

THE TELEMARCK TIMES



The semi-regular newsletter of the
EL DORADO NORDIC SKI PATROL, INC.
P.O. Box 1113, Pollock Pines, CA 95726-1113
530-647-1825 www.ednsp.org

Editors' Greetings

Welcome to the very first issue of the El Dorado Nordic Ski Patrol's extended newsletter! If we really had our stuff together, I guess we would call this Volume I, Number 1. That would make it a collectors' item! Save it for your great-grandkids. They might take it in for appraisal to the Antiques Roadshow in a few hundred years.

This extended newsletter is the brainchild of a few EDNSP board members who feel that there is a need to 1) maintain and increase the interest and participation of the membership and 2) provide another forum to disseminate information to Patrol members. The idea of an extended newsletter was borrowed from other volunteer groups. This first issue's format is patterned after others that we have seen with our own adaptations included. We hope to maintain a casual and fun air about it.

This extended newsletter will include more in-depth and general-interest information and articles than what a single page allows with the original monthly newsletter (which is now called the bulletin.) The one-page monthly bulletin will continue to be produced and will continue to include "bullet" information such as upcoming ski trips, training, committee meetings, trail work, volunteer events, and other fun and important bits of information. For this issue only, the monthly bulletin is included in this newsletter.

The format, name, contents, and regularity of the newsletter are still under development. The material in this first issue is just a starting point. Here is where *your* participation is requested.

What ideas do you have for a format? Do you have an idea for a title? How about an article of interest? Some tidbits from the web? Who or what would you like to know more about?

The EDNSP has quite a few interesting, knowledgeable, and unique members whose attributes should be recognized. Our diversity is our strength; so let's share our interests, skills, and insights. Contributions don't have to pertain directly to Nordic skiing and can reflect the broad range of interests in our organization.

Contact one of the newsletter editors if you would like to contribute or, better yet, become an editor and join in the fun!

This issue has articles from four contributing writers covering skiing, lightning, temperature, radios, equipment maintenance, and a personal profile. There are also classifieds, activities, information, and a comic. So sit back, relax, and enjoy!

Mark Wegener, Susan Minneman, George Doty, Theresa Gilliland, & Jeff Marsolais

April 8th Carson Pass/Kirkwood Orientation Ski

By Monte Hendricks

Twelve Ski Patrol members took part in this event. We skied from Carson Pass up to and past Round Top Lake. We then dropped down to a meadow below (and north of) Fourth of July Peak. We climbed a small ridge, which allowed us to look into the Emigrant Lake basin and, of course, ski down to the lake. From here we found ourselves in timbered and broken terrain as we paralleled and then skied down Emigrant Creek to Caples Lake where we had a shuttle vehicle waiting.

This trip gave us the opportunity to see a bigger picture of the Carson Pass area, how the drainages and terrain tie together, the Emigrant Lake area and associated chutes that are seeing more and more access from the downhill area, and hone our skills on varied terrain. It was a good ski tour, the kind of trip I like!

It was windy, and I liked it! Why? I believe the days with an edge are usually better than those perfect "blue sky" days. I saw the satellite photo on the morning news, along with the associated weather map explaining the low off the coast and the high pressure east of us. This was the explanation for the expected wind and clouds. So this trip was like being in a laboratory! We had our prevailing southwest storm winds, which we could see from the fast cloud movement over the ridges. We could feel

the effect of the terrain on funneling and eddies in the wind current. Since we had wind from our prevailing winter storm direction, we could see evidence of wind associated snow deposition and tie that to our avalanche awareness! Where we were fully exposed to the wind, we were in the scoured areas. We could see this from the snow surface we were on at these times.

The snow surface here was rough and the depth shallow as evidenced by rocks and grasses exposed. The same was true when we were sheltered from the wind. We were in the deposition zones and we could tell from the evidence around us, snow surface was smooth, not as much exposed rock, and lack of tree flagging.

I just get a kick out of observing things around me! Call me kinky if you will. You know, we are damned lucky to live in such a wonderful and beautiful place! And even more so to be able to be out and experience natural forces at work! All we have to do is pay attention and watch.

