



Dec 06-Jan 07

Patrol Leaders Corner - by Charles Butrick

It's Here, It's Here, The Snow is Finally Here!!! A summer of training

and thinking about snow is now gone, and we are headin' for the hills to do that thing we love to do. Skiing and Patrolling. After all the years I been patrolling and skiing, I must admit I still get butterflies in my stomach the night before my first day back on the hill. Did I pack *both* gloves, are my boots gonna fit again, are my bindings dialed in, is my patrol vest missing any gear used during the summer, will I remember how to ski? But most of all I think it is just excitement to see old friends on the hill, show the candidates our mountain, and really just be in a place that is more comfortable than my own home, The Mountains. I am always amazed that when I make it out on the snow, I can just stop and look to the vastness that



lies to our north, and the stresses and troubles of everyday life just seem to fade away and a new perspective of the simple parts of life take over. On an unrelated note, when you each make it back up to the building and see all the new and fresh things that were done over the summer, please remember to thank those that made our home on the hill a little nicer for all of us. See ya on the hill...

Bogus Basin National Ski Patrol

PO Box 7433

Boise ID 83707

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Boise, ID. 83707

Permit # 502

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Member at Large	Karen Jensen	922-1282	kaj3@mindspring.com
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Committee Members

AED	Earl Esson	Registrar	Mark Stephensen
Alumni		Scheduling	Bill Farnsworth
Auxiliary	Tom Muncy	Senior Training	Karen King
Avalanche		Ski Evaluation	
Awards (local)		Recruitment	
Awards (regional)		Social	Stan Voshell
Building improvements		Summer Activities	Scott Putnam
Building maintenance		Toboggans	Charles Butrick
Civic Affairs	Truman Stewart	Training Candidates	Scott Putnam
First Aid Supplies	Karen Jensen	Transfers	Mark Stephensen
		Web Master	Bill Farnsworth
Fund Raising	Scott Putnam	Youth Patrol	Greg Malcolm
Hill Captains	Charles Butrick		

The Bogus Basin Ski Patrol Newsletter

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by the Bogus Basin Ski Patrol

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www.bbsp.org




Photos and Past Newsletters

Dave Kennedy has posted many BBSP related photos and Newsletters on his web site: expeditionphotography.com E-mail him at: davekennedy@qwest.net

Please thank Dave for his generous contributions to the BBSP Newsletter.

Neck and Back Pain	Headaches
Leg and Arm Pain	Ski Injuries



Dr. Robert Thiry	501 Grove St.
375-0007	Boise, Id
Bogus Basin Ski Patrol receives discounted care.	

BBSP Newsletter Submissions

Any member who would like to submit a story, article or a photo to be included in the newsletter, is encouraged to send them via E-mail to:

tkconsult21@aol.com

Eco-Lounge Freeride Shop

Brady Myers is now representing Elan skis out of the Eco-Lounge. You can contact Brady for his assistance through the shop or via his E-mail:

Bradyandnanett@msn.com

Eco-Lounge 2445 Bogus Basin Road, Boise, Idaho 83702

208-429-8855



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BBSP Calendar of Events

<u>DATE</u>	<u>EVENT</u>	<u>LOCATION</u>	<u>TIME</u>
Dec 2	OPENING DAY!!!	Bogus Basin Ski Resort	8:00am
Dec 12	General Meeting	Sockeye Grill & Brewery	7:30pm
Dec 19	Board Meeting	Karen Jensen	7:00pm
Jan 9	General Meeting	Sockeye Grill & Brewery	7:30pm
Jan 9	Second Half Schedule Due!	Mail or email	7:30pm
Jan 13	Avalanche Level II	Bogus Basin DTO	N/A
Jan 13	Avalanche Level II	Bogus Basin DTO	N/A
Jan 23	Board Meeting	TBD	7:00pm
Jan 27-28	Avalanche Level II	Backcountry Field Session	N/A
Feb 13	General Meeting	Sockeye Grill & Brewery	7:30pm
Feb 27	Board Meeting	TBD	7:00pm
Mar 13	General Meeting	Sockeye Grill & Brewery	7:30pm
Mar 27	Board Meeting	TBD	7:00pm

