



Rusty Parka News







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Winter 2021

Division Director's Report



Mike Schons
Division Director

The season is in fully swing now, resorts are open and a lot of them are seeing a record number of guests. That also increases the numbers we are seeing and treating. Before I get to the pandemic, I'd like to take a trip down memory lane.

From Crystal Mountain Ski Patrol located in the Pacific Northwest Division there is a patroller with a rich history in Central Division especially Eastern Michigan Region. His name is Dick Reininger and for those of you who have been around for many years you may remember Dick.

Dick started patrolling in 1947 while in college in New York. He served on patrols in the Eastern Division until 1959 when he started heading west. In 1959 he helped form the Alpine Valley Ski Patrol in Southeast Michigan. Until he continued moving west, he served as Patrol Director and a Section Chief. He was an American Red Cross First Aid Instructor and finally Region Director for the Eastern Michigan

Region where he received National Appointment number 2635. During these strange times we need to occasionally look back at those who came before us, remembering their contributions and struggles. We sometimes forget the beginning of the by-laws that formed the organization we love, Service, Safety and Education.

Ok, COVID, there is a lot of activity as to where Patrollers are in the Priority list. This is a county by county decision across all the states we represent especially here in the Central Division. I know in my county, (thanks to Ty Damon), Patrollers are considered Medical First Responders and may register as such for access to vaccinations. I have suggested that each region assign a single point contact for all the counties they represent and open the discussion as to priority with county health departments.

Awards, first I really want to thank Dick Jacques for his contributions as the Central Division Awards Supervisor. Dick, (and I'm happy but sorry to see him go), is now the National Awards Advisor. Congratulations Dick! When Dick left, the Jack of all trades and one of the folks I rely on stepped up again, John Thomas filled in that role. JT is one busy patroller and does more than most can imagine so now he is mentoring

Mike Husar in the role of Division Awards Supervisor. Thanks for stepping up Mike!

We have had two events so far this season where a Mountain Hosts has been directly involved in life saving activity. Because of this, we have established a new award for the Central Division. The Central Division Purple Star. This is available for Hosts (Bike or Mountain) that are directly involved in saving a life.

The National Elections Committee is made up two National Board Members, two Division Directors and one Member-At-Large. This year I am serving on the elections committee and we are accepting applications for the Member-At-Large position. You may have seen the posting I placed on the Central Division Facebook Page which is also posted below;

Call for Member At-Large Applicants

Want to know more about how NSP elects its Board of Directors? Have you been thinking about getting more involved? Are you considering running for the Board of Directors?

There are two timely opportunities for members to participate in the next election of the National Board of Directors.

Serve as an At Large Member of the Nominations Committee.

To assist and **serve in this important process** you must be an active Traditional Member (Patroller, Alumni, Candidate, or Physician Partner), and **have** not served as a Division Director or Board Member. Being on the committee requires participating in evening calls, on average once or twice per month from March thru November. You will also help to draft the Call for Candidates and the candidate application. You may also be involved in contacting prospective candidates.

To apply, send a letter of interest and a resume to elections@nsp.org by 4pm Monday, February 22. Your letter should answer the following questions:

- Why do you want to serve on this committee?
- Do you bring any special skill set to the committee?
- How long have you been a member?
- Do you have any plans which will impact your availability through the election?

Finally, these are trying times, and a lot of outside forces acting on us that add to the stress of the times and situations so let's all remember those posters from our kindergarten class, "Do onto others what you would want done upon you"

Stay safe, stay healthy



Parka PicksWestern MichiganP. 7Safety TeamP. 14Social MediaP. 15PSIAP. 21SponsorsP. 24

North Central Region



James Hughes NC Region Director

This has been an extraordinary season in so many ways. As the NSP NCR RD I need to thank all our members, the NCR leadership group and our division leadership for sharing ideas on best management practices to stay safe while we provide a vital service. I also want to thank all the people that operate the areas we serve as members of the National Ski Patrol. There are no words for the great job they have done this season. People are getting out and enjoying the winter outdoor activities in much larger numbers than we expected. Our region was not an "as usual" season. Mother nature has not dropped the snow we expected, all our major programs have been postponed until next season and several of our members have decided to temporarily not patrol and we have experienced reduced numbers of volunteers this season. This season highlighted just how important the "NSP Mountain Host" can be to a ski resort. Not to give detail but, I know of one instance there was a serious injury on hill where the primary first responder was an NSP Mountain Host that performed first aid with complete competence and professionalism. One of the most important missions I see immediately in front of

us is we need to increase our volunteer membership within the NCR. The NCR and division leadership teams will be looking at ways to meet the membership needs for the future. Please share ideas with your respective patrol directors. Again, thank you for all you do as a member of NSP.

There is still much to do....and learn... and have fun with!



Anne Blaedow ADD

The loss of our Region and Division programs this year has left a big hole in our ski season plans. Usually, the Region and Division events provide great classes and clinics that help bolster our skills and knowledge about patrolling activities. The good news is that there are still a lot of learning opportunities available that you can take advantage of. Here are a few great examples:

NSP Instructor Development: Complete the modules online and then connect with your local ID instructor to complete the "teaching" activity virtually. This is the first step for all who want to become instructors. It's a great course for EVERYONE! There is great information in the course about effective communication, organizing a mini lesson and providing feedback to others. Whether you become and "instructor" or not, these are skills that make us better team mates. Peer teaching occurs in everyday life and on every duty shift.

Skills Development: Central Division Website video library: There are countless videos available on the Central Division Website that you can explore. Learn tips and techniques for skiing, toboggan handling, instructing, mountain travel and rescue, etc. Make this the year that you video record your own skiing and choose one component of your technique to improve on. PSIA also has oodles of videos to be used. You Tube can teach you tons as well.

Local Area Ski Enhancement Seminars and Toboggan Enhancement Seminars:

This year, these are led by the local patrol instructors. We all complete hill refreshers annually, but often time that is not enough repetition to really feel confident in the handles or on the tail rope. A variety of factors holds us back from learning:

- · Fear of "bothering" the instructors for more of their time.
- · Fear of failure/embarrassment. We have to be open to putting yourself "out there" for analysis.
- · Fear that our skills have eroded more than we want to admit.

FEAR= False Evidence Appearing Real - FIGHT THE FEAR!!!

There are plenty of caring, encouraging instructors out there who want to work with anyone who wants to practice, get focused feedback and encouragement!! Find one that you are comfortable with and ASK THEM for some guided practice time. Invite them to your shift or make a plan to meet at a set time to work together on your skills.