Lightning Injuries

By Susan Minneman

Now that ski season is coming to a close and summer backpacking season is about to begin, I thought an article about lightning injuries might be useful. Although the chances of being struck by lightning are minimal, 200 to 400 persons die of strikes in the U.S. each year. An initial stroke can measure 30 million volts, with up to 30 strokes in a lightning flash. Its temperature has been estimated to range from 14,432 degrees to 90,032 degrees F or 4 times as hot as the surface of the sun.

Lightning can cause injury by (1) direct hit, (2) splash as the bolt first hits an object and then jumps to the victim, (3) contact with a conductive material that is hit or splashed by lightning, (4) step voltage where the bolt hits the ground or a nearby object and then flows like a wave in a pond to the victim, or (5) blunt trauma from the explosive force of the positive

and negative pressure waves (thunder) it produces.

Treatment

Note that lightning victims are not "charged" and thus pose no hazard to rescuers.

1. Assess and treat those victims who appear dead because they may ultimately recover if properly resuscitated.
 - a. Assess ABC's
 - b. Perform CPR if indicated
2. Stabilize and splint fractures.
3. Be aware that the victim may have been thrown a considerable distance by the strike. Initiate and maintain spine precautions if indicated.
4. Administer O₂ and IV fluids if available.
5. Prepare for transport to a medical facility.

Prevention

To calculate the approximate distance in miles that you are from the flash of lightning, count in seconds the time from when you see the flash until when you hear the thunder, and divide that number by five.

1. When thunderstorm threatens, seek shelter in a building or inside a vehicle (not a tent or a convertible automobile). If you are in a car, stay in it. If it is a convertible and there is no other shelter, huddle on the ground at least 50 yards away from the vehicle.
2. If you are in a tent, stay as far away from the poles and wet cloth as possible.
3. Do not stand under a tall tree in an open area or a ridge or hilltop.
4. Move away from open water, and do not stand near a metal boat. If you are swimming, get out of the water.
5. Move away from metal objects.
6. Get off bicycles.
7. Stay away from wire fences, or any metallic paths that could carry lightning to you from some distance.
8. Avoid standing in isolated sheds or small structures in open areas.
9. When indoors, stay away from windows, open doors, and fireplaces.
10. In a forest, seek shelter in a low area under thick growth of saplings or small trees. Avoid the tallest trees. Avoid entrances to caves.
11. If in an open area: Drop to your knees and bend forward, putting your hands on your knees. Put an insulating layer under you. Do not lie flat on the ground.
12. If your hair stands on end, you hear high pitched or crackling noises, leave the area immediately. If you can't do that, crouch down on the balls of your feet and tuck your head down. Do not touch the ground with your hands.

Information taken from *Field Guide to Wilderness Medicine* by Auerbach, Donner, and Weiss.

An Annotated Thermometer (in degrees Fahrenheit)

- | | |
|--|--|
| +60 Californians put on sweaters | -30 You plan a two-week hot bath
Minnesotans shovel snow off roof |
| +50 New York tenants turn on the heat
Minnesotans plant gardens | -38 Mercury freezes
Too cold to think
Minnesotans button top button |
| +40 Californians shiver uncontrollably
Minnesotans sunbathe | -40 Californians disappear
Car insists on sleeping in your bed with you
Minnesotans put on sweaters |
| +35 Italian cars don't start | -50 Congressional hot air freezes
Alaskans close the bathroom window
Green Bay Packers practice indoors |
| +32 Distilled water freezes | -60 Walruses abandon Aleutians
Minnesotans put gloves away, take out mittens
Boy Scouts in Eau Claire start Klondike Derby |
| +30 You can see your breath
You plan a vacation in Florida
Politicians begin to talk about the homeless
Minnesotans eat ice cream | -70 Minneapolis residents replace diving boards with hockey nets
Ridgeway snowmobilers organize trans-river race to Buffalo, WI |
| +25 Boston water freezes
Californians weep pitifully
Cat insists on sleeping on your bed with you | -80 Polar bears abandon Baffin Island
Girl Scouts in Eau Claire start Klondike Derby |
| +20 Cleveland water freezes
San Franciscans start thinking favorably of LA
Green Bay Packers fans put on T-shirts | -90 Lawyers chase ambulances for no more than 10 miles
Wisconsinites migrate to Minnesota thinking it MUST be warmer |
| +15 French cars don't start
You plan a vacation in Cancun
Minnesotans go swimming | -100 Santa Claus abandons North Pole
Minnesotans pull down earflaps |
| +10 Too cold to snow
You need jumper cables to get the car going | -173 Ethyl alcohol freezes |
| 0 New York landlords turn on the heat | -445 Superconductivity |
| -5 You can hear your breath
You plan a vacation in Hawaii | -452 Helium becomes a liquid |
| -10 American cars don't start
Too cold to skate | -454 Hell freezes over |
| -15 You can cut your breath and use it to build an igloo
Miamians cease to exist
Minnesotans lick flagpoles | -456 Illinois drivers drop below 85 MPH on I-90 |
| -20 Cat insists on sleeping in your pajamas with you
People in LaCrosse think about taking down screens
Politicians actually do something about the homeless | -458 Incumbent politician renounces a campaign contribution |
| -25 Too cold to kiss
You need jumper cables to get the driver going
Japanese cars don't start
Minnesota Twins head for spring training | -460 Absolute Zero
All atomic motion ceases
Minnesotans agree as to how it's getting a "mite nippy" |