Ski and Mountain Trauma Conference

- Submitted by LouAnn Moresco -

On Friday, November 3rd, I attended the Airway Lecture and Lab. John Holmgren, (unsure about the spelling) a Respiratory Therapist and Medic, self-professed "airway guy" talked about some of the difficulties he has experienced in subzero conditions in Minnesota. He told about frozen suction lines and frozen condensation nightmares. Some of the conditions were far more extreme than what we get, but other recommendation he offered were applicable to Bogus Ski Patrol. His tips included:

1. Use real tissue and real conditions to practice. He actually had animal carcasses (sheep?) for people to practice doing advanced airways.
2. Master the basics, such as know your equipment and equipment bags, what is where; know how to position patients- remember to lift the jaw to the BVM, how to do the jaw thrust, cricoid maneuver and thorough assessments.
3. Anticipate airway needs-think ahead, consider transport issues; how will you transport if you need to ventilate while transporting?
4. Mallampati Scale-which is a measurement of airway opening.
5. Cervical mobility and incisor length- both can affect ease of intubation.
6. Boogie use, which is a guide tube, which medics can use to initially, that first goes thru the cords and allows the ET tube to use as a guideline, assisting in correct placement.
7. Maxillofacial trauma- a basic providers nightmare, although sometimes these patients look worse than they are, and an airway can be established.
8. Laryngeal fractures-notable for the stridor in the voice, which he is reluctant to immobilize on a backboard and with a C-collar. (Although he does not say to **not** do so).
9. He gives the acronym BURP for the cricoid or Sellick technique, which stands for **B**ackwards, **U**pwards, **R**ightwards Pressure on the cricoid ring, which occludes the esophagus and is very helpful for preventing the entry of air into the stomach during artificial respirations as well as is helpful to the medics when they are trying to visualize the vocal cords to intubate. There is a movement called the laryngeal wiggle, which the cricoid holder can do to assist the medic as well. He recommends that the C-collar be removed to get the jaw and tissues off the back of the throat for intubation, during which manual stabilization must be maintained. However, he also said that even when holding cricoid pressure, you cannot really tell if the tube went through the vocal cords since the vibration of a tube entering into the esophagus feels similar to the trachea.
10. He spoke at length about confirmation of placement, which is done through several methods; the best assurance is **seeing** the tube go through. He emphasized that even with many methods, do not forget to check out the clinical appearance of the patient.
11. He was adamant about the dangers of latex balloons and aspiration of popped balloons in children. This is an almost impossible-to-remove foreign body airway obstruction. He spoke about some advanced techniques and tools that have been devised to obtain patent airways, one of which is the only successful method found to remove aspirated balloon pieces.

All this for just the first day!

(Part II of the Ski and "Mountain Trauma Conference" will be available in the next newsletter)

Bogus Basin General Meeting

November 14, 2006

Guest speaker: Cathy Deckys

Medical Reserve Corps

Spoke on volunteering to be in the medical reserve corps. This is a group that would provide emergency support for disasters, natural or man-made.

They need 5 support people for every one medical person.

They need medical people as well as clerical, runners, transportation, computer and many other skill sets.

They would like patrollers to join the Medical Reserve Corps.

More information is available at: www.CDHD.idaho.gov

Information was also provide on Pandemic Influenza

Mark Stephensen spoke on how state agencies are preparing for a Pandemic or other emergencies.

Dr Alex gave a presentation on Traumatic Head Injury.

There is a large numbers of head injuries that happen every year in the United States. This includes 2-3% for skiers. Most concussions happen without loosing consciousness. Concussions can happen even without hitting anything, just by the brain hitting the inside of the skull because of sudden head movement.

A concussion is like a bruise on the brain, if you injury the brain again before it heals you are at greater risk. If the brain swells there is no where for it to go.

It is to complex to grade head injuries so if a person has a head injury **they are done for the day.**

Make sure everybody dealing with the patient tells them they are **Done for the Day.**

If the patient has memory problems it is very serious and they are **Done for the Day.**

The patient with head injury they should not return to play. They should go home and rest. They should not be doing anything.

The take home point of his presentation is Athletes should not return to play the same day of injury.

An Award Plaque was given to Dr. Alex and the other Doctors for their support of the patrol, financial support as well as presentations, training and their support on the hill.

APL Reports

Senior APL -Scott Putnam

Candidate training continues with 26 candidates. This weekend they will be on the hill to put the building back together. Instructors are needed for Dry land training

Asst. APL - Earl Esson

In the near future there will be more information on avalanche training

Asst APL - Mark Stephenson

Registration is continuing.