Don't let FEAR stifle your confidence! Push past that and seek out opportunities to build a quality relationship with your patrol instructors. We all felt very close to our instructors at the end of our candidate year because we had just spent a great deal of time with them. For months, they guided and reinforced our learning, which made us not only highly skilled, but connected into the organization in a significant way. To this day, many of us feel that the most significant relationships, aside from our own families, are those that we patrol with and learn from. You can recapture that feeling again by investing in your skill development again this season. Contact your instructor and make a plan for some OEC, Ski and Toboggan enhancement time.

2020 Central Division Virtual Women's Seminar: This is now available on You Tube if you missed it. Join in the fun, learning and camaraderie with other female patrollers around the Central Division. These ladies lead the way in creative a positive virtual event to keep the mission of the Women's program moving forward. Well done! The virtual mogul lesson was my personal favorite! Find the Central Division Women's Program on Facebook to get the link.





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Ohio Region

Hello from the Ohio Region!

This season has been unique to say the least. It goes without saying there are a lot of challenges we're all facing this season. The pandemic has reduced the number of active patrollers at each area. Many of our areas have restrictions and capacity limits on guests. Face coverings mandates and social distancing are in effect at all areas. Events for the division and region are suspended this season.

Let's call it what it is - its a tough season. But, despite all of that, we are able to get out and slide on the snow! We're able to reconnect with our "winter families." The general public is turning to it for relief and enjoyment and many people are becoming life-long snow sports enthusiasts.

While there's not a lot report specifically from the Ohio Region, I want to encourage every patroller reading this to hang in there and continue to find ways to make the most of this season. This is an excellent year to focus on personal development - enhance your skiing/riding and toboggan skills. Find ways to connect with other departments at your ski area. Take time to go out your way to encourage guests at your local area. Guests view us as the safety authority at a ski area, so we have an opportunity to help increase the enjoyment of guests and help them feel safe.

Enjoy this season! It's defiantly one we'll never forget!

Winter 2021



Les Robinson ADD

Welcome all to the Winter of 2021, I am so glad for the ability we have to be outdoors on the ski mountain. With that comes the being in the beauty of all that God has created and given us to enjoy.

This winter it seems that the areas are enjoying a great year from skier visit numbers, even with the C19 and all the rules that they are trying to follow to keep all safe. With that at least at my home patrol our accident numbers seem to be up, and we have fewer patrollers of course with people taking a year off. Thank you all for what you do being in the front lines helping skiers that need you when an emergency on their part occurs. So please help us in honoring the patrollers that you see every day that are worthy of being thanked, also remember that anyone of you is capable of writing awards up of other patrollers that could be honored at the higher level of patrol, region, division and national level. It could be such a blessing for them. Look for people that really are out doing their best going above and helping at different levels

as patroller, educator to patrol, we have so many different awards look them up and write them up. Awards can be written all year long so remember that and don't give up even if you miss a deadline for the current year. Here is a picture from a couple years back of some happy patrollers that someone took time to write up just look at the smiles.



Ski Patrollers are the most dedicated people that I know! If you are having fun you will learn!! Educating patrollers is my and our passion.

I ask ALL patrollers to take a look at your local and Region programs and reach out to offer to help with some aspect of a program that intrigues you. What do you want to learn more about? What program could you become an instructor for? How can you improve your own skill set and offer to help others grow their own skills?

Western Michigan Region



John Donnelly Western MI Region Director

I am sure many Region updates sound similar due to the over-riding impact of the COVID pandemic on programs and our volunteer's safety. Our teams have responded well to the "new normal" – dedicated teams within our patrols spent the summer and fall planning for safe patrolling tailored to each ski area -while sharing experiences and best practices with others in the Region. So far, it seems that patrols are working safely as possible and the areas are doing an exceptional job of implementing the guidance from the MSAA on handling this pandemic. I cannot say enough how thankful I am for the great group of volunteers in our Region who stepped up during very difficult times to make this happen.

Vaccinations against COVID have recently gotten much needed attention and, after some delays and complications due to geographic differences, vaccines are being made available to many of our members. Due to heavy demand and limited supplies, this is taking longer than anyone wants but at least is underway in most areas. As I write this, I was able to get the first "dose" and will get the second in mid-Febru-

ary. Due to the geographic dispersion of our patrollers, who may live in a different county than they patrol,

coordinating this effort has been daunting and working within each county seems to be the best approach.

As is typical in our Region, snow conditions vary with our northern areas opening early and the southern three areas having mixed luck on opening and staying open. As I write this article, we seem to have finally settled into a normal winter pattern and all the areas are open and are very, very busy. All our area managements have responded with aggressive changes to operations and social distancing. The skiing public is not daunted by the changes in food service and restrictions on lift ticket sales – at my home area, ticket sales have been "online" only and sold off for each weekend by the middle of the week. This is consistent with what I am hearing from each of our Region ski areas – it is ironic but good to see the public recognizing the benefits of outdoor sports. Innovations such as food trucks, outdoor cafeterias and box lunches seem to working as the skiing/riding public continues to come out. With consistently large crowds, our services seem to be needed more than ever.

Basic OEC classes were completed despite challenges and the need for social distancing – we have new patrollers at several areas and others are looking forward to starting up classes again this year.

While COVID has cancelled our Region/Division training programs, local training continues as normal and our team is working to be sure that skills continue to improve despite no face-to-face programs. Each patrol has active hill training occurring and our instructors continue to hone their skills. To the right is a photo of a team is doing toboggan training early on a Sunday morning as high school ski teams practice and the lift lines build at Cannonsburg.



Since my last article, we have welcomed a new patrol representative (but a familiar face) to our Region: Kevin Barrons became the patrol director for West Michigan Nordic last fall. Kevin had been our Section Chief in Section 2 in the past has been heavily involved in Nordic skills development. Due to COVID, the usual list of Nordic races his team will help patrol have changed but some events are planned to take place despite the pandemic. As with some of the southern areas in our Region, the limited snow coverage early was not kind to Nordic but things have been picking up and given the public's interest in outdoor recreation, Kevin's team will be busy.

Western Michigan Region also a Medical Director for the first time in my memory. Lance Owens is directly engaged in battling the pandemic is his day job at Metro Health/University of Michigan Hospital in Grand Rapids and agreed to become our medical advisor late last summer. Lance and Dan Goldberger (Division Medical Advisor and a Western Michigan patroller) have both provided exceptional guidance and help to these teams. I am happy to know and work with these two talented and knowledgeable professionals as we move through these difficult times.