The above information was unabashedly copied from the Southern California Nordic Ski Patrol web site.

Check it out at:
<http://members.aol.com/XCPATRL/index.html>.

Proper Portable Positioning or How to Hold a Handheld (Radio)

By George Doty

As the Radio Technician for the Eldorado National Forest, I sometimes speak with a radio user that has experienced difficulty transmitting and receiving on their portable radio. They explain to me that, previously, radio communications had been fine near that particular location, but this time it was poor. They are quite sure that their radio or the repeater is broken. Part of my job is to locate the source of their problem and to resolve it.

After a thorough bench check, I may find that the radio is operating normally. And a check of the repeater reveals no problems there either. Furthermore, the user is familiar enough with their portable radio to have made all the proper settings and adjustments. What does that leave? An intermittent problem? Possibly (and frequently the most difficult to troubleshoot.) Interference from space aliens? That depends upon your person beliefs.

At this point, I have learned to ask the user how he was holding the radio when the problem occurred. I have also learned to ask what environment he was in. Answers like, "I was in the forest," "The radio was on my belt," or "I was in my truck" give me a pretty good indication that the problem was not equipment-related, but with how the radio was positioned. The orientation of the radio and its proximity to larger objects can dramatically reduce its ability to provide effective communications.

The ideal position for holding a portable radio to maximize its performance is:

1. Radio held overhead (or at arms length facing the repeater),
2. Antenna oriented vertically, and
3. Outdoors.

Holding the radio this way isn't always practical or even possible. Here are the trade-offs for holding it in certain other positions:

<u>Position / Location</u>	<u>Signal Loss (%)</u>
Radio held at the mouth.....	84.0%
Radio mounted on belt at the waist.....	97.5%
Antenna held at 45°.....	75.0%
Antenna held at 90° (horizontal)	99.7%
User facing away from the repeater	90.0%
Located in heavy pine woods.....	68.0%
Located inside of a building.....	99.97%
Radio in vehicle, connected to roof antenna	34.0%
Radio in vehicle, on the driver's left hip	99.7%
Radio in vehicle, on the seat; speaker facing up	99.975%

If more than one of the above situations apply, then the signal losses for each situation compound. For example, a radio that is held at the mouth with the antenna tilted to 45° has a 96% signal loss to the repeater compared with that of a radio held in the ideal position. Under these conditions a 5-Watt radio will be effectively radiating only 0.2 Watts to the repeater.

In addition, if the user also happens to be in heavy pine woods and is facing away from the repeater, the radio's signal to the repeater will be further reduced by 96.8% for a total signal loss of 99.872% compared with that of a radio in the ideal position. The 5-Watt radio will now be effectively radiating only 0.0064 Watts to the repeater!

This degradation of performance applies to both transmit and receive.

