

# NORTHFIELD MOUNTAIN NORDIC SKI PATROL



Volume 30

Issue 1

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## DATES TO REMEMBER

### Saturday, October 18<sup>th</sup>: OEC Refresher

- Northfield Mountain. Registration starts at 7:30am. Refresher will include CPR Recert. Details in Chocolate Pot Chat.

### Sunday, November 9<sup>th</sup>: Patrol Meeting

- Northfield Mountain, 6pm. Not a regular meeting, but a planning meeting for our hill refresher. What would *you* like to see covered?

### Saturday, December 6<sup>th</sup>: Nordic Hill Refresher

- Northfield Mountain. Starts at 8:30am. Plan for a great day, both indoors and out. Lunch will be provided.

### Sunday, December 14<sup>th</sup>: Patrol Meeting

- Northfield Mountain, 6pm. Agenda includes our annual holiday party. Plan to bring potluck food for supper and a unique gift for our patrol version of a Yankee swap. Gifts are usually in the \$10 to \$15 range. Family members and friends are all welcome to join the celebration.

### February 27 – March 1, 2009: Nordicfest

- Catskill Mountains in New York at the Mountain Trails Cross Country Ski Center. Enjoy a weekend of camaraderie with fellow nordic patrollers from around the northeast, enhance your Nordic skills, and get in a great weekend of skiing. Contact Karlis Kopans at 914-962-3511 or [karlkopans@aol.com](mailto:karlkopans@aol.com) for more information. \*

[WWW.NMNSP.ORG](http://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](mailto:webmaster@nmnsp.org)

## PATROL HOSTS NSP AMN INSTRUCTORS MEETING

*by Bill Schweikert*

The Eastern Division Avalanche, Mountain Travel & Rescue, and Nordic (AMN) instructors meeting, held the first weekend of September, was acclaimed as the best yet. Over forty instructors from throughout the northeast were in attendance.

Twenty companies contributed catalogs, demo items, and giveaways to the event, making possible a generous "goodie bag" for each attendee and a raffle drawing with door prizes for all. Rossignol and Ortovox representatives were on hand to demonstrate their products.

In addition to items of business, the program included technology presentations and hands-on skills refreshers. GPS navigation, avalanche beacon operation, ropework, and Nordic skills were reinforced and reviewed.

Chuck Boyd, Connecticut NSP Avalanche and Nordic Advisor, presented a slide show of his attempt to climb K2 this summer and described his impressions of the tragedy and rescue efforts in which he was involved.

Representatives of the Central Massachusetts Search and Rescue Team observed a simulated search and critiqued the exercise, providing valuable feedback.

Tom Deam, Bo Duris, Bill Gabriel, Brett Marquard, Bill Schweikert, and Jonathan Shefftz of our patrol participated in the weekend's activities. \*

## BILL SCHWEIKERT'S WORDS OF WISDOM

You might be a serious cross-country skier if:

- Your car's floor matt is full of wax & klister.
- You have to buy a new electric iron every year.

You're an *old* cross-country skier if:

- You still have a can of Grundvalla.

## CHOCOLATE POT CHAT

by Tom Deam

Leaves are turning so it's OEC Refresher time! As stated, it will be October 18<sup>th</sup> at the Visitor Center. Registration begins at 07:30 and Refresher kicks off right at 08:00. Bring your pack, lunch, weather-appropriate clothing, and Refresher Guide. This year CPR Recert will be accomplished throughout the day at various stations so **BRING YOUR CPR MASKS!!!**

NSP and Eastern Division have both increased dues; National by \$7.00 and Eastern by \$7.00. WMA Region is still \$10.00 so this all totals up to \$67.00 to renew for the upcoming season. This might cause a loss of some members and that is understandable. If you do not plan to renew please let me know as we need to get all info to National quickly this year.

There will be no Sunday, October 19<sup>th</sup>, portion this year. December 6<sup>th</sup> will be the On-the-Hill phase. In this manner there will be more time to "refresh" Mountain specific procedures and skills. It will start at 08:30 and end around 3:30. Lunch for this day will be provided. Bring your pack and weather-appropriate clothing this day also.

On the Hill will include such topics as: Radio usage, sign in/out, setting up the sled, Bill Schweikert's infamous Trail Quiz, and other need to know subjects.

A planning meeting for this event will be held November 9<sup>th</sup> in lieu of a Patrol meeting. Your input and help will make the training informative, fun, and worthwhile.

The first regular Patrol meeting will be December 14<sup>th</sup>. Potluck, games, and gifts to swap are the agenda for this meeting.

Finally, get your self fit and ready for ski season! ❄️

**MAKING WAVES** (continued) impenetrable bushes before they could locate where a culvert under the road connected swamplands to the lake.

Sunday morning Tom & Charlene introduced Bo & Joannie to letterboxes. Anyone not familiar with this fun way to get outdoors with your family can check out [www.letterboxing.org](http://www.letterboxing.org). After a short drive up to Pillsbury State Park we used our navigational skills to follow clues downloaded from the website. We set off on a treasure hunt to find a series of boxes with rubber stamps hidden along the trails. There are about 20,000 letterboxes hidden in North America alone, so you are bound to find several hidden right in your own neighborhood! Which reminds me...I've been meaning to check if there are any letterboxes hidden on Northfield Mountain. ❄️

The next issue of the Rattlebone will be published in December. Please get all articles, information, dates, etc. to Joannie Duris by December 15<sup>th</sup>.  
36 Lombard Road, Hubbardston, MA 01452  
(978) 928-5587 or [jvduris@charter.net](mailto:jvduris@charter.net).

## MAKING WAVES

by Joannie Duris

Yes, patrollers know how to have fun even when there is no snow on the ground. Last July, Bo & Joannie hosted a refreshing weekend at their place on Highland Lake in NH. Dave Brown, Marianne Jakus, Sue Menick, and Jeff Sorrell & his wife, Kathy, joined them for a bit of splashing, boating, lazy lounging on the deck, a hot dogs & burgers feast, and an applause-worthy fireworks display. The haunting call of a loon during a quiet afternoon moment added to the magic of the weekend.



Sue and Marianne enjoyed exploring the many coves of the lake via available kayaks, while Dave brought his ultralight single-person canoe to test the waters.

Jeff and Kathy had neighbors on the water and along the shore call out to them, asking about their craft, as they traveled down to the south end of the lake and back. They made waves in a Hobie Oasis tandem "kayak" with pedal/paddle and sail capabilities. According to Jeff's GPS, when they were pedaling briskly they hit sustained speeds of 5.8 knots! Details about this amazing "jet boat of kayaks" can be found at [http://www.hobiecat.com/kayaking/models\\_oasis.html](http://www.hobiecat.com/kayaking/models_oasis.html). The site includes a cool underwater shot of the kayak's fins in action.



A month later Bill Schweikert and Tom & Charlene Deam arrived at the lake for another patrol weekend. Charlene and Joannie tried to find the "northwest passage" through a cove just south of the house, but their kayaks were stymied by (continued in column one)