Once again, I am proud to be part of the group of patrollers we have in our Region who have stepped up despite difficult conditions. We are all looking forward to more normal times in the near future.

Western Region



Jeff Olsen Western Region Director The ski season is well underway at all 21 Western Region ski areas. In many ways, patrolling in the Western Region is different than normal. Most importantly, due to safety concerns because of the pandemic, many patrollers have moved to the Temporarily Not Patrolling status. Patrols report losing up to 25% of their membership for the season. Some patrols are using active patrollers from other ski areas to assist with coverage.

For those who do patrol, this year looks different with COVID guidelines and procedures at each resort. Leading up to the start of the season, Western Region Patrol Directors/Reps attended Zoom meetings to obtain the latest information on the pandemic and to develop COVID safety plans to protect active patrollers and ski area guests. Thanks are owed to Western Region Staff, including Medical Advisor Dr. Mark Lindquist, Assistant Medical Advisor Dr. Bjorn Peterson, Legal Advisor Dave Olson, Assistant Region Director Jeannine Mogan and Outdoor Risk Management advisor Ken Liddell. Thanks also to newly elected National Board Rep Deb Endly.

This team worked together to provide timely and needed information over the course of multiple Region Zoom meetings.

When vaccinations became available, Dr. Lindquist, Dr. Peterson and Dave Olson created guidelines and pathways for patrol director/reps to follow. This effort has led to most of the patrols either getting their first shots or heading in the right direction to obtain vaccinations.

When faced with not being able to hold in-person training or certification programs this season, Region staff got together and came up with some creative alternatives. Utilizing our Senior ski and toboggan staff, certified patrollers, and PSIA Level 3 instructors, videos have been added (with more to come) to the Western Region website demonstrating ski and toboggan handling skills. The region has purchased Coaches Eye and made this movement analysis tool available to current and potential senior candidates. Using Coaches Eye, patrollers submit videos of themselves performing senior skills. Once submitted, a member from our Senior training staff is assigned to mentor and coach the patroller by way of video.

Shown below is a frame from one of the videos demonstrating toboggan skills. Thanks to Matt Stordahl and David Anderson from the Welch Village Patrol for their participation. David, at the tail, is a Telemark skier – the videos show patrollers from multiple disciplines working together. Snowboard examples will be added soon.

The online additions consisting of demonstrations and senior candidate feedback are led by Senior Advisor Terrie Brandt and Assistant Region Director Craig Johnson, who is filming the videos and got Coaches Eye up and running for the region. While a work in process as content is being added and improved, we expect it to be not only a valued addition to the Senior Program this year, but also in the future. Check out: https://www.nspwr.org/programs/senior/senior.php

Be well, stay safe and enjoy patrolling in our great snow conditions!



South Central Region



Steve Paladini South Central Region Director

Introduction

As the saying goes... "there's light at the end of the tunnel". Though 2021 has started and feels much like 2020, a vaccine for COVID-19 is currently being rolled out and distributed. Hopefully by this time next year, we are somewhat back to normal.

On Saturday, December 5th, Tom Weinand, Patrol Director of the Fox Hill Ski Club passed away. Tom was a member of the NSP for an impressive 65 years. He was part of four generations of patrollers. An accomplishment that was recognized by the NSP. His father, his son Tim and grandson, have been and are currently patrollers. Many of you in the Division know Tim and others have probably had him as an instructor at some point. Please keep Tim and his family in your thoughts and prayers.

Region Update:

Region Staff Announcements

During some past SC Region Board meetings, we have created two new positions: Communications Adviser and a Social Media adviser. We have also filled a position along with getting some help in another.

The **Communications Adviser** is Mark Anderson of the Devil's Head Ski Patrol. Mark and his wife Ellen are retired. As Mark explains, they both became patrollers for three reasons. "First, to provide an additional opportunity to help others. Second, to stay active and develop new friendships. And finally, to indulge our joy of skiing. Our primary hill is Devil's Head and I also assist at Blackhawk. We found the OEC process to be challenging, so we became OEC Instructors shortly after earning our red coats in hopes of helping others succeed and to keep our own skills and knowledge sharp. I'm looking forward to helping support the South-Central Region in this new role". Marks primary role will be watching over all the Regions communication platforms.

The **Social Media Adviser** is Tiffany Van Groll of the Devil's Head Ski Patrol. "My introduction to emergency care was through getting certified in wilderness first aid and wilderness responder courses for a backpacking company I founded. Joining ski patrol seemed like the right fit and a way to give back. I immediately fell in love with the challenges and the people. I have been fortunate enough to be surrounded by an incredible group of patrollers. Taking on the position of Region Social Media Advisor will give me the opportunity to connect our patrols, expand my knowledge of patrolling and to share that with others as well". Tiffany will be the primary administrator of the Region's Facebook page.

Mitchell Milligan of the Little Switzerland Ski Patrol will be helping Doug Peters manage the **Regions Web Site.** Mitchell joined Ski Patrol in 2011 at Sunburst and patrolled there for a few years. He then "transferred to Little Switzerland and have been patrolling there ever since and will be starting my 9th season patrolling this winter. During my time at Little Switzerland, I have become very involved with the OEC program and am currently Instructor of Record for OEC and Refreshers as well as the Assistant Director of Education and Recruitment at Little Switzerland / The Rock Snow Park which runs joint OEC activities". Mitchell is an IT Network Administrator for Germantown Mutual Insurance Company.

Finally, Phil Keberlein of the Nordic Mountain Ski Patrol will be the Region's **Alumni Adviser.** Phil has been a member of the NSP and patrol for 11 years. Nine of these years as an OEC instructor and six as the Instructor of Record. He continues to help he patrol as a board member for the past four years. Phil is an Executive Director, JP Morgan Chase Bank.

Thank you to Mark, Tiffany, Mitchell, and Phil for getting involved with the Region. Stay safe!

Eastern Michigan Region



LJ LaVene Eastern MI Region Director What a tremendous time to be a member and participant in the NSP and snow sports! Early in this spring there were many challenges facing us. We as patrollers have risen to the unique challenges and are enjoying this current season.

Many of the areas within EMR have enjoyed record skier and boarding turnouts. Rentals have been sold out at many resorts, record crowds have been reported and observed. This new enthusiasm has also brought about new enthusiasm for joining the NSP. Applications for new Patrollers are up at many of our resorts.

Testing and training is continuing in unique and novel ways. I would like to thank all of you who have made this happen.