What does this mean to the average Joe out there? Simply that the handheld radio's performance is significantly affected by its orientation and surroundings. Holding the radio in anything other than the ideal position will reduce its performance. Understand that there is a trade-off between performance and ease of use / surroundings.

Make a mental note of the conditions mentioned above that can most significantly reduce



the radio's performance and avoid them if possible. When you are experiencing radio communications difficulties in the field, ask yourself, "How might I be holding the radio or where might I be located that could be causing this?" Simply moving a foot or two in any direction may improve your signal.

To give you a bit more of an edge, use the best antenna that is practical. The "rubber duck" antenna that comes with the radio is yet another source of loss because it is a trade-off, too. Use a remote speaker/microphone if you need to hold the radio like the Statue of Liberty.

With so many factors that can (and do) degrade a radio's performance, it is a wonder that radios can work at all in our mountainous, wooded environment! But that is another, slightly more technical story...

Stay tuned.

Storing Your Skis for the Summer

By Mike Peart, Old Skier

The proper way to store your skis begins with washing them well. Water will do. If there is wax or tar-like stuff on the base of the skis, use wax remover. Then rinse with water. Let the skis dry completely. If you can hot wax the tips and tails, do so...but don't scrape or buff. Wait until the beginning of the next ski season to buff and scrape all the dirt and dust off your stored skis. If you can't hot wax just rub hard wax on the base of the ski.

The skis should be kept in a cool dry place and hung by the tips. Don't lay them down or against a wall. Racks to hang skis can be purchased, however they are easy to make and attach to a wall. For three pairs of skis I use 3/8" dowels, 3" long, plus the thickness of your wood. I use a board 1" x 4" or 2" x 4". I section off the board 6" from one end for the first pair of skis, followed by 7" for the second pair of skis and the third pair of skis being 7" from the second.

Now that you have prepared your skis for the summer, don't forget to care for your poles. If you have adjustable poles, take them apart and clean them well. Let them air dry completely. You can put them back together or leave them apart to store for the summer.

You're not finished yet!!! Now you have to prepare your boots for storage. They should be cleaned. If they are leather, you need to put two good coats of shoe polish on the boots and don't buff. Plastic boots need to be cleaned as well.

After cleaning your boots, check for tears or cracks. If the soles are in bad shape, get the boots resoled now, don't wait until the next ski season. Resoling can take up to two weeks to a month. Store your boots in a cool dry place. If you have a boot tree use it. Try to keep the soles as flat as you can.

Well that's it. Good spring skiing is here and after the month of June think of "SNOW" for the next season.

An Interview with Monte Hendricks

By Susan Minneman

On a beautiful ski day this last weekend, Monte Hendricks shared a little of his life story.

He gave me permission to share it with his fellow Ski Patrol members. I will try to feature a different member each newsletter; thereby helping us get to know each other better.

Monte was born in a small town in Wisconsin, the last boy child in his family. His mother and father owned and ran a hardware store. He left Wisconsin when he was 6 months old, after his father was injured in a severe accident. Their next stop was Southern California, where he spent most of his youth growing up in a small town. After graduation from high school, he attended college for a year, and then spent 1½ years studying religion. While going to school, he worked in a women's undergarment wholesale supply company. Ask him about the woman at the office that modeled the underwear for the clients. She would unabashedly pop out in the latest garments. He tells a much better story than I do.

After changing his mind about studying religion in the early 1970's, he moved back to his old hometown in Wisconsin, to "explore my roots." He was labeled a "Californian," wore bellbottoms, and probably incited much teasing. It was here that he learned banjo making, taking a job with a banjo-maker/repairer that really wasn't very skilled. He taught himself the art of banjo making. When he moved back to California, he brought his skills with him and now creates masterpiece instruments that are incredibly beautiful, with wonderful sounds. He teaches and plays. If you are fortunate, you can hear him play. I've heard him play at Loon Lake during the open house and it was a privilege.

