

Meetings: Tuesday 12 Noon, Virtual Meeting

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## JUNE IS ROTARY FELLOWSHIP MONTH

<a href="#">Happy Birthday</a>	<a href="#">Happy Anniversary</a>
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### UPCOMING SPEAKERS:

June 8: Shaun Dychko - College Physics Answers	June 14: Installation / June 15: No Meeting	June 22: Zajac Ranch
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### OUR CLUB LAST WEEK'S MEETING:

President **Clint Callison** presided.

Guests: **Warren Dale**

Program: **Scott Burgess** - Canadian Ski Patrol (Greater Vancouver Zone)

**About Scott (by Adrienne & Warren Dale):** Adrienne and Warren have known Scott for about ten years. Patch Dale introduced the couple to Scott by barking at him while out on a walk. Scott ended up joining Canamix and just had his ten year anniversary with the company in February. Adrienne describes Scott as extremely active and recalls seeing him mountain biking and all sorts of other outdoor activities.

### Canadian Ski Patrol (Greater Vancouver Zone):

Scott's Presentation



*Scott at Manning Park*

So like Rotary, the Canadian Ski Patrol is a volunteer organization, it is national in scope. It was started in 1941 by Dr. Douglas Firth and has grown to encompass all of Canada. The Canadian Ski Patrol is segmented into ten divisions then further broken down into zones. The zone out here is called the Greater Vancouver Zone and I am a

member of that zone. We patrol on Cypress Mountain, Mount Seymour, Sasquatch Mountain and Manning Park. We wear a Red Jacket with white crosses on the upper arms and the back of the jacket. We are very similar to the paid patrol, with subtle differences in the uniform, of course the pay structure is different, they get paid, we don't, we're volunteers. We perform the same duties as the paid staff, they have some more advanced skills and some drug administration, we don't generally do that but they do, though we do have the option to do that if we want to complete the additional training. So a couple patrollers will have a little bit more advanced skills.

A ski patroller is required to do various tasks to make the mountain safe for the public. We patrol the mountain on ski or snowboard, we ski around during the day. We're basically out there on the mountain cruising around, responding to anybody that needs the help. They could be injured, they could have some equipment issues, they could be lost, we've had a few of those, or just asking for simple directions to get to where they need to go. We also help out, generally at the end of the day, looking for the missing people. That happens occasionally, especially kids. This service that we do is provided at no cost to the skiing public, nothing is added to the price of a lift ticket at all. However the mountain does provide us with a ski pass and sometimes we get other perks as well but our equipment, training, uniform, first aid kit is all our own individual responsibility at our own cost.

So each patroller, there is a lot of dedication and they have immense pride in what they do. When you meet one, it's really evident that they are really passionate about their job. In fact we find it so enjoyable that we don't consider it a job, it's just patrolling. Our members share the same membership qualities with you guys in the Meadow Ridge Rotary but ours is leaning more towards the recreational aspect, but we have the camaraderie, the friendship, the fun, the fulfilling mentoring and definitely like you guys the social networking, all the things your guys value, we value as well. We too are comprised of volunteers from all walks of life and businesses. The volunteer you see could possibly be a paramedic, a fireman, possibly a doctor, programmer, construction

worker, accountant, engineer, anybody that is interested in giving back into the industry. It is quite a versatile group which is really helpful, as you know when you come across projects you can get some help from others.

I joined in 1983. I have held various positions in the zone such as president, member of the board of directors, instructor trainer where you train people to instruct their people, patrol leader, I have even done the finance. My personal proud accomplishments include being awarded the CSP award, that is basically the Canadian Ski Patrol award which is the highest administration recognition in all of Canada that you can get. It is individually numbered and they track them as they have handed them out from the beginning. I also received a national level education excellence award for instructing which I am kind of proud of since my only training in instructing had been through the Ski Patrol but they obviously saw something in me and rewarded me for it. Another accomplishment is that we did win zone of the year in all of Canada when I was the president of the Greater Vancouver Zone. We were also invited to a First Aid competition, that went really well.

I also do training and work with the guides up at Mike Wiegele's Heli skiing. What we do, they have guides all over the world, so they are from different nationalities, so they made a standard that they use the Canadian Ski Patrol and basically we go up in the fall, in November, and we work with the guides to get all of their first aid protocol to be synced with everybody.