Central Division Certified Program Update



Ron Gerdes Certified

Like other programs in the central division, we are not holding any events or evaluations that require travel. However, the certified program, like other NSP programs, is not just about evaluations. The certified program is more about skills development, achievement, and helping others than it is evaluations.

The challenge has been issued for staff, candidates, and any other folks that are involved in the program to continue on their own path during this time. Now is not the time to get lazy or complacent, rather it's the time to be aggressive and challenge your selves and others with the next thing. Lets work together and find ways to accommodate our needs and to ensure success. It's the time to support your fellow patrollers in the pursuit of their specific challenge!

Moving forward... We are still in discovery mode regarding 2021/22 events, dates, and locations. These will be published as soon as we find solutions.

If you are interested in the certified program, now more than ever, is the time! Please reach out to myself or your region certified advisors, we can help you get own your path to success!



We adapt

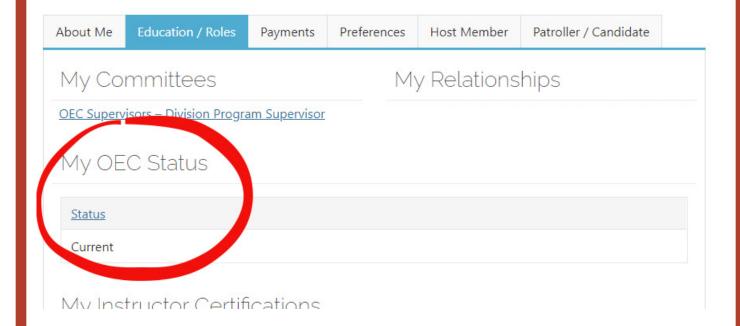


Kim Zambole OEC Supervisor

Hello Friends! Tonight, I received a kind email. It was a gentle acknowledgment that "times are stressful, and we are all trying to keep safe as the resorts are seeing some record numbers of guests." YES! This is so true! While still gentle, the next sentence was to remind us of a specific responsibility, its deadline (which had passed), and to get it done.

Each year, one of our responsibilities is to complete a cycle of the OEC Refresher by December 31. This allows us to keep our certification active so that we can patrol at our ski areas. This year felt a bit different as most of us completed the cycle requirements virtually. Still, it is our responsibility.

To be sure that your OEC Status is current, go to your NSP member page (after you log in, it is the button in the upper right corner that says 'Hi, your name.) Click the "Education/Roles" tab and scroll to My OEC Status. If it says Current, you are good to go! If you are one of the over 700 patrollers in the Central Division with something different listed, your OEC status is not up to date.



I want to be sure that everyone current is listed as such. Additionally, if you are NOT current with your OEC refreshers and still would like to be an active patroller, then a plan must be made to complete the missed refreshers. Please connect with the appropriate leadership at your patrol to make a plan to update your OEC status. If patrol leadership needs assistance with this, they can contact your Region's OEC Administrator (ROA). The Central Division ROA team is remarkable, and we are so lucky to have them!!

I get it. This past year has been 'funky' at best. A delinquent OEC status should not add to the funk. Let us work together to make sure your certification is current.

Stay safe...Be kind...Have fun!

Nordic News



Greetings!

I hope everyone is hanging in there and staying healthy. It continues to be a crazy season with many areas still limited or shut down due to the COVID virus.

Hopefully most of us will be able to get the vaccine, and we can be on our way to moving forward and staying healthy.

I was fortunate enough to already receive my first and second Pfizer vaccine shots, and with no side effects of any kind.

Jeff Schmidt Nordic Supervisor

Even though my primary area is not allowing any volunteers to patrol, I have been able to get out on the thin snow we have received. So, do your best to get out and distance yourselves and keep your skills sharp.

All Nordics must complete the Cycle "A" Nordic refresher online. Check with your Region Nordic Advisor or go on the NSP website and register for the Nordic/Backcountry Cycle "A" refresher and Toboggan refresher -(C191-19200006 and C19120007)

If you have any questions, drop me an email, nordjas@aol.com

Skills Development Program



Jackie Bottomley **Skills Development**

Many of us had a late start to our ski season. I'm at Crystal Mountain in Michigan and our opening day was December 18th. That is about 3 weeks later than normal for us. I know if we would have held our ASDW's this season it would have been a dry land event or with limited terrain open. If COVID-19 hasn't thrown enough curve balls, the weather has also not helped.

In January some of our ASDW team pull together a Senior Level toboggan and ski/ride video. It took 3 days to film and was done with a professional video team and equipment. It is in the editing stage now and what footage has been seen, it will be an outstanding training tool for senior candidates, instructors, and evaluators. We hope to have this available before the Spring Division meeting.

Even though we have not had any Region or Division events, we hope you are training and working on skills development at your areas. There are always skills that all of us can work on. Grab an instructor or PSIA instructor and work on some skills. Your area can also hold a TES (toboggan enhancement seminar) and a SES (snow sports enhancement seminar). These are great events to have your new candidates and senior candidates participate in to work on skills.

The ASDW team is discussing December 2021 events. We are anticipating large events on both sides of the lake. What we are trying to determine if we should have 2, 3 or more events. We want to offer the ASDW to all those who were to have recertified this year and need to recertify next year. That group alone will be a lot. As we work through the details, we will keep you advised. Stay safe, healthy and get your vaccine. Hopefully by December 2021, we can have some awesome ASDW events for all of you to participate in.

Safety Team



Kevin McQuillan Safety Team Supervisor

Safety Kits are in at National. Though delayed due to COVID, the new '20-'21 Safety Kits are now available:

The Safety Kits are live in the NSP Online Store. Please note:

1. LOGIN TO THE ONLINE STORE FIRST, safet and then click here to view the product page.

- 2. The SKU is SAFEPKG6.
- 3. Price \$25ea
- 4. Shipping \$25ea
- a. If you order other items with your safety kit, a separate shipping charge will be added on top of the \$25 per kit shipping charges.
- 5. Contents:
 - a. 200 necktubes
 - b. 300 of each sticker, 4 designs, 1200 total stickers

Your Safety Team reminds you that while January is traditionally noted as NSAA National Safety Month, SAFETY IS A YEAR-ROUND ACTIVITY AND EFFORT. Team members are reporting safety activities over the Presidents' Day Weekend.

Each Region Safety Advisor will email each Kit purchaser a flyer with tips on how to use the Kit, information on applications for NSAA National Safety Awards, requests for feedback on the Kits and info on the coming survey with what information to track as you use the materials.

As always, be sure to clear any safety events with area management and follow the COVID protocols.



Awards Report



Election for Central Division Region Directors has been completed following the Central Division P&P.

