

# MONTHLY NEWSLETTER JANUARY 2021



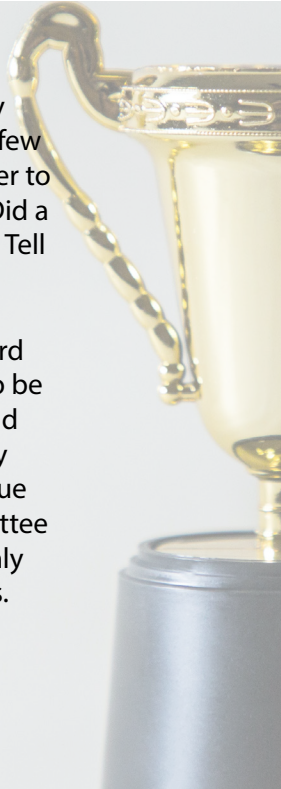
## SEEKING VOLUNTEERS FOR THE AWARDS COMMITTEE

Every year, a number of nominations are submitted for deserving patrollers to receive Zone, Division, and National awards, but those nominations unfortunately don't write themselves. The Calgary Zone is seeking a few volunteers to assist with the awards committee in order to submit nominations for our wonderful membership. Did a fellow patroller do something to deserve recognition? Tell us about it! Better yet, write about it!

Lending a hand can be as simple as writing up an award nomination for a friend or colleague. It doesn't have to be a big commitment, but any additional assistance would be appreciated and may even be a great way or to stay involved if your patrol duties have been scaled back due to COVID. Volunteers assisting with the awards committee would be provided guidance on the process, but mainly help is needed in drafting of the nomination write ups.

For anyone interested, please contact:

**Darryl Aarbo** (aarbo@aflawyers.ca or 403-836-3964).



### EXECUTIVE SPOTLIGHT

**Dean Trimble**  
VP Operations

*Years with  
Canadian Ski  
Patrol:*

31 Years with Lake  
Louise

**Patrol Area:** Lake  
Louise

**Patrol History:** Held numerous CSP roles over the years including Finance, Operations and On-Hill evaluation and training. Maintain a level 2 CSIA and have assisted many ski patrollers to raise their level of skiing.

#### **Fun Facts:**

- I survived headbutting an elk on my way to a Lake Louise ski patrol shift. The elk died. I was awarded 40 stitches and two scars.
- I am qualified to ski patrol on alpine skis, telemark skis and a snowboard.
- My dad was a ski patrol from 1967-1972 at Snowridge (Fortress) and Sunshine.



## MASK GIVING YOU GRIEF?

See what your fellow patrollers are doing to protect their ears and prevent the face/mask freeze.

[CLICK HERE](#)

**Patroller Tip:** How do I stop my mask from digging into my ears?

  
CANADIAN SKI PATROL  
PATROUILLE CANADIENNE DE SKI



Try attaching your mask to the chin strap or ear flap of your helmet. This can help to significantly reduce the effect of straps digging into your ears.

## WE WANT TO HEAR FROM YOU!

As an organization built for and by its members, we want you to hear from you! If you have an item to submit for inclusion within monthly newsletters or a fellow member of the Calgary Zone you'd like to see featured, please submit to VP Communications, amy.kraemer@skipatrol.ca.

**Interact. Engage. Experience.**

## REFRAMING THOUGHTS

No question, the COVID-19 pandemic has been stressful. We are overwhelmed by our fears about the progression of this strange disease and its impact on our lives. We have anxieties about job insecurity, employment loss and material shortages. Public health actions, such as distancing make us feel isolated and lonely. This leads to increased stress and anxiety.

Even patrolling has become more stressful with changes in the way we operate and interact: masks, frequent sanitization, distancing, loss of warm-up huts and change rooms, inability to carpool and socialize, and changes to operational procedures.

The way in which we perceive situations is our “frame”. The power we give our thoughts can make a difference in the

way we choose to navigate through them. How often have we been coached to reframe our thoughts to “find the silver lining”, view the “glass as half-full instead of half-empty”, to find the positive in situations. Even the smallest mindset shift, a “reframe”, may be empowering by changing us from victims to champions of our circumstances.

When we cope with stress in a healthy ways we become stronger and more resilient. Try reframing your thoughts.

Change	Mindset Shift
I'm stuck at home.	I get to be safe in my home.
I will get sick.	I will decrease my chances of getting sick by following prevention suggestions.
There is too much uncertainty right now.	I can control my actions and my thoughts.
I hate wearing masks.	When I wear my mask, I am protecting myself and the public.
My actions have no impact.	When we each do our part, we help fight the spread of the virus.
My anxiety is not manageable during these uncertain times. It's too much to handle.	Anxiety in these times is normal. I cannot change what is happening but I can do things to positively impact my anxiety level.
I feel so stressed trying to adjust to these new patrol routines and changes.	By understanding and embracing the new routines, I am helping my resort demonstrate that they are able to comply with COVID regulations and remain operational.

## COVID INFORMATION

A Calgary Zone task force has been implemented to promote best practices and learnings amongst the ski resorts throughout the season as we all adapt to the ever changing COVID regulations. Initiatives and/or tips will be shared with the membership as they become relevant. If you are seeking further information

about COVID as it relates to the Canadian Ski Patrol, we encourage you to review the National CSP guidelines and Calgary Zone supplement material provided on the Calgary Zone website (linked below). Reminder that all policies and procedures followed should be in accordance with your respective resort.



### COVID GUIDELINES



### CZ SUPPLEMENTAL REFERENCE

## MEMBER SHOUTOUT!

### JAMES PAPINEAU

A special shoutout to James Papineau from your fellow patrollers. Thanks for leading the charge with 17 days already this season!