



Rusty Parka News



Vol. 60 Issue 1

www.nspcentral.org

Fall 2021

Division Director's Report



Mike Schons

Division Director

Hard to believe that summer is over and it's time to start putting in motion the plans for the 2021 – 2022 season. We held the Fall Division Meeting in Galena and thank you to the Southern Region for hosting this great event!! We used Facebook Live and Zoom to broadcast the general meeting and the awards portion of the banquet.

I recently posted a comment on the Division Facebook page which I believe is very important and wish to share again in part, with you. This month starts our annual NSP National election for Board members. This year there are four seats to be filled and 9 candidates running. We have four folks running from the Central Division. I know and verified, at a couple of refreshers that a lot of folks do not vote and usually come back with the "I'm not familiar with anyone running". I'll get back to that in a moment.

This year there is a ballot question that is more important than a candidate for the board, a YES vote on the question helps change the organization and moves us into the future. The question is changing Hosts to Traditional members. Hosts members pay the same dues as traditional members however, they have no voting privileges. Hosts provide a valuable service to both Bike and Land Units combined. It is the position of the Division Directors nationwide that all dues paying members deserve the right to vote for their representation. In that, I encourage you to VOTE YES on the ballot question. For more information, please visit the National website Member page, WHAT YOU NEED TO KNOW.

On the "not sure on the Candidates" issue, there are several avenues for you to get to know the Candidates. First, is in the same section on the National website WHAT YOU NEED TO KNOW, you can find the Candidate page to read about each candidate. The second is to check the National Calendar and join the Candidate Call-in Form, (hosted by our own Jeff Olson), there are two calls left.

The refreshers are starting up so please view the Region Calendars for all refresher dates in case you need to attend one of the other patrols.

In case you did not hear, Jeremy Verbeke from Eastern Michigan Region was confirmed by the National Board as the new National Bike Program Director. Congratulations Jeremy!

Stay safe this season and as I travel the Division, I look forward to talking to you!

Parka Picks

Nordic News P. 14

Young Adult Program P. 16

Women's Program P. 24

Central Division Awards P. 27

Avalanche Update



Michael Walenta
Avalanche Supervisor

Upcoming Snow Avalanche Workshops (SAW) - some in person and some virtual.

If you miss one you have interest in, many of these events allow you to utilize their archives.

November 2021 — Northern Rockies Snow & Avalanche Workshop — Whitefish, MT

November 13, 2021 — Bend Snow and Avalanche Workshop — Bend, OR

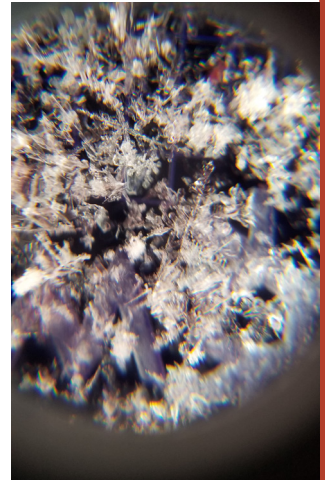
November 4, 2021 — Montana State University Snow and Avalanche Workshop — Bozeman, MT

November 5 & 9–11, 2021 — Utah Snow & Avalanche Workshop — Sandy, UT (virtual)

November 12, 2021 — Southcentral Alaska Avalanche Workshop — Anchorage, AK

April 2022 — Gallatin Professional Development Seminar — Bozeman, MT

Spring 2022 — Sawtooth Avalanche Center Professional Development Seminar — Ketchum, ID



Tobogganing



Tracy Buchanan
Toboggan Supervisor

Central Division Toboggan 'Fall '21 UPDATE

Division Skill Videos: Last year we were lucky enough to work with Topographic Film Studios, out of Lander Wyoming, to film our Senior Ski/Snowboard/Telemark skills videos. We struggled with a couple weather setbacks including rain, fog and warmer temperatures but we were able to pull off the shoot and produce some really great videos. These videos can be accessed using the following link: <https://www.nspcentral.org/senior-program-videos/>. Along with the Senior videos you will find skill based videos that can be used for basic candidate training! We took a skill, such as falling leaf, showed the skill alone on different equipment then showed the skill with the toboggan. Understanding how the different skills we teach relate to running a toboggan is essential to the success of our basic alpine candidates.