When Monte joined the ski patrol in 1989, there were roughly only 20 members. Tom Eckhardt was president and the patrol was not yet incorporated. In fact, he didn't really know what the patrol was all about. Monte was president of the patrol during 1993/94 and 1994/95. He explained to me that he is proud of 2 major accomplishments: 1. The MOU (memorandum of understanding) between the patrol and the Sheriff, and 2. The formal in and out of service agreement with Camino. At that time, Mark Stanley was instrumental in arranging for Airtouch pagers and free service for patrollers, so that they could be in contact. For a while, patrollers had to pick up radios at the Forest Service Information Center in Camino when they wanted to go in service. When George Doty came along and joined the patrol, radios were made available to all patrollers for the first time.

Monte feels that patrolling and stewardship of the wonderful backcountry ski opportunities in El Dorado country are the most important activities of the patrol. He would like to see more people out patrolling the backcountry and helping people when they can. He would like to see the patrol continue and expand its trail work. His vision is that perhaps someday, one or two patrollers would "adopt" a

trailhead and become "caretaker" or "steward" of that trail.

Julie and Monte try to tell me that they didn't know how to Telemark before they joined, but I'm not sure I believe them. They are both too good. They tell me that they learned under the tutelage of Mike Peart and others. I think they are just pulling my leg. But when he tells me that his favorite patrol activity is skiing naked and not falling, I do believe that.

Summer Activities

Carson Pass Information Center

The use of the CPIC will transition from EDNSP to ENFIA* in early June. We will need to store our rescue and first aid equipment in the loft and move the new (to us) cooking stove/oven and carpets to a temporary location for the summer.

ENFIA will prepare the facility for summer use on Saturday, June 10th. This means that we must have our equipment moved *before* that date. We particularly need a pickup truck to move the stove. Please contact George Doty if you can help.

ENFIA plans to staff the Carson Pass Information Center and open it to the public on Saturday, June 24th.

Also, ENFIA would like to refinish the exterior of the building and will organize a work weekend for this later in the summer. They have requested the help of EDNSP members. The date for this project is to be announced.

In September the use of the CPIC will transition back from ENFIA to EDNSP and the moving process will be reversed.

(* ENFIA is the Eldorado National Forest Interpretive Association. This group built the CPIC and staffs it during the summer. Read more about ENFIA and the CPIC in your handbook.)

Robbs Hut

The EDNSP is now the official sponsor for Robbs Hut. We have taken over the annual maintenance duties here in exchange for the EDNSP logo on the building to improve public awareness of our organization.

The Robbs Hut volunteer work day this year will be Saturday, October 14th. Projects could include painting the hut, painting the lookout, cutting brush, cleaning the interior of the hut, carpentry work, and more. There may even be a barbecue.

Robbs Hut will be available to us that weekend for overnight use on both Friday and Saturday nights. Contact Kristi Schroeder if you plan on staying there either of these nights.

Monte and Julie Hendricks and Susan Minneman will handle sign-ups and coordinate the work day.

Shadow Hut

Work plans for the proposed Shadow Hut have not yet come together. They are pending the outcome of certain preliminary Forest Service actions. Grant Nelson is our point person for this project. He will let us know when something definite is in the works.

EDNSP Officers

The EDNSP Board of Directors for the 2000/2001 season, as elected by the general membership on May 6th, 2000, are:

PresidentMike O'Keeffe
Vice President.....Peter Zimmerman
Secretary.....Susan Minneman
Chief Financial Officer..... Jeff Holm
Director at Large Jeff Weaver
Director at Large Monte Hendricks
Director at LargeMark Wegener
Director at LargeJerry Plummer

See the EDNSP Bylaws in your handbook for a complete description of each officer's duties.

Rich Platt will remain the USFS-appointed liaison to the EDNSP.

Classified

Room for Rent

Master Bedroom & Bath

1600 sq ft 3br/2ba house on ½ acre
Hot tub, Washer/Dryer
Pets OK, No smoking
\$400/month includes utilities
Call, leave a message: 530-647-1803
Ask for Theresa

Wanted

More Entries in the Classified Section

Do you have something for sale?

Something you want?

Use the classified section of the newsletter to post your notice.

Distribution is to the EDNSP membership.

Send your want ad to one of the editors to post it in the next issue.

Free!