A little about becoming a member. Each member has to take a rigorous eighty hours of first aid training and everybody is required to do that every year. Each person has to attain at least eighty percent on their first aid, on a written exam and in a practical exam. We can not have people going out there only knowing fifty percent of the stuff. Once that is complete they go up to the mountain and they go for an evaluation on their riding abilities, though this is an evaluation not a test. It is not a pass or fail. Basically we have to look at the person to see if they are able to handle the mountain in the terrain, help somebody get out of there and run a toboggan. We accept skiing, snowboarding and telemark skiing. Telemark is a mix between alpine and cross country skiing.

If they have the skill to ride in the terrain then we train them in toboggan handling. We take this really serious. The pitch can be at forty five degrees so it is a bit of a challenge but there's techniques that we teach everybody so they can handle that. The training is not done by a government body and does not have government standards. So we train to a national level then we actually go a little bit higher. In BC we have some challenging terrain and challenging conditions. So we feel it is really important to have a higher level than say the rest of Canada. As you can imagine in that we are responsible to secure that patient in that toboggan and they are 100% reliant on us for safely transporting them down to the first aid room. So as you can imagine if we lose a front person or a tail person that toboggan will just run on its own with a patient in it. We take it serious and we make sure we get these guys trained up. It takes probably four days at least of training until we feel comfortable and if it takes more time we'll take more time and work with them.

So back a few years ago, the National Ski Patrol which is called the NSP which is the American equivalent to the Canadian Ski Patrol invited the Canadian Ski Patrol to participate in their patroller challenge which is down in the United States. So this is basically the best of the best out of 60,000 members that they have. It's teams

of three and they compete in first aid and rescue toboggan handling. The Canadian Ski Patrol then proceeded to put a team of three together choosing from all across Canada and I was really fortunate to be selected for the toboggan handler team.

I wanted to share a bit of an experience that we had during the competition. The event was held on Copper Mountain at an elevation of 10,000 feet at the base of the chairlifts and the lifts carry up to about 12,000 plus feet. Our local north shore mountains are about 3000 feet. I am not sure if you have heard of altitude sickness but this is where the body has to acclimatize because the oxygen is a little bit thinner at this altitude. Your body requires a 94% oxygen saturation level or better to function properly. Generally when someone is going to this kind of elevation you acclimatize, you take a few days and ski at a lower elevation and you work your way up. Unfortunately we live at sea level and working, taking time off is not the greatest option, so myself and a another team member flew to Denver Colorado, drove up to the mountain and it didn't really give us a lot of opportunity to get used to the altitude. We were running our toboggan down the mogul run, you exert a lot of energy and it's on less than normal oxygen saturated blood. So what happens when the body doesn't get enough oxygen to the brain, it tries to fix it and one way is to get the body to lay down so the blood with oxygen can get to the brain we call this process Passing out. So we are halfway down the run and this starts happening to me, and I got very dizzy, short of breath and I remember saying to myself "I am not going to pass out during a competition" there is a lot of pride in representing the Canadian Ski Patrol and this was obviously not an option, I called out to my tail runner and asked him to take up the slack for a bit, that enabled me to get a few breaths in and fight off the unconsciousness that was about to happen and we managed to keep the toboggan moving and I was getting some oxygen to my brain and the dizziness was going away. I looked back and now I saw that the tail person was in the same state that I had been, he was extremely pale. I yelled back and said we are good to go and I took the lead and carried on. He was able to stay conscious as was I and we finished the run.

The judges must have missed this little issue because combined with our first aid skills we actually placed second over all. That was quite an accomplishment.

A typical patrol day starts early as we have to be on the mountain about an hour prior to the mountain so that we can open it up for the public. We'll be assigned a named run and once the chair is operational we'll ride up the chair and we'll do the run and make sure it is safe for the public. Sometimes groomers or snow cats struggle with the snow and the product or the corduroy is not smooth so we report our findings and then if there is any repairs or situation that need to be marked we'll work on that.