Change to our OET Instructor/IT Recertification date: National has been very receptive in helping us deal with the effects of COVID and the inability to do F2F clinics in our division last year. In an effort to aid all involved in the OET Instructor and IT recertification, National will be moving the recert date to April 30, 2022. For each year following, OET instructor and IT recertifications will be done on April 30th of each year to provide enough time and snow for all to get their certification finished and complete.

Division Staff Tryouts: In an effort to tap into all of the incredible talent we have in each of our Regions, the ASDW team has opened a Staff Tryout call to anyone that meets the requirements and would like to join our team. The adjoining flyer gives all the pertinent information! Please feel free to reach out to OET@nspcd.org for any additional information. Submission of applications/NSP resume is due by October 24th.

I look forward to seeing you all on the snow!!



DIVISION ASDW STAFF TRYOUTS

TO BE HELD AT:

BOYNE HIGHLANDS ON DEC. 4-5

CASCADE ON DEC. 11-12

Candidate pre-requisites are:

- Current OET instructor in good standing

Ski/Ride Staff Requirements:

- Current Senior Ski/Ride Evaluator
- Current PSIA/AASI Level 3 (will consider PSIA/AASI level 2)

Toboggan Staff Requirements:

- Current Senior Toboggan Evaluator
- Current PSIA level 1 or above or current ASE credential
- Current IT status (preferred)

Formal application submission send to OET@nspcd.org

Assistant Division Director Update



Les Robinson
ADD

Thanks to Southern Region for hosting the division meeting and awards. It was a great time honoring many of our great patrollers with Awards not to mention actually being together again. Let's write up as many this coming year as we can and win some Gold Merit Stars next summer.

Also welcome to many new NSP Bike patrollers, below is the Lambo patrol this was at their OFC course and now many of them are in the process of OEC and are planning on joining some of the resorts for winter as well.

It's time to consider who to vote for the National board election. We would like to see voter turnout for the division high this fall, the vote starts Oct. 15 and runs thru December 2nd. With that said get online read the candidates information, 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; support@nsp.org

Now that it's October we need to be thinking about our Core Strength, which is very important to us being able to 1-Control the relationship of the center of mass to our base of support to direct pressure along the length of the skis and also the other four ski fundamentals. So lets all get ready it won't be long we'll be sliding on the slippery.

If you're not having a good time, You're not going to learn a thing. People fail because the teacher didn't make them laugh. – Chad Hymas



Assistant Division Director News



Guy Day
ADD

Hopefully by the time you are reading this you have completed your OEC and CPR refreshers with the your chair evac refresher is on the horizon. Lots of great stuff heading this way on the Division Level with the ASDW's just 5 weeks out. As the Division Skills team has been planning the various events, it is critical that your membership information with National is up to date and correct. We found several instances of missing or incorrect information on members profiles. It is really important that you check all of your information as you are getting ready to pay dues for this upcoming season. If you find an error or need to make a change, please reach out to your Patrol Director to let them know that a correction needs to be made.

As the season gets rolling, your Region Awards Advisors are working together during monthly calls trying to make the awards process more efficient and easier

to work through. Please work with your local awards advisors to start now on recognizing those Outstanding Individuals in the awards write up process. It takes time and several draft copies to get it down and have the best chances to be successful.

Guy Day

Central Division Bike Patrol Logo Design Contest



**Anne Blaedow
ADD**

Bike Patrol Logo Contest Winner is Ken Rose from Snowtrails Ski Patrol. His design was approved by the Division board for adoption at the fall meeting. The NSP Central Gear Store will be offering this logo to be put on any SWAG that you want to have it placed on. Ken will be the recipient of a \$100.00 shopping spree in the Central Division Gear Store. Congratulations!



