

Caldera Chronicles

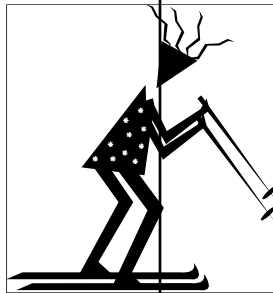
Year 24 Volume 1

Early Fall 2005

An Honor and a Privilege

For those of you who attended last season's kick-off meeting and orientation, a faint memory of my presentation about *Opportunity* may still be found in the recesses of your mind. Words such as re-create, re-charge, re-join, receive, represent, résumé, and repay, made their way to the screen to emphasize the point that belonging to and participating in the Crater Lake ski patrol comes with incredible opportunities—especially in an atmosphere of unity.

Building upon that foundation, I propose that along with the opportunities, and as a natural by-product, is *Privilege*.



The cumulative years as a patroller at Crater Lake continues to help me recognize more clearly that few experiences can enrich life more. But just as certain, is the fact that with the filling-up there is necessarily the emptying-out, or put another way, like the seasons complement one another

in the cycle of life, so my gain obligates me to give.

As a volunteer at Crater Lake National Park, my experiential portfolio, so to speak, is built-up only when I am investing my labors and love. And so, my participation as a patroller for the park service and as an individual within the volunteer group becomes a *privilege*, and when acted upon as such, my investment grows with interest. Another wonderful dividend is that when I act out of this privileged frame of reference, others' investments grow in value. Do you see what I mean? If each of us comes to the table with

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their portion of goods and a willingness to share them throughout the season, then we are all the richer because of it.

Not only are we blessed with the invitation to come to Crater Lake and receive what the Park and others have to offer in the way of opportunities, but, it is our privilege to give all we can by way of experience, insight, encouragement, team play, commitment, and eventually, leadership.

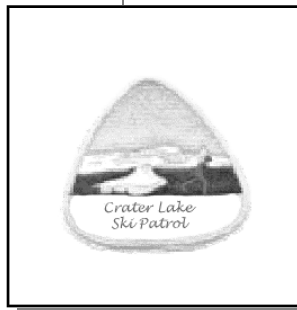
If you would be of the same mind, then pledge to find out for yourselves what I have discovered after these long years: that the opportunity gained by coming as a committed ski patroller will grow richer when you gladly know it as a *privilege*.

Happy Trails,

John Bellon

This Much Fun and Still Legal?

Why be a Crater Lake Ski Patroller and cross-country ski? Cardiovascular benefits, yes, but also freedom! Exercise endorphins! Solitude! Conviviality! Seven Dollars a Day! In addition, there is the camaraderie of fellow patrollers and Park Staff.



It's adventure for some, peace of mind for others, an

escape from work for others. Many ski for the lyrical quality, the magic spirit that emanates from the Lake, the taste of clean air, clear and carrying light, powder days on the Horse Trail, sighing wind, putting in the miles, old-growth forests, frozen waterfalls, pumice deserts, blizzard conditions, pinnacles, alpenglow on snow-

mantled peaks, and the miracle of skiing beneath the full moon, and lets not forget Mr. Wizard. More than mere recreation, this is euphoria!

My favorite aspect of cross-country is the diversity of patrollers who love to ski. It can be either social or solitary activity. You can see the love for skiing the way it affects your fellow patrollers, and why some drive up to 600 miles in a weekend to get to the Lake. You can see the love for skiing in the Groups you meet, families, couples, and the solo skier, and yes, the occasional dog on the trail. And it fact, age nor gender matters, the majority of patrollers are over the age of 30. All it takes is enthusiasm, the love for

skiing and learning new skills. The ability to enjoy the outdoors in winter, at your own speed, no matter who you are with, urbanites, rural residents, CX racers, foresters, park rangers, managers, photographers, an even a few senior citizens.

A skillful skier is a thing of beauty, moving with fluid power, adjusting tempo and technique to terrain, snow

depth, and snow type. But one needn't be an adept; the casual day tripper—even a practiced exercise-evader—can get a kick equal to that of a national-caliber athlete from the season's enchantment.

Cross-country skiing exercises muscle groups from your feet to your arms, and everything in between. For those with a

hunger for caloric facts, Chris Scott, research associate at the Institute for Aerobics Research in Dallas, has details on comparative sports. (see chart below) He says that a 170-pound man skiing 5 miles per hour on the level uses about 13.2 calories per minute (792 calories per hour). In comparison, a 170-pound man jogging 5.5 miles per hour uses 12 calories per minute (720 calories per hour). All of which is a complex way of saying that cross-country skiing is a superb way to develop a trim body while having fun.

