalanche seen here was the whipped cream melting and then collapsing on the pumpkin pie.

That's it for the moment from this couch, or to be correct, rocking chair. I hope all enjoy a healthy New Year!

THE BEAR PATROL

In the last issue we asked for patrol-related captions to go with the picture Bob Duris snapped of our Labor Day visitor. Some of the submissions below were truly unbearable.



“What are you doing here? This is my territory!”

Roland Crowl

“But why can't I join your patrol? These paws are made for sweeping... guaranteed to clear the trails.”

Joannie Duris

The sign said bear left, and there it was.

Bill Gabriel

Avalanche safety instructor, Bo Duris, disappointed in his previous attempts to train an avalanche rescue dog, suddenly comes across a potential alternative mammalian recruit.

Jonathan Shefftz

Details of all programs scheduled at Northfield Mountain for the upcoming season, trail descriptions and much more can be found in their public newsletter at: www.neenergyinc.com/northfield/winter_pub.pdf

THE SEASON AHEAD

Mark your calendars and reserve the dates noted below. Snow or no snow, this season promises to be both a fun and educational one. All events are at Northfield Mountain. Check our website for more details and other events of interest.

Saturday, January 6, 1 – 4:30pm: WINTER TRAILS@ DAY, Northfield Mountain. 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.

Saturday, January 13: AVALANCHE FUNDAMENTALS & RESCUE COURSE – *cancelled*.

Sunday, January 14, 2007, 6pm: PATROL MTG, AVALANCHE TRANSCIEVER TRAINING
Due to the cancellation of yesterday's course, Bo Duris will briefly cover some of the avalanche fundamentals before we learn how to use the latest transceivers during a search & rescue exercise. Who knows what we'll find at the beacon.

Sunday, February 11, 6pm: PATROL MEETING, SKI SKILLS/TOBOGGAN HANDLING, CARNIVAL
Practice your S & T skills. Hopefully you'll be pulling the toboggan through powder and not over frozen ground. Win prizes in our winter carnival.

Sunday, March 11, 6pm: PATROL MEETING, OFF-SEASON SKI MAINTENANCE WORKSHOP
Bring your skis; learn how to keep them cleaned, stored and ready to go for the next season.

April 2007: PATROL AWARDS BANQUET
All patrollers will be notified as soon as we confirm a date. Details and reservation forms will be in the next Rattlebone.

RATTLEBONE GOES ELECTRONIC

If you're sitting at your computer, you know the *Rattlebone* is now being emailed (in pdf format) to everyone on our mailing list as well as posted on our website. We will continue to snail mail copies to our patrol members who don't have an email address. If you aren't a member of our patrol and would like to continue receiving the *Rattlebone*, please email your address to Joannie, noting 'Rattlebone' in the subject line. If we don't hear from you, this December issue will be the last one snail mailed to you.

The next issue of the Rattlebone will be published in March.

Please get all articles, information, dates, etc. to Joannie Duris by March 11th.

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