Hey Young Adult Patrollers!!! Time to meet at Granite Peak on December 3rd and 4th for a NEW YAP event! Look for the details in this RPN. Travel with your Region Ski/Ride/Toboggan leaders who are coming to their training event that same weekend at Granite Peak.

Spend 2 days doing all kinds of ski patrol fun stuff, explore Granite Peak with like minded young adult patrollers. Network, see the bigger organization and make some life long friends. This is a new event that we hope will be the start of something great for our young adult patrollers

All of the Division program supervisors are excited for the ski season and there are many new options and locations **for every patroller to explore**. Two women's events, the new YAP event. Your Region program supervisors are also filling the calendar with fun, educational experiences for you to join in on. If you have never stretched your comfort zone to attend a Region or Division event, I want to challenge you to do so this season! Sign up for a class, join the Senior programs as a Candidate or Helper, sign up for a SES and TES day, So many great ways to spend your time, learning new things and meeting new patrol friends.

HELP NEEDED = OPPORTUNITY TO TRAVEL PATROL!! Patrols in the UP are looking for help this season! We heard from several remote ski areas that they are actively seeking help this season from those of us willing to travel and patrol for them. In particular, Whitecap Mountain and Big Powderhorn have reached out to the Division board for support. If your area is in need and willing to take guest patrollers, please contact Webmaster Daren Lukes to add your area to the list that will be posted on the Division website.

If you are interested in traveling , check out the NSP Central Division site for a list of patrols that you can reach out to and make a plan to patrol with them. Please contact their Patrol Directors to hear about their patrol and to make a plan to work with them! This is a great opportunity to patrol a new area ,learn a new area, ski new terrain and meet new people.

See you on the slopes!

Assistant Division Director News



Allison Lavene
ADD

We had a productive and enjoyable time together at the fall division meeting in Galena, IL. The meeting provided a necessary face to face time together as preparations were made to make this season the best yet for Central Division.

Meeting plans for next year are underway. You are invited to Midland, Michigan as Eastern Michigan Region will host our Fall meeting. Central Michigan holds much beauty and many opportunities to enjoy it. Information will be available here and, on the website, as it becomes available. Please plan to join us September 9-11, 2022.

Region Reports

Western Michigan Region



John Donnelly
Western MI
Region Director

For some reason, it seems like the summer flew by and the fall is picking up steam as we prepare for the upcoming season. As I write this, we are in the thick of our refreshers in Western Michigan. Most patrols in our region have held their instructor refreshers and the next month or so will see all the scheduled refreshers completed.

In addition to the focus on refreshers, our OEC teams have several basic OEC classes underway in various stages. One class was completed in late summer and at least three more are in session with plans to wrap up before calendar year end. Our hill training teams are working on their calendars and finalizing plans for various SES, TES and Region workshops along with plan for the ASDW in early December. This year, there is a particular emphasis on recruiting new instructors for the Region's on-hill programs. We are also looking forward to working with our senior candidates after taking a year off due to COVID.

Over the summer, Western Michigan Region welcomed several new Region leaders. Erica Krol, formerly our NSP-C Ski School adviser, has taken on the Assistant Region Director – On-Hill Proficiency. Erica is taking over the role vacated by Chip Knappen who retired from his Assistant Region Director position after serving in various Region and Division leadership positions for many years. Chip will remain in our training program to help us transition to a new generation of on-hill trainers. Kathy Brennan and Johanna Pietela will share the role of Ski/Ride Proficiency/Ski School Advisor, Kathy is presently our Snowboard Adviser and will remain in that role for the coming year.

I know everyone is looking forward to a great season and is hopeful that our areas can continue to have great support from the skiing/riding community and have yet another busy year.