New Business: The December 19th , Board of Directors meeting will be held at the home of Karen Jensen.

Toboggan Instructor Certification training will be held at Bogus Basin on December 9th for approximately nine Instructor Candidates. We will check with the Nordic Center for classroom facilities availability.

The Snowball will be held Saturday night, on January 20th, 2007, from 6:00 until 10:30 PM at the Basque Center in downtown Boise. BBSP was ask to support this party, but the restrictions the organizer had, did not fit with our current availability.

Stan Voshell (New BBSP Social Chairman) requested direction on frequency and types of social activities expected by the Board. Board requested that Stan provide a reasonable schedule and budget for 2006-2007 BBSP social activities for the approval of the General meeting on December 12. Suggestions of "Opening Day", "Soup Kitchen", "Potato Bake", "Closing Day", and "The Awards Banquet" as a minimum schedule of activities for the season.

Earl moved to adjourn the meeting, seconded by Scott Putnam. Meeting adjourned at 9:49 PM.

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"The Rookie's Corner"



Do you know what to carry in your vest or rump pack? Few rookies do, but as an example, we usually carry too much and then we can't find the things that we actually need, like "BSI". I now have a pair of gloves in every pocket, a handful of 4X4's, Band-Aids, and a few cravats. So far I have used several cravats and a few Band-Aids.

The second painful lesson was letting my battery get so low that it still would receive signals, but I could not transmit. Carry an extra battery if you spend too much time on the radio early in the day., or change it out at noon.

Third lesson for today, always report who you are and where you are early in the transmission in case your battery fails to perform as advertised.

Last but not least, thank a yellow coat for controlling traffic while you work, they also have radios should yours fail.

Bogus Basin Board of Directors Meeting

November 28, 2006

Call to order 7:09 PM by Charles Butrick

APL's Reports:

Senior APL, Scott Putnam: We have 26 candidates, and the ski testing from last year may have to be redone, we do not have the supporting documentation available. The fall class will be finished just before Christmas with the help of Tom Muncey and several other supporting patrollers.

Assistant Patrol, Earl Ssson: AED programming still an issue, with commitment for resolution by this weekend. We may have to use the existing programmed AED's until reprogramming is available.

Assistant Patrol Leader, Mark Stephenson: Registration is in for Regional and National organizations. There are currently 159 patrollers registered with the BBSP (139 patrollers, 13 candidates, 7 transfers) Randy has been working on a design for the convertible bench/bed just inside the patrol room door upstairs. Earl Esson made a motion that we construct a bench/bed to match the existing room decorum, but not exceed \$200. Seconded by Scott Putnam, motion carried.

Treasurer Report: John Orlovich absent, report by Charles Butrick, see attached report.

Secretary/Scribe: Newsletter to follow, please submit articles for publication.

Members at Large: Greg Malcolm, Dry land training was last week with complete success.

Karen Jensen, reported that a CPR makeup will be required, patrollers must have an updated recertification before the season begins! On November 19th, all kits were updated and checked for contents. The Pro patrol staff will recheck the packs as part of their opening activities, please let Karen know if we are missing anything in the packs. Photo albums will come back to the mountain the first or second weekend of the season. We still need more pictures for the photo albums and historical archives. OEC enhancement 12/16, please sign up for training.

Immediate Past Patrol Leader: Karen King (absent) Fall Class Finals on 12/20 !

Area Liaison: Omar Fricke, we have good snow and a great base on the flats for any additional snow fall. New lockers at the end of the wall and repair of existing lockers by Randy, with carpet project completed and all furniture returned to the building. The building looks great. With the integrated flooring system, the total cost was actually \$10,000. Bogus Basin Recreational pickup up the balance of the expense (\$2,500) that exceeded the original estimate and approved funds allocation (\$7,500). The Building looks great, thanks to everyone for the hard work during this re carpeting activity.

First Aid Chairman: Doug Graves, reported that the first aid information and inventories will be transferred to Karen Jensen. All kits will be upgraded through out the area on opening day by the paid staff and volunteers.

Old Business: All of the preseason jobs are done and we are ready for the ski season opening on November 29th.

Treasurer— John Orlovich

Treasurer Report was given. We are looking at grant reading ideas. Also ideas on what equipment is needed.

Secretary – Scribe

Bob Crew/Dennis Baldwin (Bill Farnsworth-Proxy)

Please send your news stories and photos for the newsletter to Bob Crew or Dennis Baldwin

Members at Large—Greg Malcolm

Building will be put back together.