I'm happy to announce that Southern Region Director Mike Vaerewyck was reelected. Northern Region Director James Hughes was re-elected. Northern Michigan Region Director John Wiley was re-elected. Congratulations to all three of you and thank you for your volunteering to serve as Region Directors.

John Thomas Awards Supervisor

Social Media



Darcy Hanley Social Media

It is so great to see so any different Facebook pages for discussion, postings and information. Facebook.com/skinsp is the official page for the Central Division. Thank you for supporting and liking that page.

The pandemic has been a challenge for all of our programs and training and yet somehow, we are moving forward with clever ways to attach our masks while

wearing a helmet, sharing great pictures from where we patrol, and providing virtual events!

It was a pleasure to be part of the planning and execution of the Central Division Women's Seminar that was completely virtual on January 30th. The dedication of the women who attended and provided leadership for this program is remarkable. Just like the Central Division fall meeting, creativity and a sense of humor made the event a reality. Thank you to all members of

the Central Division ski patrol who continue to keep our ski areas safe and help our customers feel confident that they can come a enjoy the sport with friends and family.



See you online or in line 6ft apart! Cheers!

Intro to Websites 101



Chris Raudabaugh IT Supervisor

Websites are becoming a vital communications platform for all levels of our division. Starting from the CD Website (nspcentral.org) all the way to a local patrol websites. This type of medium has become a useful way of publishing news, schedules, rosters, policies and procedures. All being public or private. Each organization has to figure who will develop it, and keep it fresh. A custom (complex) made website can be a risk of becoming at least stale, and worst case scenario, abandoned completely, due the transient personnel who have the website maintenance responsibilities. Considering the nature of our type of organization, it is better to find a platform that allows a wider audience to become managers and developers of the website.

A good solution for building a website is to use a content management system (CMS) that would be fairly easy to use for a 'super' or 'power' user, and even for a normal user to update content. This opens up a bigger audience that can manage and update a website in an ongoing basis. There a several (free) CMS options

that are available: JOOMLA, DRUPAL, and DOT NET NUKE to name a couple. The other option, WORD-PRESS, is probably the most popular choice and I find easier to manage for the average user.

Wordpress is a free solution that can be downloaded (wordpress.org) and installed pretty quickly. It will take someone who understands how to upload/download website files and can manage SQL databases. After installation, the admin interface is fairly simple and an advanced user can start building the website right away. Note that the wordpress platform has origins of being a BLOG system, and is still somewhat oriented to this type of website. But this CMS is very powerful, and a non-BLOG site can be created pretty easily. The interface has the concept of pages and menus that fits directly with a website design. There are also themes and plugins, as described below:

Themes – A theme is a general design that can be found for free, or can be bought. The amount of 'eye candy' and functionality can be directly related to how much you spend, or don't spend. You best bet is download and try them out. Many times, the author will provide a demo of the theme. Beware that many demos don't look like the theme 'right out of the box'. It takes some work to build your website even though you find a very cool looking theme. By default, wordpress provides a couple of themes for initial use.

Plugins – These items provide functionality to your website. You can install as many as you need. A good example of a plugin is one that provides a very simple way of embedding a video from youtube. Another type of plugin will offer a way to create a contact page with full emailing capabilities. Similar to the themes area, wordpress offers a couple of default plugins that can either be used, or deleted.

This is a cursory description of wordpress and what it provides. I hope to continue this discussion in future articles on deeper functionality of wordpress. Please drop me a note if there is anything in particular you would like covered.

http://www.wordpress.org https://wordpress.org/themes/ https://wordpress.org/plugins/

Back to the Basics of Tobogganing



Tracy Buchanan Toboggan Supervisor

This past year has been anything but normal for the majority of us and it has affected what our typical ski patrol season looks like...from lots of new protocols to how we are conducting our training.

The silver lining is that we are able to direct our focus to developing different types of training for our basic and senior candidates, as well as our seasoned patrollers!

We would LOVE to have your input for one ongoing project that started in the Ohio Region with their OET supervisor, Brian Monroe. He has been putting together videos of 'Toboggan Tips' that provide a great alternative to, or compliment, on snow clinics. These are short clips that are a variety of topics, ie: chain management, toboggan introduction, tips for teaching smaller statured patrollers, and the list goes on.

We are excited to bring this to the Division membership and would love to hear your ideas or what you would like to see! It can be something very simple or even things that are more complex that can be broken down. Please email any ideas to Brian or myself! Brian's email is bmonroe255@gmail.com.

I remain hopeful that things will begin to get back to normal in the coming months and we can get back to SES/TES/TTW clinics for the 2021-22 season! In the meantime, enjoy the snow and be on the lookout for an exciting Division OET project to be rolled out in the next few months!

Be healthy and safe!



Outdoor Risk Management Update

A new NSP program called Outdoor Risk Management is currently being developed. The goal is to create a program that introduces patrollers to Risk Management concepts that pertain to resorts. The majority of the program content will be online. Ideas for on site activities will be included.

A group of patrollers and industry experts from around the country are working to finalize the outlines for 17 subtopics. Central Division Patrollers, Jeannine Mogan and Bob Meyers, are working on the following sub-committees:

Jeannie Mogan Outdoor Risk Management

General Risk Management Concepts

- Ski / Bike Area Safety Education Programs
- Personal Risk Management
- Patrol Operations
- Snowmobile Operations
- Interaction with Other Departments

Our next step is to collect content for each sub-topic such as images, diagrams, video, etc.

If you have related content, training programs, or manuals that you have developed or use and wish to share, please reach out to either of us. Your patrol and hill information will be kept confidential.

We also plan to send out a survey to the Division patrollers. We know that there are a lot of patrollers in our Division with Risk Management expertise. We would like for the Outdoor Risk Management Program to be a reflection of the best practices in the Central Division!

As always – Stay safe out there!

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Central Division
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Jim's Sportswear is a Screenprinting and Embroidery company owned by Nub's Nob Ski Patroller Jim Arlen.

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Check out their website at: https://jimssportswear.com/

Avalanche Update



Michael Walenta, **Avalanche** Supervisor

Winter is starting to wane just a bit, the days are getting longer and the sun peeks out more. Snowpacks are settling and Melt-Freeze cycles are becoming more melt than freeze.

Soon the Crocuses will begin peeking up, signalling that winter is going to take a rest. Then you'll be thinking of your reading list for the summer and perhaps off season snow density testing procedures.