Western Region



Jeff Olsen
Western Region
Director

Western Region gathered for a fun Summer Meeting and Awards Banquet. Over 130 patrollers gathered at Giant's Ridge Resort in mid-July. The meeting included a clinic on the new Chairlift Evacuation procedures and 18 of the 19 Western Region Alpine patrols had representatives that attended this event! The meeting also included a YAP Summit, a Bike Patrol Summit, a seminar on how to write NSP awards, an update on the latest NSP news from NSP National Board member, Deb Endly and a Patrol Directors breakfast meeting.

The highlight of the meeting was gathering with friends and then celebrating awards for over 90 Western Region patrollers and patrols. Kudos to the Western Region Awards Committee and all the patrols who took time to submit awards for their awesome members!!

Think snow!

Here is a list of awards presented at the meeting and patrol refreshers:

Western Region Appreciation Plaque

- Giants Ridge Patrol – for hosting 2021 WR Meeting

Western Region Certificates of Appreciation

- Jonathan Backos Lutsen – For service as WR Treasurer for 5 years
- Daniel Richardson Afton Alps – For service as WR Avalanche Advisor
- Jonathan James Afton Alps – For service as WR Young Adult Program Advisor
- Dave Markwardt Giants Ridge - For helping organize the 2021 WR Meeting
- David Gravning Giants Ridge - For helping organize the 2021 WR Meeting
- Jack Stephenson Giants Ridge - For helping organize the 2021 WR Meeting
- Justin Foschen Giants Ridge - For helping organize the 2021 WR Meeting
- Matt Mielke Giants Ridge - For helping organize the 2021 WR Meeting
- Nikka Hietala Giants Ridge -For helping organize the 2021 WR Meeting
- Robin Raplinger Giants Ridge - For helping organize the 2021 WR Meeting

Angel Pin Award

- Cathy Van Nurden Coffee Mill
- Rhonda Lovelace Coffee Mill
- Ann Bolstad Spirit Mountain
- Peggy Olsen Wild Mountain

Western Region Director's Service Excellence Award

- Dr Mark Lindquist Detroit Mountain and Dr Bjorn Peterson Afton Alps – For guiding Western Region patrols through a season of COVID-19

Western Region Program Advisors Award

- Deb Endly Three Rivers - Outstanding Service and Support to Instructor Development Program
- Jim Andrews Three Rivers - Outstanding Service and Support to Senior Program
- Craig Johnson Wild Mountain - Outstanding Service and Support to Senior OET Program
- Jeannine Mogan Giants Ridge - Outstanding Service and Support to Awards Program
- Kim Miles Afton Alps - Outstanding Service and Support to Awards Program
- Jeff Olsen Wild Mountain - Outstanding Service and Support to Young Adult Program

