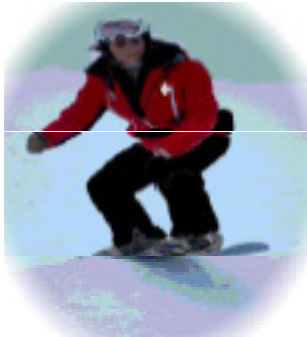




# Rusty Parka News



**Vol. 54 Issue 3**

**[www.nspcentral.org](http://www.nspcentral.org)**

**Summer 2016**

## Division Director's Report



**John Thomas**  
**Division Director**

Central Division Patrollers,

The June National Board meeting was held again in Denver and was four productive days of meetings. The Board accomplished three positive items for the membership: the first one was testing the new IT system. The new system will be great enhancement for the office staff.

The first release will not have all that was promised and more functionality will be added over time. The office staff found a glitch in the last week of testing and so the rollout has been delayed until August 1. The second item is that the Board approved using the education fund by providing scholarships to our 15-25 year old members in order to attend PowderFall April 2017 at Aspen, Colorado. More information from the National Office will be provided in the future about PowderFall and the scholarships. The Third item is that the board

approved creating a Knowledge-Based system to retain all the data we as an organization have, not only in files but the knowledge in people's heads. As they continue to create this system, past board members may be called on to help.

The Board is operating better than in the past; thanks to Central Division voters for helping with that transition. We still have some work to do in order to continue the change in the National Board. There are four positions open and we need great people on the Board. I will need your help again when it's time to get the vote out. We had a great turn-out last year and we need an even better turn-out this fall. Please help me get your fellow patrollers to vote. It does affect you: we need Board members that put the Membership first and leave their personal agenda at home. There

## Parka Picks

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will be more information sent out as it becomes available.

One of the items your Central Division Board discussed and approved was to put more focus on the OEC instructors and how to teach OEC 5 as it was intended to be taught. The MSAA OEC discussion opened up concerns about how the course is taught. The chapter objectives which are in the front of each chapter and are highlighted by the NSP cross must be taught. One of the frustrating issues is that the objectives and the written test were not the same and in five years the instructor training didn't focus on the objective teaching. Your Division board has stepped up and is working on this training of its instructors by holding two sessions that focus on the objective-based instructions, work with the new IT system and Pearson's online course.

Finally, the Central Division Fall meeting is being hosted by Western Region in Minneapolis, MN in September. This will be a fun and educational event, please plan on attending. The awards banquet will be held on Saturday night - what a great way to help celebrate with your peers on their patrolling achievements.

Thank you for being a Central Division Patroller – have a safe summer!

## Kasten's Korner





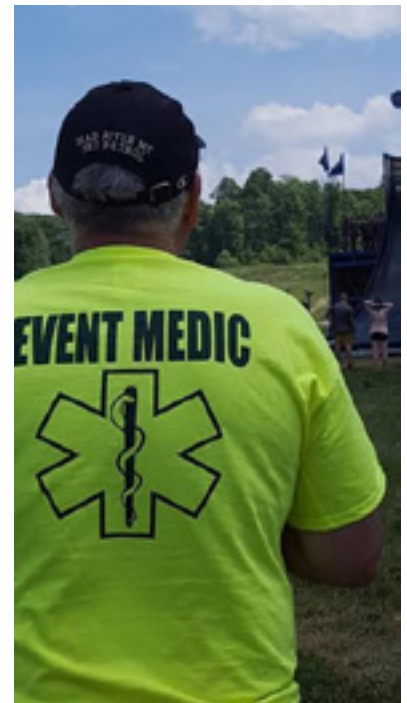
**Chris Raudabaugh**  
**ADD**

## Keep those skills sharp....

Don't let the off season dull your NSP skills. There are a lot of activities that are probably available to you so that when our beloved winter season returns, you will not feel 'rusty'. Most patrols have their OEC classes underway and always need help. If you not an instructor, you can always be there to help the instructors with skills and scenarios. There should also be opportunities for MTR events, Avalanche classes, and PSIA/AASI dry land clinics.

Other opportunities could present in the form of Biking Patrol or working Obstacle races at your resort, or other venues. It's just as refreshing when you have helped someone out during the summer, as during the winter. As a bonus, you can keep in touch with your fellow patrollers.

Application deadline for the National Board has passed. I believe we have candidate(s) from the Central Division, and from other divisions. The Central Division Board will provide more information after Fall meeting. As always, we need you to vote. Keep up the good work with this process.



## National Board Members from Central Division

**Brian Rull**  
brianrull@hotmail.com

**Ty Damon**  
Tydamon@me.com



**Jim Woodrum**  
jrwoodrum@centurytel.net





**Cheryl Raudabaugh**  
**Skills Development**

## Snow Sports Skills Team

As seasons change, we are approaching 2016/17 with a brand new Central Division Snow Sports Skills Team comprised of: Marty Blaszkowski as our Snow Sports School Supervisor, Rob Carpenter as Senior Program Supervisor, Troy Southwick as OEC (Toboggan) Supervisor, and Cheryl Raudabaugh as Skills Development Supervisor. Each of us will be in contact with corresponding region staff to touch base and open communications going into the new season.