We have toboggans that are located at various strategic places on the mountain. We check the contents to make sure that all of the parts are working. Sometimes they build up with snow or ice so we have to make sure we clean them off. If you do not clean off the base of the toboggan it wont slide that well down the mountain and it makes it very difficult to get somebody off the mountain. The rest of the day is basically patrolling around calling to anybody that needs help. Sometimes we have light days with minimal calls and we have busy days when we don't get to do a lot of skiing. For a simple incident, or accident, it is approximately an hour from the time you introduce yourself to offering first aid to the paperwork to

transport to first aid. Ambulances are much quicker to arrive at Cypress or Seymour because they are based out of Vancouver and they are closer by than Sasquatch or Manning. At Manning because it is so far out you can wait up to an hour and a half to two hours for an ambulance to arrive so basically we have to stay with the patient and stabilize them as best we can. We treat all injuries and yes this does include life threatening injuries, we have had to deal with death in a few situations. Obviously this is a tough one and it can have quite effect on a person, we do work with CIS trained personnel (critical incident stress) and that is basically talk them though it make sure they are okay, we will monitor for change in personality, if they go quiet or they're just behaving a little bit different then we know something is up and it is quite difficult but we look out for each other.

Once the day is done for the public we head up to the top of the mountain and perform sweep, that is basically we check the mountain for anybody missing and or maybe having trouble getting down to the bottom. We check the mountain for any missing people and we don't go home until everybody is clear off the mountain. We do actually get quite a few calls for missing people but it is generally the kid is in the bathroom, the parents are at the car, they are supposed to meet at the car, somebody miscommunicated, fortunately those ones are quite common and that's a good happy ending. Once that is complete we do a debrief for the patrollers and we talk about anything that they may have experienced or have difficulty with like the accidents.

So even though we are volunteers, it does cost to run this zone and believe it or not our budget for this zone, and we have about a hundred or so members is around a hundred thousand dollars to operate for the year and none of our members are getting paid. I am always fascinated by how fast it adds up. We have a few assets in our zone, we have two cabins, we have a cabin at Sasquatch Mountain and we have a cabin at Manning basically due to the distance from population it is quite a ways and the road conditions can be quite bad in the winter. So we've got cabins so that they can at least be there in the morning and be rested up. We also have a training facility in Port Coquitlam and we use this for general meetings, first aid courses and we purchased these over thirty years ago but they do require maintenance and of course taxes. We do buy all the toboggans that are on the mountains, they are about twelve hundred bucks a piece and on all four mountains that we have we own those that way we can control it and make sure they are in good working order. The mountain does help us out when we do need to do some repairs. Each patroller will carry a radio, they are about a thousand bucks a piece, so we have quite a few members, that adds up too. Jackets of course, they're supplied but when they are supplied you have to share it with other people so a lot of people just buy their own jacket but it is not a jacket you can wear then say go another day skiing somewhere it is definitely dedicated to the patrolling and of course training courses we have to train our people on first aid, we need instructors to train them and on snow so sometimes it mean we have to travel and go different places so the are accommodations and travel expenses. Everything else we do, it is up to the patroller to cover. So it is not as free as people think it is. We raise funds through two ski swaps we have one in Vancouver in October and one in Abbotsford in November and we really like these because basically we get to work with the public who are going to be using this gear so we help them out picking out equipment, it gives them a bit of a good deal. On the mountain we do not get to interact with them too much unless

they are injured. But in the ski swap we get to work with the public. We also rely on donations.

**Libby:** Could you tell us something about tree wells?

**Scott:** There have been quite a few deaths due to a tree well in the lower part of BC. The snow right around the tree is not as dense as the snow on the main run so it looks safe but is actually very dangerous because if you fall it is like falling into an open well.

<http://www.deepsnowsafety.org/>

"A tree well / snow immersion suffocation accident can happen when a skier or snowboarder falls – usually headfirst – into a tree well or deep loose snow and becomes immobilized and trapped under the snow and suffocates"

Happy and Sad:

**Matt DeBruyn** had **5 Happy dollars**; his wife is turning 75 this Saturday.

**Brenda Jenkins** has a happy and sad - Sad because she got her property tax bill due July 2nd and happy that she got a refund from ICBC, too bad the refund amount was nowhere near enough to pay the bill! \$5 & \$5, so \$10 from Brenda.

**Libby Nelson** said she has to match Brenda because she got both of those too.

**Ineke Boekhorst** has a **happy five dollars** because she ran into Doris Gagel while house hunting this past weekend.

**Clint Callison** had a sad **10 dollars**; his 99 year old grandmother has passed away just short of her 100th birthday.

Fine Mistress:

**Adrienne Dale:** anyone who has not gotten their first COVID-19 vaccine needs to pay a dollar.

If you don't have a Duck ticket at this late stage, pay Matt 10 dollars and he will buy you tickets!!



Clint's closing quote:

Submitted by Deborah Hyslop