Sure, you could do the quick internet search, promise yourself that you'll finally read such classics as To Kill a Mockingbird, Pride and Prejudice, Grapes of Wrath and Macbeth. You might even decide to go all in and consider reading from the many "100 Books Everyone Should Read" lists that abound.

But you're in the National Ski Patrol. Let's raise the bar on your summer reading. Who can't resist enjoying the beaches or your favorite summer reading spot with such classics as To Kill A Persistent Weak Layer, Pride and Forecast, Grapes of Fracture Mechanics and MacMetamorphism. might even decide to go all in and consider reading from the "12 Books Everyone Should Read" about avalanches. Thanks to Jennifer Larson at NSAA National Avalanche Foundation for this list.

As Sgt. Phil Esterhaus said at the end of every Morning Roll Call, "Lets Be Careful Out There!"

As your avalanche instructors like to say "Beacon, Shovel, Probe"



Snow, Weather, and Avalanches: Observational Guidelines for Avalanche Programs in the United States - \$20 This document, commonly known as SWAG, was produced through the cooperative efforts of the American Avalanche Association (A3) and the Forest Service National Avalanche Center. They consulted with a working group comprised of a broad cross-section of avalanche workers in the U.S., the general membership of the A3, and the Canadian Avalanche Association while creating SWAG.

Avalanche Essentials - \$12

Winter athletes don't necessarily want to be snow scientists, but playing in avalanche country does require basic knowledge of the risks in order to stay safe. This new guide by renowmed avalanche expert Bruce Tremper is simple, accessible, and offers just the basics — an Everyman's guide to avalanche safety that won't overtax your average ski burns, but will keep them safe when they're going for 12 consecutive months of powder. Avalanche Essentials is for everyone who wants to learn the fundamentals of avalanche awareness, focusing on systems and checklists, slep-by-step procedures, decision-making aids, visual terrain and weather cues, rescue techniques, gear, and more

Avalanche Rescue Fundamentals - \$13

This second-edition, definitive avalanche rescue booklet is an invaluable resource for anyone who may be involved in avalanche rescue and is a required text for many rescue courses. It provides up-to-date self-rescue, companion rescue, and organized rescue management methods. It is an invaluable resource for anyone who may be involved in avalanche rescue.

Avalanche Rescue Quick Guide - \$7
This sixth-edition, pocket-sized booklet is now printed on waterproof paper. It contains concise outlines for avalanche safety and rescue procedures, plus handy logs and checklists for documenting immediate (companion/group/organized) search activities and personnel involved. The Quick Guide is an essential part of the avalanche rescuer's library.

Backcountry Avalanche Safety: A Level 1 Summary - \$7.50
Written by former National Avalanche Foundation Board Member and NSP National Avalanche Program Director Mike Laney, this is a pocket-sized recap of the main points covered by NSP Level 1 Avalanche Courses, from planning tips to rescue essentials and everything in between. Printed on tear-resistant, waterproof paper for frequent use and lasting durability

Outdoor Emergency Transportation - \$11

One of the cornerstone education pieces, Outdoor Emergency Transportation: Principles of Toboggan Handling emphasizes key skills for toboggan-handling proficiency. It includes generic guidelines regarding transportation techniques for patrollers on fixed-heel, free-hell, snowboard, Nordic, and other response equipment in varied conditions. An excellent resource to be used in conjunction with local protocols.

Snow & Avalanche Field Notebook - \$23

Snow & Avalanche Field Notebook - \$23 When assessing avalanche hazard, you need to account for the effects of snowpack, terrain and weather. The waterproof fieldbook provides a simple way to summarize all of your observations and test results helping you to make better decisions in avalanche terrain. Along with the easy to use observational summaries, this book includes guidelines for performing common stability tests, two user-friendly formats for recording and analyzing your pit data, handy conversion tables, a trip log, an avalanche hotline directory and avalanche danger scale. New in this third-edition are tips for efficient snowpits, an expanded glossary, complete snow crystal reference, universal snow indicator, weather reference page, and tips for traveling in avalanche terrain. It is the preferred fieldbook of avalanche professionals and backcountry enthusiasts.

Snow Sense: A Guide to Evaluating Snow Avalanche Hazard - \$10

Many NAS instructors began their careers with Snow Sense and quite a few have made a habit of re-reading it at the beginning of every season. A new edition of a best-selling classic, Snow Sense is North America's leading primer on how to avoid getting caught in an avalanche. Written by the experts, this book focuses on the critical terrain, snowpack, weather, and human factors that allow avalanche accidents to happen. A must-have for anyone who works or plays in avalanche country

Snowstruck: In the Grip of Avalanches - \$15

Jill Fradston, one of North America's leading avalanche specialists, has spent almost thirty years trying to keep people and avalanches apart. In
Snowstruck, she has brought them ogether as no book has ever done before. With unique insight and graceful prose, Fredston is able to tell stories as
though she were there-because for many of them, she was. Her tales put readers directly in the path of an avalanche as it tears through a
neighborhood, into the mind of a sker making the last decision of his life, and into the discouraged bots of rescuers during a bizzard. Skiling, Powder,
and other major magazines declare Snowstruck mandatory reading for those who plan to spend a lifetime in the mountains.

Staying Alive in Avalanche Terrain - \$14

Writen by avalanche expert Bruce Tremper, this excellent resource on modern avalanche education is easily digested by novices yet technically insightful for snow safety veterans. This second edition book provides excellent resources and methods for making good decisions, as well as detailed information on safe travel in the backcountry, whether one is skiing, snowboarding, or snowmobiling. Terrific illustrations and photos support Tremper's engaging and, at times, entertaining writing style. A passionate and insightful study of avalanche safety.

The Avalanche Handbook - \$25

This revised third edition, written by David McClung and Peter Schaerer for The Mountaineers, is a comprehensive technical text on avalanche causes, dynamics, forecasting and control methods. One of the strengths of this text is its descriptions of the physical properties of snow – required knowledge for understanding avalanche formation, movement, and effects. It is the most frequently-used text for NSP avalanche rescue personnel courses.

The Avalanche Evaluator Guidebook & Inclinometer - \$7

The Avalanche Evaluator is more than just a simple inclinometer. It is also a route planner, a weak snow layer detector, a snow crystal grid/ruler, and most importantly, an avalanche hazard evaluation checklist.