Since last year's poor weather conditions caused the cancellation of the revised Snow Sports Trainers Workshop (STW) clinic format, we will be implementing the plan this year in December. What does that mean for you? The STW participation will be limited to lead instructors/evaluators from each region who then should be going back and leading a similar event within the region to carry forward consistent information out to all patrols.

This year each Region Director will work with his internal teams to send up to 16 instructors/evaluators to the December event – 4 to Ski/Ride, 4 to OET/Toboggan, 4 to Senior OET Evaluator and 4 to Senior Alpine Evaluator sessions. An Accredited Senior Evaluator test will also be held. These two clinics to be held on the second and third weekends of December with more details to follow soon via the Region Directors.

We look forward to building the Skills Team this year and getting to out to many of the region events as well!

## 2016 CENTRAL DIVISION MEETING

**The Western Region welcomes you to beautiful Bloomington Minnesota!**  
**September 9, 10 and 11**

### Accommodations:

Hilton Garden Inn  
5140 American Blvd West  
Bloomington, MN 55437  
952-831- 1012  
Standard King - \$87 + tax per night  
Standard Two Queen - \$99 + tax per night  
Cut-off date for making reservations is August 8, 2016.  
[Click to Make Reservations](#)

Staybridge Suites  
5150 American Blvd West  
Bloomington, MN 55437  
952-831- 7900  
Studio Suite (One Queen bed and Kitchen) - \$89 + tax  
Cut-off date for making reservations is August 8, 2016.  
[Click to Make Reservations](#)



## The Daniel Somalski Memorial Fund



Our *Central Division* is proud to maintain and grow a memorial fund honoring a very special friend and patroller. Dan, as many of us know, dedicated much of his 25 year patrol career to helping others attain their goals both on and off the slopes. As a long time "Certified" patroller #426 and a "PSIA level 3" he was a force to be reckoned with both inside and outside of the traces. It is in memory of Dan's example that his fund will sponsor an annual award to a current or aspiring NSP alpine trainer. In accordance with his family's wishes, the annual monetary award will be tailored to assist a worthy patroller in pursuit of their chosen alpine credential(s).

Please consider donating to this important fund just as many have already. By contributing you'll advance the goals of our organization and promote Dan's legacy. Visit [www.nspcentral.org](http://www.nspcentral.org) to donate online or contact Tom Anderson at [tpanderson@charter.net](mailto:tpanderson@charter.net) for more information.



**Les Robinson**  
**NC Region**  
**Director**

## NC Region

I want to congratulate all the winners for NSP awards in all the regions, all the merit stars, outstandings, COA's, nationals, and locals. Great job all not only those who won but all who patrolled, we had a fabulous year on the snow in the Midwest. Be sure and attend the division awards in Bloomington this September look it up at central division website.

This is the time of year to be riding bike, running, walking, doing things to keep us in the kind of shape we ski patrollers need to be, remember strong core for skiers is what we all need for a safe and fun ski season. We would like to see a larger voter turnout for the division next fall that would give us a bigger voice from the central division. So with that said get online and check to make sure your information is up to date at national and you will be able to vote. If anyone needs help for getting online; get in contact with help at the national office to fix problems getting online here is a contact for you; 303-988-1111 ext. 2640 or email [support@nsp.org](mailto:support@nsp.org)



# Introducing New Toboggan Supervisor



**Troy Southwick  
Toboggan  
Supervisor**

To start, I'd like to thank Dave Bramel for his service to the Central Division Toboggan Program. His dedication to the job and genuine concern for each instructor will not be forgotten.

Now, let me introduce myself. My name is Troy Southwick. I just completed my 23rd season with NSP at Mad River Mountain in The Ohio Region. I started my toboggan trainer journey in 1996 and have served as The Ohio Region Toboggan Supervisor, and supported Central Division Toboggan Supervisors Tom Worley and Dave Bramel as an assistant.

My plans for the Central Division Toboggan Program are simple, and all contained in the Transportation Guide as published by NSP. Let's begin by using the terminology that is found in the guide. I have read through the guide many times and I have never found the words Horns, Traces, Tracers, or Skaggs.

Many of us began teaching toboggans by passing on what we were taught, and although this terminology is entertaining and familiar to most, I have found that they seem to be regional. North and Western folks hold onto the Horns, while Michigan and Ohio use the Traces. The guide refers to them as Handles. You may ask, "Why does anyone care, everyone knows what we are talking about?" This is just an illustration of what my philosophy is when it comes to teaching a skill.

Verbalize – as described in the guide and everyone will understand what it is you are referring to.

Demonstrate – as described in the guide and you will be showing the proper technique to your students.

Provide feedback – in harmony with what is in the guide and you will produce a toboggan handler that is prepared to begin or extend their experience to any level of achievement.

If we will read and re-read the guide so that we understand the principles that are taught there, we as a division will be on the same page, or pages in this case, and the result will be a unification of thought and theory, which will ultimately elevate the level of training across the Central Division.

So, let's get to it. I am looking forward to having the best trainers in the Division join me for our Division TTW's (Toboggan Trainers Workshop) where we will dig into the guide and learn what it can teach us about toboggan handling and the way we teach it. Then this information will be directed to the Region staffs.

I look forward to meeting many new faces and opinions in this new roll, and ask for your support, that I may serve the Central Division Toboggan program to the best of my ability. So together, we may get better at what we do, while we help the skiing/riding community.

Hopeful for a great 2016-2017 season!!!