Karen Jensen

CPR Make Ups will be Nov 20 @ the DTO 7pm

Immediate Past Patrol Leader—Karen King

Karen King is doing make-ups for the Fall OEC Class so was not present at the meeting.

Area Liaison—Omar Fricke

The Snow fences are up. Most tower pads are up. Water has been worked on this fall and should to all taken care of soon. There are new signs around the mountain Building changes Fence around pit. Locker room light. New Outlet in room. Monday & Tuesday will be paid orientation . High span evacuation training is completed. **Good New!** The Carpet is installed and it looks great! Stair have been reinforced. Bad news, some of the lockers were damaged when they were removed from the building but are being worked on, and should be completed by the time we open. Opening depends on the weather (as normal), probably after 12 or so more inches of snow. Omar could not give an exact date. (After all these years you would think that Omar could be better at predicting the future.)

We should be prepared to open at anytime.

First aid chair—Doug Graves

Letters were sent out for people that still need to complete stuff. If you got a letter and think you have every thing please nicely let Doug Grave know you

Letters were sent out to help remind patroller if the records showed you have not completed everything. 90% of the letters were correct, but Charles said that a few letters went out to patrollers that had everything completed, Charles apologized for any confusion for those letters but the letters have help remind patrollers they need to get stuff finished up.

Other Business

Two patrollers help someone on the road during second refreshers. The family would like to thank the patrollers. If anybody knows who these mystery patrollers are, please let Charles know. Randy Harrison & Mark Stephensen have been working very hard on the sleds this summer and they look great.

The Patrol expressed their thanks for all their hard work!

Randy Harrison has also been working hard on the lockers.

Again a big thank you from the patrol!

Scott Putnam, Greg Malcolm and others have repainted the inside of the building.

Thank-you!

Kurt Douglas' son is doing an Eagle Scout project to get items donated to the patrol. Wal-Mart Foundation gave \$1000 to the Patrol. Check your email to see when Bogus Opens. If you have a pass and want it refunded because you are getting a pass through the patrol, please talk to Charles and don't just go to the Bogus Office.

Thank you for "Clothline Dry Cleaning" for dry cleaning all the blankets for the Patrol. They have also dry cleaned the blankets for the patrol in the past. The Patrol would like to thank them for their continued support.

There was a discussion about Toboggan training and Toboggan IT's for Bogus Basin with the departure of Jay Biggs (Bogus Basin's only toboggan IT). Bill Farnsworth and Roark Nagler volunteered to become IT's for Bogus to fill the gap.

The meeting was adjourned at 9:30

Merry Christmas
And
Special Thanks

Thanks to Truman and Clorese Stewart for their donations of fabric to the patrol for cravats. In the past year, they have provided fabric worth \$200-300 to the patrol. Several of the new cravats are pretty large--if they are too large, feel free to cut them in half. Some of the new ones aren't as large as others, so you can be selective when filling your vest. Next time you pull out one of those big colorful cravats, tell Truman thanks.

Thanks also to Don and Dave Countryman. They donated several wool and non-wool blankets from their mother's estate. The blankets have been washed and placed in circulation for the patrol use. Thanks guys!

FOR SALE!

Red North Face NSPS Parka, size X-Large

\$130 (negotiable)

Contact : Bob Sellers 208-322-8825

bobesally@earthlink.net

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Atomic Shaped Skis w/Solomon Bindings

Boots too

Contact Joseph Peagler

(Only used on Sundays!)

American Heart Association New CPR Guidelines

	Adult	Child	Infant
Activate EMS	Immediately if unresponsive	After 5 cycles or 2 minutes	After 5 cycles or 2 minutes
Airway-		Head-tilt Jaw lift	
Breathing		Jaw-thrust if trauma is suspected	
		Check for adequate breathing	
Circula-			
4Pulse			
	carotid	carotid	brachial
	2 hands between nipples	1 or 2 hands between nipples	2 fingers below nipple line
	30:2	30:2	30:2
Ratio		2 rescuers 15:2	2 rescuer, 15:2
Depth	1 1/2 - 2 inches	1/3 - 1/2 depth of chest	1/3 - 1/2 depth of chest
Rate	100	100	100
Defibrilla-	Use adult pads only	After 5 cycles or 2 minutes of Use child pads If unavailable use adult pads	N/A