<i>Calories Count</i> <i>Activity (1 hour)</i>	<i>130 lbs</i>	<i>55 lbs</i>	<i>190 lbs</i>
Skiing, cross-country, > 8.0 mph, racing	826	985	1208
Skiing, cross-country, moderate effort	472	563	690
Skiing, cross-country, slow or light effort	413	493	604
Skiing, cross-country, uphill, maximum effort	974	1161	1423
Skiing, cross-country, vigorous effort	541	633	776

Greetings Fellow Pinheads

November Medical Weekend

This November's training will be somewhat different from previous years. Don't fret, change can be good and this will be good. We've restructured our format to provide patrollers with expanded training in wilderness emergency care. Our goal is to increase everyone's comfort levels

with patient care by making patrollers more familiar with the medical supplies we carry and how to use them. The plan is to create a two-year (for now) revolving training cycle continuing our CPR/AED, and adding wilderness first aid, NPS medical equipment orientation, and patient care scenarios. Here's how it looks:

Year 1 (even years)

Day 1: CPR

Day 2: Equipment orientation & Patient care scenarios.

Year 2 (odd years)

Day 1: Wilderness First Aid

Day 2: CPR review & Equipment orientation & Patient Care scenarios.

We will be incorporating National Ski Patrol information into our training to provide the most up to date info to our patrollers.

We are asking our NSP patrollers to join us in the November weekend and share your experience with us.

This year's medical training will be starting on the year two segment of the cycle. As shown above each year will provide some review of the previous years training to maintain the critical skills of the job.

*Enjoy the fall,
as winter will
soon be here.*

Erick

Recruiting Ski Patrollers

People come and go in organizations and the Crater Lake Ski Patrol is no exception. We're always sad to have our friend's leave but welcome new faces and friends. What I would like to speak to are the new faces and how to introduce them to the CLSP experience.

I have recently taken on the responsibility for being a liaison for incoming potential Ski Patrol Candidates. The idea is for all of you to talk to friends who you think might be interested in joining the CLSP volunteer organization. If they are truly interested, have them contact me and I will give them the information they need to be able

An Open Invitation to
All Alumni Ski
Patrollers

*Please join the 2005-2006
Crater Lake Ski
Patrollers*

to attend our training sessions. In doing this new candidates won't be walking in "blind" to our November training wondering what we are about. They will already have a clue as to what we will be doing for the trainings and on their volunteer weekends.

I am also shadowing Niel Barrett as the trail connection on the "Board". If you have any suggestions, comments, etc. let's talk. We are looking for volunteers who might be interested in being on a committee to help with trail activities as they come up. As we have all heard many times, more hands make less work for all, or something to that affect.

*See you all in
November.*

I can be contacted by e-mail at: cra-terbabs@hotmail.com or by phone at 541-488-1461.

Barb Hansen

Ski Patrol Raffle Results

The raffle that we had this past spring brought in \$672.00. Currently we have \$1,431.00 in our ski patrol account. Listed below are the winners and what they won.

Judie Drummond
\$50.00 gift certificate to
McKenzie Outfitters.

Bill Rossknecht
\$25.00 gift certificate to
the Rogue Ski Shop

Jesse Calvert
\$50.00 gift certificate to
Big R

Lisa Bellon
\$25.00 gift certificate to the
Ledge

Pat Cunion 1-month membership
to Harbor Isles
Tennis & Fitness Club

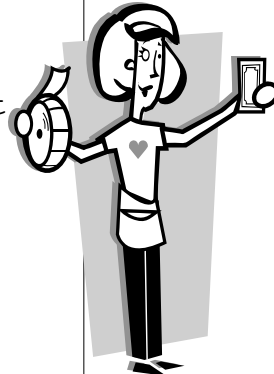
Mike McCullough
Golf for 2 at
Harbor Links

Rene Ordonez \$25.00 gift certificate to Ashland Mountain Supply

Randy Chastain 18 Volt Milwaukee Cordless Drill, sorry Pete.

Thanks for your support in this raffle.

Hey...where is my \$7.00 per day Pay Check. Well I have good news for all of you that put in their time this past season. By the time you read this you will probably have already signed your paper work that will result in a paycheck.