# Time For Your Senior Trip



**Rob Carpenter**  
**Senior Supervisor**

For many of you it is time to prepare for your senior trip. You know you want to go. You just have to get prepared a bit first.

But before we begin preparing for your senior trip, I'd like to take a minute to recognize and thank Daren Lukes, my predecessor as the Senior Supervisor, for all of his hard work and contributions. Daren, working closely with his fellow division staff members, has done a great job promoting and growing the senior program. The program is in a good place thanks to Daren. With that being said, we will continue to build on Daren's work and apply the principle of Kaizan - change for the good / continuous improvement as Daren described previously to continue to improve the senior program.

Now, back to preparing for your senior trip. Every good trip contains five key stages: research; commitment; planning; enjoying the trip, and the afterglow.

First, let's do the research. Why would you want to go on a "Senior Trip"? What will you get out of it? For those of you who are Patrollers or Alpine Patrollers you already understand the benefits of becoming a patroller - the camaraderie, the personal satisfaction of learning new things and helping others, ... Becoming patrollers was part of our personal journey, a journey of growth and self-improvement. Certainly you remember the "edge" and excitement of those early days. As patrollers our journey should not end when we become Patrollers / Alpine Patrollers. We don't want patrolling to become stale and boring. We can also apply the principle of Kaizan for personal continuous improvement. Taking your "senior trip" is a great way to continue to improve your personal emergency care and sliding skills. You will be rewarded with renewed "edge", excitement, and personal satisfaction. Doesn't that sound like a trip you want to take?

Now that we've done the research, it is time for you to make the commitment to improve your skills, to take your "senior trip". You can decide right now to go. You know you want to. It will be challenging, fun, and rewarding. You will be amazed at what more there is to learn and the additional confidence you will gain. Make the commitment now!

Your next step is planning. You can start the planning process by learning more about the details of the senior program from your patrol and region. Also, be sure not to miss the sign up deadline of December 1st.

I look forward to seeing you all on your Senior Trip! It's going to be great fun. Start planning, prepare to enjoy the trip, and look forward to the afterglow!



# Facebook / Social Media

Submitted by: Darcy Hanley, Division Tip of the Week Contact

Facebook continues to grow with 761 “likes”, more than 800 clicks every week by folks who share or comment on a posting. Word is getting around and that is good. The Tip of the Week continues to have quite a lot of views. During this upcoming season, I will be visiting other patrol websites in the division and post information, events and happenings. The event tab will be used as well to promote the fall division meeting and Powderfall. The tab will have links so you can go directly where the information is. Once again, if your patrol has a Facebook page be sure to like Central Division National Ski Patrol or go to: (<https://www.facebook.com/skinsp/>) There are other central division pages but this is the one linked to the Central Division website. Any programs that may have a Facebook page, please like the page so your program can be promoted.



As the election for new board members gets underway information about the candidates, their platforms and voting information will be posted. Reminders to vote will be posted. The National Ski Patrol website and database will be up and running. The new design and function should make information current and relevant. The new functions will be posted on Facebook to help patrollers and answer questions. Enjoy summer and all that it brings since we all know the cold and snow are not far off!

## Powderfall 2016

Check it out: <https://vimeo.com/169614021>



Powderfall 2017 is an event designed to fuse top tier education, entertainment, and a 5 star resort experience together to form a unique and productive conference atmosphere. This year's event location will be Aspen Snowmass at the wonderful Westin Hotel and Resort. Whether you are a current volunteer, professional patroller, or someone interested in what patrolling has to offer we encourage you to come and participate in the events and activities!

April 6, 2017 - April 9, 2017  
Westin Snowmass, Aspen, Co.  
Snowmass Village, Colorado

For more info visit [www.powderfall.com](http://www.powderfall.com)



# Keeping Sharp in the Off Season



**Dan Moss**  
**PSIA / AASI**  
**Liaison**

If you're like me, once the skis are put away, I give my mind a break. Reading 32 Degrees, SKI, the RPN and OEC periodicals keeps me dreaming, but for the most part, I rest. Here is something quick to tickle your recall and test your knowledge level. You won't need to report your outcome to anyone so go for it!

A little quiz for a little fun. These are terms taken from the Alpine Technical Manual Glossary.

Grab a Piece of paper and number to 30. Look at each term and write out a definition. The answers are on the last page of the RPN.

1. Angulation
2. Apex
3. Athletic Stance (no stick figures ☺)
4. Blocking
5. Bootboard
6. Camber Profile
7. Canting
8. COM
9. Centrifugal Force
10. Centripetal Force
11. Core
12. Cuff Adjustment
13. Decamber
14. DIRT
15. Down Unweight
16. Effective Posture
17. Eversion
18. Frontal Plane
19. Inclinate
20. Jib
21. Kicker
22. Kinesthetic Learner
23. Parallel Turn
24. Rebound
25. Sagittal Plane
26. Skidded Turn
27. Skills Concept
28. Sliding
29. Slipping
30. Your Responsibility Code



# Certified Update



**Patrick Perlman**  
**Certified**  
**Supervisor**

This past season there were five qualification and/or recertification clinics throughout the division. Three new candidates were accepted into the program. The certified evaluation was held at Nubs Nob and Boyne Highlands in late February. Seventeen candidates, forty-three staff members and twenty-five supporters participated in the event. Three patrollers; Stephen Jarboe (Perfect North #800), Rashid Farahiti (Boston Mills/ Brandywine/ Alpine Valley #800) and David McKinley (Perfect North #802), completed all of the components of Certified.