Senior Program



Jeff Jurcak Senior Supervisor

Central Division Senior Program Winter Memo

Greetings Patrollers! Hopefully you all are staying safe and having a successful season in these unprecedented times. Even though the pandemic has interrupted our division events, we have been hard at work refining and improving the senior program. There are two pieces of news we would like to bring you. First, an update on the status of the Senior Program Manual. Second, a new process for the Senior Program application. Sean, Jamie and I worked very closely with Terrie Brandt-Western Region Senior Program Advisor, Jodie Bramel-Southern Region Senior Program Advisor, Eric Hudson-South Central Region Senior Program Advisor, Brett Hamlin-North Central Region Senior Program Advisor, Chris Sutton-Northern Michigan Senior Program Advisor, Sue Braan-Western Michigan Senior Program Advisor, Larry Abramowski-Eastern Michigan Senior Program Advisor and Allen Radke-Eastern Michigan Region Assistant Region Director for On-Hill, Kevin Rankey-Ohio Region Senior Program Advisor. Thank you team for all your help.

Greetings from Aron Sean Bennett-West Side Assistant of the Senior Program

As most of you know, the Senior Manual has been updated and was approved at the Fall Division Meeting. The goal of the update was to consolidate and reorder the information in the manual to make it easier for not only the candidates, but for all involved in the program. Jeff, Jamie and I worked with all the region senior advisors/administrators and region directors to hear their concerns and ideas for the rewrite. The three of us were tasked with the rewrite, but without the hard work of our region cohorts (who did most of the work) it would not have been possible.

We have now been tasked with and are working on separating the manual into two separate manuals, the National Ski Patrol Central Division Senior Program Manual and the National Ski Patrol Central Division Alpine Module of the Senior Program. We are doing this to make it easier for all Senior Candidates to access the information they need. We must remember that there are different paths in the senior program and only the people going for Alpine Senior need the alpine module information. This will make it easier to find the information you need whatever path you choose.

This is being done at the same time we are updating the Division websites senior program section to be a resource that goes hand in hand and supplements the manuals.

Keep carving your turns, Aron Sean Bennett

Greetings from Jamie Roell-East Side Assistant of the Senior Program

For our update from the East side, coming to a website near you, we have been working on a new process for the Senior application process. After building a model of how this system should work, our Central Division webmasters (Kent Anderson and Chris Raudabaugh) have been working on finalizing the application in its web based form. The application will live on the division website and will be the single point for anyone in the division to apply to the senior program. It will collect all the pertinent and required information about the candidate and disseminate it via email to all pertinent contacts including the Division Senior Supervisor, Region Senior Coordinator/Advisor, local PD/PR or designate, and of course the applicant too. This one-stop-shop will eliminate the sometimes confusing and cumbersome paper form by simplifying the application process, making it easier for the applicants to understand and fill out and even update if necessary. It will also be easier on leadership from Division to the local patrol to manage and track applicant's application status. We are working on finalizing the details now and will go live soon in plenty of time to be used next season.

Remember to keep them between the trees! Jamie Roell

Bike Patrol



Jeremy Verbeke Bike Patrol

As I write this, the snow is flying, the wind is whipping, and the temperatures are perfect for making tracks. But all that means is we should be in the planning stages for the next season. Bike patrols across the division are scheduling for a wishful more "normal" year. Setting up training or refreshers, on-boarding new patrollers or bike hosts, and tuning your gear up to get back out on the trails for those who do not ride all year.

Some recent information from the National bike survey shows that there is a great interest in patrollers looking for more information on summertime activities. It also shows that there are many of you already bike patrolling but not affiliated with a "Bike Patrol".



It is the goal for 2021 to get you and the division organized. We are looking to get new bike patrols formed or Alpine and Nordic patrols running with new bike patrol rosters. This will only further identify and promote the services we provide and direct the needs and support patrols require from all levels of NSP.

So, if you are a member of a Patrol that does not have an organized Bike Patrol, or if you belong to a Bike advocacy organization that has had in the past or is interested in forming a bike patrol, please reach out to me, I would love to start the dialogue to get one formed.

The future of bike patrols within the National Ski Patrol is here and there are many great things happening to better support, enhance and promote this new facet of patrolling.

Please contact me at bike@nspcd.org

PSIA Update



Marty Blaszkowski **NSP-C Snowsports** School

As 2020-2021 ski season is underway the NSP-C Division Snow Sports and NSP-C Division OET Staff have been hard at work to try and bring some exciting new videos to you by the spring. Tracy and I assembled a team of the best ski, snowboard and tele instructors to take some video of the entire senior score card. We did this both from a drone and at ground level to give different perspectives of the basic standard of senior. Each task will be defined and presented in multiple ways to give you the best view. These videos can be used in several ways but first it captures the senior basic standard for the candidates. This perspective will give the candidate the base level at which we grade the exam. Remember its at or above the standard. Second the videos should be used as a training tool for the trainers. This will give the trainers the proper movement analysis to use when evaluating the candidates in their training. Finally the videos can be used by the Region staffs to calibrate their evaluators. Making sure that their movement analysis is set at the basic standard and their demo's are also at the basic standard. This video page will be a living document as time goes on we can add more to it. Your input is very helpful. At the Division level we have our own plans as to how to use the videos at ASDW's and webinars to help maximize time on the snow.

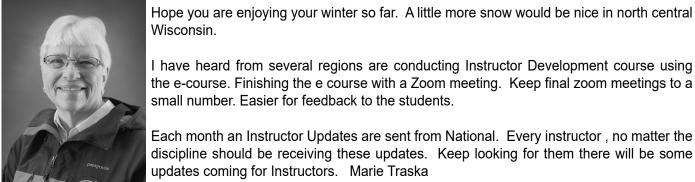
It's not too late to become a member of the NSP-C Snow Sports School. Just clink the link NSP-C Snow Sports School Central Division and sign up, It is free.

With the face to face training and certifications put on hold for the 2020-21 ski season has presented some new challenges. To help the relaying of information and ideas We created a Facebook page and group. If you have a lesson progression or idea to share, please join the group. It is easy to join, click this link for the FB page NSP-C Division Snow Sports School click this link for the group NSP-C Division Snow Sports School Group. This page and group are a place to share ideas and information that we could not at the ASDW.

This year the PSIA/AASI is offering its certification clinics. Go the web site PSIA-AASI-C Calendar of Events to check out the PSIA calendar and sign up for a clinic. Once again, we will have the PSIA/AASI awards for passing your certification \$50.00 for level 1, \$100.00 for level 2 and \$300.00 for level 3. Although the sign up is closed this is something to look for in the future. The rules are simple.