The Mike Peart 2001 Echo-to-Kirkwood Sponsorship Challenge

By George Doty

Mike Peart has promised the EDNSP that he will make as much effort as is necessary to personally obtain at least \$100 worth of sponsorships for the 2001 Echo-to-Kirkwood Race and Tour. Furthermore, he challenges each and every EDNSP member to do the same!

Way to go, Mike! With everyone's participation, we can make the 2001 E2K the most profitable yet. Remember that this event is the only source of income for the EDNSP and it only occurs once a year. So let's make the most of it!

Many businesses begin their fiscal year in July and they will have already done their financial planning for the upcoming year. Even though the 2001 E2K may seem far away, now is the best time to approach these businesses for sponsorships.

I have a couple of "regular" business contacts (read: "family members") that I contact for sponsorships and I will be approaching them soon. However, in order to meet Mike's \$100 challenge, I'm going to have to make a bit more effort. Can I do it? I'll certainly try!

The 2001 Echo-to-Kirkwood Race and Tour will be Saturday, March 24th, 2001.

EDNSP Polo Shirts for Sale

Polo shirts embroidered with the EDNSP logo are available once again. Susan Minneman will be putting together a consolidated order for them on June 15th. The cost is \$24.00 for short sleeve and \$28 for long sleeve. There is an extra \$5.00 charge to have your name embroidered below the logo. The choice of shirt colors is navy blue or white.

Please send your order to Susan *before* June 15th. Include your size, sleeve choice, color choice, whether you want your name embroidered, and your check.

EDNSP Committee Sign-Ups 2000/2001

The following people have already signed up for committees for next year. If you would like to help out, please sign up by contacting a board member or one of the committee members. Each person's participation is appreciated!

Race Committee

Theresa Gilliland
Susan Minneman
Paul Stover
Mike Peart
Walt Thompson
Lollie Zimmerman
Mike O'Keeffe
Jerry Plummer
David Farrell
Jeff Holm
Bob Macy
Grant Nelson
George Doty

Training Committee

Mike O'Keeffe
Dave Farrell
Mike Matus
Jeff Holm
Mike Werst

Trails/Patrol Committee

Julie Hendricks
Theresa Gilliland
Susan Minneman
Kathy Glans-Holzer
Bob Macy
John Payne
Mike Peart
Ken Kirk
Teresa Piper
Mark Wegener
Mike Matus
Cliff Lonbaken
George Doty

Public Education

Julie Hendricks
Paul Stover
Peter Zimmerman
Rich Platt
Jerry Plummer
Monte Hendricks
Jeff Holm
Grant Nelson

Handbook Committee

George Doty
Susan Minneman

Hut Committee

Theresa Gilliland
Kathy Glans-Holzer
John Payne
Craig von Chance
Monte Hendricks
George Doty
Jeff Holm
Grant Nelson
Mark Wegener

New Member Committee

Theresa Gilliland
Rich Platt

Mechanized Committee

Julie Hendricks
John Payne
Mike Peart
Walt Thompson
Ken Kirk
Teresa Piper
Monte Hendricks
Cliff Lonbaken

Publicity Committee

Jim Peterson
Craig Von Chance
Jeff Holm

Equipment Committee

Walt Thompson
Jim Peterson
Mike Matus
Susan Minneman
Cliff Lonbaken

Administrative Staff

The Forest Service fiscal year ends September 30th. For accounting purposes, the Eldorado National Forest needs to have the total number of person-hours that the EDNSP contributed during the previous fiscal year. These volunteer hours include the time that each person spent patrolling, doing trail or maintenance work, attending training and meetings, and performing SAR duties. It also includes the travel time to and from each activity. Volunteer time spent in support of the Echo-to-Kirkwood event is not allowable.

If you don't anticipate accruing any more volunteer hours before September 30th, 2000 and if you haven't already done so, please turn in your volunteer hours total for this last year to Jennifer Marsolais. If you *do* anticipate accruing more volunteer hours before September 30th, continue keeping track of them and get them to her *by* September 30th. Our first general meeting of the 2000/2001 season on Tuesday, September 5th would be a good time to do this.

Contributing Writers to this Issue:

Monte Hendricks
Susan Minneman
George Doty
Mike Peart

Have a happy summer!



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P. O. Box 1113
Pollock Pines, CA 95726-1113