Next seasons annual evaluation is scheduled for March 2nd – 5th at Marquette Mountain. Qualification and recertification clinics will be scheduled throughout the division as well. Anyone interested in learning more about the certified program is welcome to attend any of these events.

If you have any questions about the certified program please feel free to contact me or any of the region advisors:

Ohio – Eric Massanyi  
Eastern Michigan – Jamie Roell  
Western Michigan – Hal Froot  
Northern Michigan – Carl Woodcock  
Southern – Todd Shurtz  
South Central – Paul Fuchs  
North Central – John Keating  
Western - Kerstin Hammarberg



# Changes Coming to NSP – Nordic, too



**Peter Wollan**  
**Nordic**  
**Supervisor**

National has been sending out notices about the changeover to the new database system. It's going to be different in lots of significant ways – we'll now have to be responsible for our own records, and our own registration. Instructors will have to get used to new ways of handling course registrations, course completions, and payments for courses. It's probably going to be a big improvement, but I confess I feel like an old fuddy-duddy when I feel like not all the changes will be improvements.

I see a general movement within NSP towards more documentation and control. Of course, that's how we've done OEC forever: there's a centrally controlled course, and our certification expires if we don't refresh our skills annually. But that's medical care; it feels right to have it strictly controlled. We also have to annually refresh our toboggan skills; that's also medical care, and again it feels right to verify that we can actually do what we need to do. But documentation of the toboggan refresher has been more casual than OEC. I'm sure there were several years when I did my Alpine hill refresher, but it didn't get documented, and nobody cared. Nordic trail refreshers have generally been even more casual. I know that my own patrol has not kept good records of refresher participation, and has certainly never terminated someone's registration because they missed the trail refresher. But the new database system allows much more thorough oversight. We'll need to not only maintain and improve our skills, but also document that we have done so, and if we don't someone above us in the hierarchy will notice.

The avalanche program has already adopted a refresher system, and if you don't refresh within three years your avalanche certification expires. MTR is talking about adopting the same kind of system. Avalanche and MTR are, of course, important components of the Nordic program, and we'll need to figure out just what we're going to do. MTR 1 is required for all Nordics, and both MTR 2 and Avalanche 1 are required for Nordic Senior. Will we require that these programs be refreshed regularly? Not yet; instead, we have added a set of Nordic Skills to the annual trail refresher, on a three-year cycle similar to the OEC program, with a third of the material covered each year. Up to now, we haven't verified that this is really being done. We also haven't been monitoring instructor and IT refreshers. With the new database, oversight is pretty much built in, and we'll need to make sure that records are complete and accurate. I guess this is good, but I confess I'll miss the old casual, sloppy, friendly way of doing things.

Another big change for Central Division Nordics: the Birkie, the American Birkebeiner, our main event which dominates the season, will be dramatically different. The Korte, the 25K half-length race, will be on Friday, as will the family and youth races. The Korte will start at OO and end in Hayward; the Telemark trails won't be used at all. The Birkie will be on Saturday, the day after the Korte. It will have both classic and skate routes as in the past, with a new start area near Cable and finishing in Hayward. This means that our patrolling duties will be spread out less in space, but more in time. We'll need you! If you can, take a long, or longer, weekend, and join us next February!





# Instructor Development



**Virginia Rodeman**  
**Instructor**  
**Development**  
**Supervisor**

I hope by now, you know we are "up and running"! The Hybrid course is back! I noticed that many regions have held fewer Instructor Development classes over the past year while the previous on-line version was down.

The new on-line course has similarities to the old one. It is easy to complete, much like the OEC on-line refresher. It is estimated to take about 4 hours to complete as one also reads the book and completes the activities. At the end, there is a survey; then the certificate is printable for the face-to-face class. The instructor for the face to face class can answer any questions you may have during the time you are completing the on-line portion and/or at the face-to-face class. During the on-line portion, you will write a six pack lesson which you will take to the face to face class and present it to the class.

In addition to this class, the Instructor Development Supervisor team has completed a Continuing Education packet for use by IT's in Continuing Education for all disciplines. It is the review of the ID Class for use along with the discipline specific information for the recertification cycle.

The Mentoring Process remains about the same. We are currently working on a Mentoring form which may replace the current one. After the Instructor Development Class, the Mentee must complete "student teaching" which of course is discipline specific teaching under the guidance of the mentor. If you have any questions, please do not hesitate to contact me.

Ginny Rodeman, Instructor Development Supervisor <rodewoman@yahoo.com>

## OEC in the Summertime



**Susan Hayes**  
**OEC**  
**Supervisor**

There are some great things happening for the OEC Program in the Central Division!!

See highlights below by Rae Ann Ruddy (ROA from Eastern Michigan Region) about the National OEC Supervisors Meeting that we attended in April.