- 1. Fill out the application prior to December 16, 2021 NSP-C Snow Sports School Central Division
- 2. Send me a copy of your certificate of passing
- 3. Go to the web site for further instructions

Instructor Development



I have heard from several regions are conducting Instructor Development course using the e-course. Finishing the e course with a Zoom meeting. Keep final zoom meetings to a small number. Easier for feedback to the students.

Each month an Instructor Updates are sent from National. Every instructor, no matter the discipline should be receiving these updates. Keep looking for them there will be some updates coming for Instructors. Marie Traska

Marie Traska **Instructor Development**

Women's Program



Kerstin Hammarberg Women's Program Greetings Ladies of the Central Division!

Welcome to the Central Division Women's Clinic 19.5! This year was to be our official 20th Anniversary, but we decided to dial it back a bit so next year we can do a BIG celebration when we can be face to face (F2F)!

This year after all in-person events were canceled, the Division Women's Program developed a "Plan C" (ALL virtual) to continue to serve the women of the Central Division.

The staff (Amy Arnold, Linda Barthel, Anne Blaedow, Sue Brann, Kathy Brennan, Loretta Cobble, Darcy Hanley, Erika Krol, Linda Murphy-Jacobs, Kris Liebau, Chris Moe-Herlick, Cheryl Raudabaugh, Barb Reed, and Lauren Wroblewski) did an amazing job of filming ski, snowboard, tele, toboggan, and skills drills videos. These were all added together to infuse some of what would happen at our traditional clinics. There was a short history of the Women's Program in the Central Division. There was a photo contest for any women patrollers to enter. One of our yogis even gave

us some breathing techniques and taught us Mountain Pose – thanks Dana Z! And the Bonus Mogul-Making Video! All who attended were reminded that these are real patrollers and not actors, so all gaffs and oops' have to be forgiven!

The ladies put "Stuff Patrollers Say" together for some good laughs. In fact, put your thinking caps on, find some patrol friends, and create your own "Stuff Patrollers Say" video. We will be asking for submissions in the fall that can be used to promote the Central Division Women's Program for next year!

A photo scavenger hunt was held with 15 different categories that women could post photos to based on the theme of each category. The creativity that is in this Division is amazing!! Check out the pictures on our Facebook page and YouTube channel.

With both Zoom, Facebook Live and watch parties we logged over 200 women participating in this years' Central Division Women's Clinic! It was amazing!! The number of participants was beyond our dreams! All the ladies attending were also entered into a drawing for some great prizes.

If you missed the evening, you can find us on Facebook and YouTube. Search for Central Division Women's Program. Thank you to all the women who joined us on January 30th and to everyone who participated!

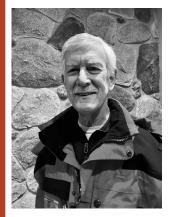
Next year, we are planning to celebrate our 20th Anniversary F2F at some awesome locations in the Division. Until they are confirmed, they won't be officially named. Remember that a handmade quilt will be the big prize for someone attending one of the Women's Clinics next year!

So, in this craziest of times, we still need to gather together (virtually) because we are a social bunch. For your health wear a mask. For the health of others – wear a mask. And remember WASH YOUR HANDS!!

Be safe and be well everyone!



Division Medical Advisor



Dan Goldberger Medical Advisor

381 days. Nearly 27 million infections. Over 460,000 deaths.

You all know what I'm talking about. I'm sure you are as tired of hearing these sobering statistics as I am, but there is no denying that this ogre still has a strong grip on our nation and on our day to day lives. And yet we can find some glimmers of hope and positive news.

In the big picture, the 7 day average of new cases in the US has fallen by over half in the past 3 weeks. Two highly effective new vaccines have been released with more going through the approval process. Immunization programs are getting up and running. Maybe running like a Model T at this point, but by spring-summer should be humming along like a Tesla. From the feedback I have received from some of our region medical advisors, patrollers have been given first responder or EMS level priority in many locales, though vaccine availability is an ongoing issue.

Closer to home, halfway through our Central Division ski season (fortunately, our season doesn't run into June!), our new protocols and guidelines are now feeling pretty much like routines. Wear your PPE. Wash your hands. Safe distance. Primary survey includes COVID screening. This mantra sounds pretty straightforward now. And while it may seem simple, following these rules pays off big time in protecting ourselves and our patrons. In my clinical trial of one episode, I worked some cases in the PD with a fellow patroller who became symptomatic the next day and tested positive. Thankfully, his case was mild, but we were all diligent with our protocols and no patients or patrollers were affected. More significantly, many of our ski areas are reporting huge crowds as our patrons look for ways to safely get out of the house and enjoy winter sports. I recently went to 3 ski areas in northern Michigan and was impressed with their strict enforcement of safety guidelines. To date, I am not aware of significant outbreaks related to ski areas, though there have certainly been some cases reported.

So, overall, it looks like this season is turning out as we had hoped. Good crowds, patrollers getting on board with safety protocols, and most of our patrons being willing to mask up and follow the rules. But this is no time to get complacent. Some resorts are starting to allow indoor dining and alcohol and this can create problems. Patrollers should observe behaviors at their resorts and have ongoing discussions with their leadership and, if needed, management to help keep things safe. As new viral strains emerge, we need to monitor trends in our locations and be aware of new messages from our public health departments that might warrant updating our protocols, particularly with regard to acceptable masking. Get your vaccinations as soon as they are available. And let's not forget our patrol skills! Most of us had virtual refreshers with no hands on practice. If you get some slow times on your shift, pull out the backboards and traction devices, practice some challenging scenarios, and definitely debrief after difficult cases.



Wear your PPE. Wash your hands. Safe distance. COVID screening. Take care of yourselves and each other. Let's get each other through this season!

Applications for Dan Somalski Memorial Fund

The application window for the 2021 – 2022 season Daniel Somalski Memorial Fund is open until December 1st, 2021. The fund is an educational grant for any Central Division patroller with membership in good standing. Activities for potential fund reimbursement include:

- · Any National Ski Patrol Education
- PSIA/AASI Certification

Applications can be located on the Central Division Website via the following link http://www.nspcentral.org/docs/somalski/SomalskiApplication.pdf. Once complete, please email to Tom Anderson at tpanderson@charter.net. For more information, please visit http://www.nspcentral.org/somalski.php.



This trust was set up to honor a very special friend, patroller and mentor, the late Dan Somalski. Dan, as many of us know, dedicated much of his 25 year patrol career to helping others attain their goals both on and off of the mountain. As a long time Certified (#426) and PSIA level 3 he was legendary both inside and outside of the traces. It is in memory of Dan's example that the trust was created to ease the burden of a patroller's credentialing costs while encouraging advancement.

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