For those of you that don't have anything to spend that little check on, you can easily donate it to your ski patrol fund. If you wish to do that, then please deposit your check into your personal account and make out a check to friends of Crater Lake and mail it to me

*J.T. Hummel
P.O. Box 143
Keno, Or. 97627*

Reflections from the Base of Horse Trail

It is late in the day as I gather my notebook and pen and tromp through the snow to the base of Horse Trail, an unofficial trail used by the Ski Patrol to ski from the Crater Rim down to the Patrol House. I sit on a small insulate pad, my back to the Horse Trail, gazing up at the steep cliff walls before me. Unbroken snow, soft windblown ridges of powder weave their snow dust into a white fabric of winter. Billowing thin clouds diffuse the light striking the brown red rock, highlighting patches of brightness against the stagnant avalanche prone snow. The glow extends down the slope through a soft haze of cloud as the ridgeline contours toward Annie Springs, several miles distant. The translucent ridge light is ethereal and not of this world. Clouds tucked between a sliver of blue and the reflection from a setting sun illuminate the high point of the ridge, engulfing the rocks, dimming the light on the molded white slabs. Slowly, the light fades into shadows, casting the ridge into the graying silhouette of night. The air is still. Nothing

moves. There is no sound. There is only white and light; red rock basking in alpine glow, and the crisp coolness of air.

Top Ten Reasons Why to XC Ski this Winter

1. You look funny wearing your new wool sweater in august
2. With the high cost of gas these days it is much cheaper than running a snowmobile.
3. It is the blissful feeling of gliding along on a beautiful winter day. Even if my skiing ability or the weather doesn't match up to that ideal every time

the possibility that everything can fall into place on that day keeps me coming back.

4. Fresh air, negative ions and the quietness of a soft winter storm.
5. You want to get into a sport that won't cost you your first born.
6. No lift lines.
7. You care about fitness. Cross-country skiing is the Number One aerobic exercise (and you don't have to hop around a sweaty gym in tights and feel silly)
8. Solitude
9. Same clothes, different decade

Summer Projects

10. Winter, surely beats mosquito season

This summer a number of projects were completed. The two junction signs on the PCT trail (North of highway 62) were permanently attached to trees so that we don't have to maintain them during the winter. These signs are located (*sign 1*) at the junction of Annie Spring cutoff and the PCT and (*sign 2*) where Dutton Creek trail meets the PCT. I would like to thank Barb Hanson for her help on putting the two trail signs up. This task involved carrying a 12' ladder 4.8 miles so we were able to put the signs 15' up on the surrounding trees.

Next, the new section of the PCT from Annie Springs to about ½ mile from the junction of Dutton and PCT was marked with

Blue Diamonds. I would again like to thank Barb Hanson and her husband Richard for their help. I would encourage all patrolers to get out and either ski or hike the new section's of the PCT to get familiar with the new additions of the trail. This new section of trail has a very nice view of the rim and meanders through a very beautiful old growth red fir forest.

Last but not least, the Wine Class Cabin got a new fresh coat of paint on the walls and floor. This project would not have been completed without Michelle's organizational skills and the many phone calls it took to get permission to do the work on the old historic building. This

project has been on the backburner for several years, because of the bureaucratic red tape involved.

On Saturday, August 20, a small crew of energetic volunteers assembled at the Wine Glass Cabin to paint. Involved with the project where several Crater Lake Firefighters, thanks to Brad Reed, Michelle Schonzeit, Jon



Liakoes, Ken Hey and Niel Barrett. After around 7 hours of fun filled work the cabin was finished. The following week Michelle moved in the new stove, lanterns and several

airtight containers to keep the mice out of our supplies. Also she washed all the bedding.

For those of you that are contemplating skiing the rim this winter, the cabin is a great place to stay. It's new paint job and new supplies will make your visit more comfortable. But before making the drive up to the lake, I would advise you to make arrangements with dispatch, or one of the rangers on duty that day to get the key for the cabin, however, don't forget to carried out your garbage, clean up after yourself, and sign the log book.

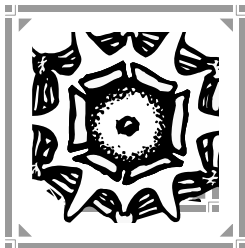
Early Fall Special Edition Caldera Chronicle

Up Coming Events

- *October 12 , 2005
Council meeting in Klamath Falls
at the Red Cross at 4:00 PM
all Patrollers are welcomed*
- *November 5 & 6, 2005
Wilderness First Aid & CPR*
- *December 3 & 4, 2005
Orientation Weekend*



*If any one is inserted in doing some trail marking before
the snow falls, please contact Niel Barrett*



Happy Ski Trails



432 N 5th
Klamath Falls, Or
97601