In an effort to give the OEC Instructors updates and improved training for OEC Classes, the Central Division is putting on 2 "Summer OEC Seminars"- at Pine Knob on Saturday, June 25 and at DeForest, WI on Saturday, July 9. Registration is found on the Central Division website. <http://nspcentral.org/>

We hope to use these seminars as a way to improve and standardize our delivery of the Basic OEC courses. This will also be a way to make sure we are all on the same page when it comes to teaching expectations, IT expectations and (The Dreaded!!) Paperwork. The new [www.NSP.org](http://www.NSP.org) web site will improve closing of courses, registration, etc. and I'm anticipating the usual learning curve. Once again- make sure that your email address and phone numbers are correct on your [www.NSP.org](http://www.NSP.org) member page.

We are moving away from mailings and this will be the way that we can send out information as well as contact you.

Update from Rae Ann Ruddy (ROA from Eastern Michigan Region):

Three of us from Central Division had the opportunity to attend the National OEC Conference in Denver in April.

It was both informative and eye-opening in that it is clear that the National OEC Committee members are listening to the membership, and they are working very hard to implement the suggestions.

Among the upcoming developments are the launch of the National website, which will eventually become the central location for all patrollers to register for refreshers, classes, etc. It will be rolled out to Division Directors first, and then trickle down to the rest of the membership. Further information to follow regarding the launch. Stay tuned — it promises to be a vast improvement over the current system. Be advised that the National site will be shutting down during the transition, so be prepared.



In addition, the National Committee spent a long time working on the 2016-2017 OEC Basic Final Evaluation. The committee worked very diligently to ensure that all of the questions on the final written evaluation come directly from the chapter objectives, and test the core of OEC learning, rather than technical questions and minutia. The National Office is currently in the process of updating the questions contained within the Test Bank as they are aware of the fact that some of the questions are incorrect or need some tweaking. The Committee also developed the scenarios for the 2016-2017 OEC Module of the Senior Program, and spent considerable time coming up with fair and medically correct scenarios.



Those running the Instructor Continuing Education/ICE (aka re-certification clinics) for their instructors will be glad to hear that the National Committee will begin to produce and make available Power Point Presentations and other resources to be used to keep our OEC instructors up to date. This year, the emphasis will be on making sure that everyone is familiar with (and abiding by) "How to Teach OEC 5th Edition." Based on information received in the past few years, it came to the attention of the National Committee that some instructors were not aware of the information contained within the video (available on the National website), therefore, they were teaching more than their candidates needed to know for the final evaluation. OEC Instructors should know that the written and practical evaluation focus entirely on the "Objectives" at the beginning of each chapter. Other interesting and important information is contained in some chapters, but that information will not be included in the evaluation, therefore, the emphasis in OEC classes should be on the Chapter Objectives.

The National OEC Committee is working hard to make improvements and to develop National programs (such as the Instructor Continuing Ed and Instructor Development programs) where those programs have been lacking. Please stay tuned as these programs will soon be rolled out to the membership.

Have a relaxing and safe summer and I'm looking forward to seeing everyone at the Central Division Fall Meeting in Minnesota this September!

# Central Division 2016 Election Results



**Ken Meldahl**  
**CD Elections**  
**Coordinator**

The 2016 elections for Region Director in Eastern Michigan and South Central Regions and the Central Division Director election have ended and the results have been announced. Each of these elections were uncontested, with only one qualified candidate nominated for each. No ballots were sent out to the electorate and the qualified nominees were named as the successful candidates. Eastern Michigan's Mike Schons will continue being the Region Director and Ronald Plumer will remain as the South Central Region Director for the next 3 years. Congratulations to both.

The Central Division Director race was also uncontested with John Thomas being the only nominee. John will also continue being Central Division's Director for 3 years.

Next year, Region Director Elections will be held in Western Michigan, Western and Ohio regions. Section Chief elections will be held for Sections 3 and 6.

## Level II Avalanche Course

By: Dave Boboltz,

Robust is perhaps the best word that I can use to describe the four day Level II Avalanche Course for Rescue Personnel that was held at Sunlight Mountain Resort last February 24-27, 2016 near Glenwood Springs, Colorado. The course was offered to persons within the National Ski Patrol possessing backcountry travel skills, and having already taken and demonstrated proficiency of the full NSP Level I Avalanche course. The course also requires Homeland Security Department ICS level 100 and 700 course completion prior to attending the Avalanche course.

For me, the highlight of the course was a seven-hour tour on day three in the backcountry southwest of Sunlight Mountain Resort, where the instructors coached course participants in route selection and hazard evaluation. But the course also included field work every day doing search scenarios using beacons and probe lines, along with snow stability evaluation techniques. A great set of instructors provided guidance in the field work, along with expert lectures from NSP and Avalanche Industry Professionals. We also had the opportunity to talk to a pair of avalanche survivors from the recent winter who were caught in a slide while skiing the Tenth Mountain Hut System.

The searches were conducted with emphasis on using the Incident Command System, and culminated in the largest search on the last day on an advanced slope with many victims, some having working beacons and some not having beacons.

The Sunlight Mountain Patrol is encouraging participation of Central Division Patrollers in future sessions of this course, but I do need to emphasize that patrollers will need Alpine Touring or Telemark skis, or a Split Snowboard, along with climbing skins and familiarity with their use on tour day. To maximize the field experience time, daylight hours generally find the class out in the field, with class sessions early morning and after dinner.

I highly recommend this course. Check with the Sunlight Mountain Ski Patrol next fall to see if the course will run in 2017.



# Greetings Central Division Patrollers!

My name is Kerstin Hammarberg and I am the new Central Division Women's Advisor!! And am I excited!!

First, I have to say a tremendous THANK YOU to Sandi Hammons for all of her work and dedication to the Division and the Women Patrollers! She did a notable job of managing a program for women all over the Division for the past few years. She will be continuing her work on the staff, so you will continue to see her smiling face at our annual event. A heart-felt THANK YOU to you, Sandi!

The mission of the Central Division Women's Program staff is:

**To share their passion with the purpose of encouraging and supporting other NSP women in a nurturing environment.**

**To build participants' confidence to accept the challenges of leadership roles and improve their personal skill set.**

**To encourage active recruiting of women in the NSP.**

The CDWS program has had a far reaching effect the goes well beyond the slopes in Central Division. Staff members have assisted with program development in multiple divisions. The program supervisor and staff members have participated in teaching and hosting events sponsored by the national program. The program has had an impact locally. Many participants have gone on to be successful in the senior and certified program. Others have expanded their instructor credentials in both NSP and PSIA certifications. Many regions have established their own women's focus programs.

As a result of the awareness of the women's focus program there is a conscious effort to see more women step up into instructor roles, mentoring and leadership roles. The building of confidence, expansion of horizons and mentoring in leadership roles provides a strong role model of women in the NSP. These women carry on the mission of the program, develop more leaders and promote the recruitment of new women members in the NSP.

While in Western Michigan Region in 2016, the program returned to Crystal Mountain. What a great venue for this program!! Bumps, steeps, groomers – everything necessary. One participant had an experience that sums up so much of this program. Her words will finish my first article in the RPN.

"After two years of not handling a toboggan due to a bad knee injury, I had lost my confidence in my skills and abilities. But with only the Toboggan component remaining to pass my Senior Test, this was the year I was going for it!

To help with my confidence and get my skills back, I attended the 2016 Division Women's Weekend Clinic at Crystal Mountain, and WOW was this a huge benefit for me. The weekend of workshops provided: top notch instructors, a fun-encouraging atmosphere, and the opportunity to meet and work with women patrollers from throughout Central Division. The weekend met all my expectations, plus by Sunday afternoon I was "rocking it" through the bumps with a toboggan! I passed my Senior Test one month later!

Thank you Central Division for providing us with a Women's Clinic each year. I would highly recommend attending this event each year to all the female patrollers in our Division. You will have a ton of fun but also learn skills to be a better patroller on the hill." - Lourie Hurley

Mark your calendars for January 27-29, 2017 as we explore an area in the Southern Region!! Also look for us to have a FaceBook page up and running this fall. Registration will be on-line and coming soon! We can't wait to have you be a part of the fun!

# The Oaks and Valleys of Central Iowa- a Year Round Venture

By Brian Parrish, Contributions from Dave Willett and Jerry Massengale

In central Iowa sits three patrols; Seven Oaks, Oak Ridge and Fun Valley which make up Section 5 of the Southern Region in Central Division. These three patrols are involved in traditional patrolling at Seven Oaks Ski Area near Boone, Iowa, as well as warm weather activities including the popular Gladiator Race at Seven Oaks and the Ridge Runs at Oak Ridge. Both Oak Ridge and Fun Valley also host multiple motocross races each summer. The year-round nature has provided for some unique challenges and opportunities to these small patrols whose total membership across the section stands at 43. Ensuring sustainability, continual improvement, and training to the unique needs of the stakeholders are central to each of the patrols missions.

Winter activities are centered on the Seven Oaks patrol where the Fun Valley and Oak Ridge patrols contribute as secondary registrants. Seven Oaks is the preeminent ski area in central Iowa and continues to improve its offer to the skiing public with a progressive terrain park and seemingly annual facility improvements. Seven Oaks has on average 17,500 skiers and boarders over a twelve week season. It poses many of the same challenges that larger patrols face. Shifts are flexible and coverage usually consists of 1-2 patrollers on weeknights and increased coverage on weekends with excellent area management support. Special events during the winter include the Annual Adaptive Skiing Clinic, which has recently expanded to run over the course of four days. Boy Scout troops also take advantage of the patrol, working to complete their winter sports merit badges.

As the hills at Seven Oaks turns from white to green, it signifies the start of the summer season. Seven Oaks area hosts a mud-run call the Gladiator Assault Challenge where over 2,000 runners take on a challenging 5.5 mile course covering back trails, creek bottoms, vertical slopes and various obstacles. During the race, patrollers treat participants, indicating hypothermia and various lower body injuries. A special challenge during the race is the use of special extrication since runners may be in an area inaccessible to vehicles. This past year the patrol considered using snow tubes to float a patient out on a small creek when running though extraction options.



Ridge Run Electric Crawl, Photo by Willett

During the warmer months, the section moves its focus to the sister patrols: Oak Ridge and Fun Valley near Tama and Montezuma, Iowa. The Ridge Run is another mud run primarily supported by both the Oak Ridge and Fun Valley patrols with assistance from the Seven Oaks patrol. Motocross however, is the main activity at Oak Ridge. Since 2014 weekend events are held at the track- a 40 acre complex where riders compete in AMA district, regional and national qualifier events. Because of the nature of racing, OEC training is typically applied to practical situations commonly seen in motocross incidents to better support the patrons of the Oak Ridge MX Park.

This year the Seven Oaks Ski Patrol saw growth with five new graduates from its most recent OEC course. These patrollers are the latest in an impressive five year run where primary and secondary members have doubled, increasing the patrol membership over 112%. To sustain such growth, additional instructors were identified and trained for OEC and the patrol is now looking to increase instructors in other disciplines. To support this, the section at times acts as one large patrol, sharing resources.

The section is following a master plan created in 2012. That plan includes creating an environment where

patrollers can use their individual talents to the fullest, helping to fulfil the plan. Specific examples include a well-followed Facebook page with talented contributors keeping everyone updated with our exploits, even during the summer, and a biannual newsletter that summarizes each upcoming season. Branding is improved through custom logos on patches and digital media. Training is approached as a community effort, coordinated across all available instructors. Using a custom access database as well as google cloud tools to organize data, files and internal communication also enable this section to spend more time patrolling. Following the plan, the oaks and valleys of central Iowa will have a bright future.



2015-2016 Seven Oaks On-Hill Refresher, Photo by Seven Oaks Patrol

**“Visit us on FaceBook: Seven Oaks Ski Patrol”**

## In Memoriam Bruce Colegrove

By: Erik Bayer

On February 1, 2016, Grand Geneva Ski Patrol, Lake Geneva, WI lost a great Patroller, Bruce Colegrove, age 92. Bruce served in WW2 as a Naval Aviator and went on to become a pilot with Eastern Airlines, retiring in 1983. His wife of 67 years, Carolyn, passed away in 2012. They are survived by 2 daughters, Marcia and Allyson, 2 grandchildren and 2 great grandchildren.

Bruce joined the Patrol in 1961 and retired in 2013. He loved being on skis and working to take care of the skiing public. He held many prominent positions in the Patrol system, but the one I will always remember was his job as Section Testing Advisor in the 1970's. Bruce was the perfect example of a pilot. He was tall, thin, straight, and calm and had a low calming voice that put everyone at ease. When he talked to candidates that may not have had the ability to pass a hill test, he calmly told them exactly what they needed to do to improve and encouraged them to continue. Those candidates didn't go away upset at not passing, but understood and looked forward to the next testing opportunity. Bruce received National Appointment Number 3780 in 1971.

Bruce was dedicated to his patrol work and his shift. He would bring his wife, Caroline to the hill even in her later years because he didn't want to leave her home alone. Even in his later years, Bruce was well able to take care of patients and his reassuring voice always made them feel better. He seldom missed his Friday shift.

Bruce was an avid tennis player still playing into his 90's. Following his time with Eastern Airlines he continued enjoying flying as a pilot.

We at Grand Geneva will greatly miss Bruce Colegrove, a great Patroller and wonderful gentleman.



# Thank You to Our Sponsors



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rustyparka1@gmail.com*

*The RPN reserves the right to publish and withhold letters based on content and length. Letters in excess of 250 words may be edited due to space limitations.*



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Changes to address should be updated on the NSP National Web Site. Please log on to [www.nsp.org](http://www.nsp.org) and access your NSP Member Page to update your personal information. The Rusty Parka e-mail list is downloaded from the National database. All address changes and corrections must be made on the National site.

# Central Division Calendar

| Date(s)                  | Event Type                               | Region   | Location   | Contact                               |
|--------------------------|--|----------|--|---------------------------------------|
| TBD                      | REFRESHERS                               | Southern | Wilmot, WI   | Vince Clemens 4clemens@comcast.net    |
|                          | OEC                                      |          |  |                                       |
| TBD                      | REFRESHERS                               | Southern | Fun Valley   | Jerry Massengale 641-751-4650         |
|                          | OEC                                      |          |  |                                       |
| Sep 25, 16 to Sep 25, 16 | REFRESHERS                               | Southern | Villa Olivia, IL                                   | Harry Rempert 847-910-5112            |
|                          | OEC                                      |          |  |                                       |
| Sep 25, 16 to Sep 25, 16 | REFRESHERS                               | Southern | Four Lakes - Lisle, IL                             | Lew Gerardi 708-609-0472              |
|                          | OEC                                      |          |  |                                       |
| Oct 02, 16 to Oct 02, 16 | REFRESHERS                               | Southern | Swiss Valley, MI                                   | Jeff McElheny moheny2@yahoo.com       |
|                          | OEC                                      |          |  |                                       |
| Oct 09, 16 to Oct 09, 16 | REFRESHERS                               | Southern | Sundown, IA  | Jeff Hanley jthanley@mchsl.com        |
|                          | OEC                                      |          |  |                                       |
| Oct 15, 16 to Oct 15, 16 | REFRESHERS                               | Southern | Snow Creek   | Noel Derr noelderr@yahoo.com          |
|                          | OEC                                      |          |  |                                       |
| Oct 15, 16 to Oct 15, 16 | REFRESHERS                               | Southern | Chestnut Mountain, IL                              | Laura Schauer 563-543-4962            |
|                          | OEC                                      |          |  |                                       |
| Oct 16, 16 to Oct 16, 16 | REFRESHERS                               | Southern | Snowstar, IL                                       | Neil Hamilton nshamilton@yahoo.com    |
|                          | OEC                                      |          |  |                                       |
| Oct 19, 16 to Oct 23, 16 | OTHER EVENTS                             | Southern | Schaumburg, IL                                     | Jeff McElheny moheny2@yahoo.com       |
|                          | Region Ski Sale                          |          |  |                                       |
| Oct 23, 16 to Oct 23, 16 | REFRESHERS                               | Southern | Grand Geneva, WI                                   | Kim Zambole kimzambole@gmail.com      |
|                          | OEC                                      |          |  |                                       |
| Nov 05, 16 to Nov 05, 16 | REFRESHERS                               | Southern | Hidden Valley, MO                                  | Julie Stone jactstone@gmail.com       |
|                          | OEC                                      |          |  |                                       |
| Nov 13, 16 to Nov 13, 16 | REFRESHERS                               | Southern | Seven Oaks, IA                                     | Brian Parrish Parrish.Brian@gmail.com |
|                          | OEC                                      |          |  |                                       |
| Jan 01, 17 to Jan 01, 17 | DEADLINES                                | Southern | www.southernregionnsp.org                          | Mike Vaerewyck nsp461@msn.com         |
|                          | Applications for Senior due              |          | Look in members area user id minnie password rusty |                                       |
| Jan 07, 17 to Jan 09, 17 | NORDIC                                   | Southern | Minocqua WI and Indianhead MI                      | Jeff Schmidt nordjas.aol.com          |
|                          | Division Nordic SES Division Tele Clinic |          |  |                                       |
| Jan 15, 17 to Jan 15, 17 | DEADLINES                                | Southern | FRandall@fihtcl.net                                | Frank Randall                         |
|                          | Award Nominations due                    |          |  |                                       |
| Feb 24, 17 to Feb 25, 17 | NORDIC                                   | Southern | nordjas@aol.com                                    | Jeff Schmidt                          |
|                          | American Birkebeiner                     |          |  |                                       |

## Western Michigan

| Date(s) | Event Type              | Region           | Location    | Contact                                   |
|---------|-------------------------|------------------|-------------|---|
| TBD     | MTR                     | Western Michigan | TBD         | Michael Walenta; michaelwalenta@gmail.com |
|         | Section II MTR          |                  |             |   |
| TBD     | Test/Training           | Western Michigan | Cannonsburg | Hal Froot-skicrud@ameritech.net           |
|         | Low Angle Rescue Course |                  |             |   |



# Keeping Sharp Answers

1. Laterally tipping the body relative to the slope by creating angles between various body parts.
2. The highest point of a turn (skis are pointing straight down the fall line).
3. A body position in which the skier is in balance without excessive leaning, aligned over the feet.
4. Any movement or action that reduces/eliminates movement in a given direction.
5. The platform on which the foot rests in the boot; heel higher than forefoot.
6. The shape of an unweighted ski when viewed from the side.
7. Process of lateral adjustments to skis/snowboard, binding or boots for optimal alignment.
8. Point at which the entire mass of the body may be considered to be concentrated.
9. An outward pushing force, felt while moving in a circular motion (turn). (fictitious)
10. A force on an object whose net direction is toward the center of a circle. (snow pushing back).
11. A frame of anatomical reference for the body minus the legs and arms.
12. A means of making a boot more closely match the lower leg shape.
13. To bend the ski/board enough that the camber is momentarily gone.
14. Duration, Intensity, rate and timing.
15. A quick flexion of the legs that produces a momentary reduction of pressure.
16. The body position from which a skier has the greatest amount of movement options.
17. Movement of a body part inward; (the action of the foot rolling inward).
18. An anatomical plane that divides the body into front/back halves. (Lateral Movements)
19. Any kind of tipping of a body part relative to the slope.
20. A playful description of the way skiers/riders jump off and onto features.
21. A pile of snow formed to help the skier/rider get into the air.
22. A person who processes information through feelings and sensations.
23. A turn made on corresponding ski edges with simultaneous edge release/engagement.
24. The recoil of a decambered ski.
25. An anatomical plane that divides the body into right and left halves. (Fore/Aft Movements)
26. A turn in which the edge slips laterally as it travels forward on corresponding edges.
27. The technical teaching model of American ski instruction. (Rotary/Edge/Pressure Controls).
28. The movement of skis across the snow in the direction of the long axes of the skis.
29. The movement of skis across the snow in a direction perpendicular to the long axis.
30. A code developed by the NSAA, which sets forth the responsibility of each participant for safe conduct on the slopes and lifts.

Scoring: Match your number correct below...

25-30 Well done. Take July – September off. ☺

20-25 Uh oh, getting rusty fast! Dust off the manual and review before the summer's over.

15-20 Below grade. Open the glossary and review. Then start the manual, you can finish in a week!

10-15 Mmmh. Do you even own the manual? Get to work.

5-10 What? Really? Put your helmet and goggles on and go outside and stand in the rain. Run three times around your house backwards, and write 30 times on your garage wall above your tuning bench, "I will not embarrass the NSP again!"

I hope you laughed and maybe learned something. But let's recommit ourselves once again...Our movements on our skis and boards are a direct reflection of our skills. The public sees us ski or ride, and that directly relates to their confidence in our medical skills (perception is the rule here). And we must always transport safely and efficiently.

Remember, the NSP-C Ski School exists to help you. The PSIA is an educational and credentialing organization that can help you grow into a great ski/ride instructor, and an excellent ski patroller. You can find out more information about both entities on their respective websites. [www.nspcentral.org](http://www.nspcentral.org) [www.psia-c.org](http://www.psia-c.org)

PSIA CD Liaison- Dan Moss #669