Western Region Outstanding Service Awards

- Tim Thayer - For Outstanding Service to the Afton Alps Ski Patrol in the roles of Assistant Patrol Director, CPR Instructor and Aid Room Supplies Guy.
- Steven Arntzen - For Outstanding Service to the Afton Alps Ski Patrol in the roles of Candidate Instruction & Evaluation, Hill Captain & Meeting Chairman
- Shelly Matthys - For her many years of outstanding and dedicated service to the Western Region, National Ski Patrol, and Trollhaugen Ski Patrol, as a Patroller, OEC Instructor, Assistant Patrol Director, and Shift Leader.
- Vicky Wells - For many years of outstanding service and dedication to the Trollhaugen Ski Patrol and the Western Region, National Ski Patrol in providing quality training, leadership and encouragement necessary for patrollers to be competent in their care to the skiing public.
- Brad Engelbrekt - In recognition of Leadership and Service as the Treasurer for the Wild Mountain Ski Patrol.
- Jeff Berg - In recognition of Leadership of a Robust and Highly Successful Candidate Recruitment Program for the Wild Mountain Ski Patrol.
- Debbie Bocnuk-Roswold - For Outstanding Service to the Giants Ridge Ski Patrol in the roles of Everything Nordic from Training to Race Coordination
- Jeremy Schwarze - For Outstanding Service to the Giants Ridge Ski Patrol in the roles of Shift Leader and OET Instructor
- Wendell Hathaway - For Outstanding Service to the Mont du Lac Ski Patrol By Actively Recruiting New Patrollers & Mentoring Them, Patrolling Extra Shifts and For Large Groups.
- Brendan Fouts - For Outstanding Service to the Mont du Lac Ski Patrol By Patrolling Unpopular Times as Extra Shifts and Serving as the "Chief Cravat Cutter"
- James Jarosz - For Outstanding Service to the Spirit Mountain Patrol In the Roles of OEC Instructor, Day Shift Group Leader and Serving as the Assistant Administrator for On line OEC Candidate Training.
- Todd Heggstad - For Outstanding Service to the Spirit Mountain Patrol For Developing a Nordic Patrol Component, Recruiting & Training Nordic Patrollers and Serving as an Assistant Patrol Director.
- Bryan Delage - For Outstanding Service to the Detroit Mountain Ski Patrol in the roles of Everything from Gifted Instruction to Promoting the Arts of Mountain Ambassadorship and Skiing.
- Stacy Salvevold - For Outstanding Service to the Detroit Mountain Ski Patrol in the roles of Recruiting, Training & Restarting the Patrol, Cheerleader and Role Model for Enthusiasm & Dedication.
- John Lemieux - For Outstanding Service to the Buck Hill Ski Patrol in the roles of Patroller, OEC & OET Instructor and Senior Trainer.
- Audrey Friedman - For Outstanding Service to the Three Rivers Ski Patrol By Serving as the Patrol Treasurer for the Last Seventeen Years.
- Pat Carroll - For Outstanding Service to the Coffee Mill Ski Patrol in the roles of Everything from Chairlift Evacuation to Banquets.
- Don Prochnow - For Outstanding Service to the Coffee Mill Ski Patrol in the roles of Leadership in Chairlift Evacuation Training and Annual Refreshers.
- Rachael Fode - For Outstanding Service to the Great Bear Ski Patrol And the Local Community by assisting a Restaurant Customer experiencing a Cardiac Event until EMS arrived
- Andrew Peschong - For Outstanding Service to the Great Bear Ski Patrol And the Local Community for an Ice-water Rescue 2 January 2021
- Bill Cahalan - For Outstanding Service to the Mount Kato Ski Patrol In the Roles of OEC & OET Instructor, Member of Patrol Board of Directors & Being the First to Jump in responding to Call.
- Bruce Prehn - For Outstanding Service to the Mount Kato Ski Patrol In the Roles of CPR Instructor, Lift Evacuation & Safety Coordinator and Being a "First On & Last Off" Patroller.
- Danielle Vlazny - For Outstanding Service to the Welch Village Ski Patrol By Serving as OEC Instructor/IOR during the Pandemic, Dealing with Schedule Changes due to Changing State Mandates and Still Achieving 100% Class Pass Rate.

Patrollers Celebrating 50 Years of Service to NSP

- Jim Andrews Three Rivers
- Bruce Schiemo Buck Hill
- Warren Wagness Lutsen Mountains

Patroller Cross

- Robin Raplinger Giants Ridge
- Matt Beebe Wild Mountain

Purple Merit Star

- Shane Ilstrup Coffee Mill - In recognition of outstanding lifesaving efforts at Trappers Turn Golf Course in Wisconsin Dells on 13 Aug 2020.

Blue Merit Stars Presented in recognition of a valiant effort to save a life Afton Alps on Feb 26, 2021

- Andrew Schmidt Afton Alps
- Bruce Larson Afton Alps
- Joel Carter Afton Alps
- Lawrence Schmidt Afton Alps
- Matt Abrogast Afton Alps
- Tim Thayer Afton Alps

Yellow Merit Star Presented in recognition of a valiant effort to save a life Afton Alps on Feb 26, 2021

- Dan Sailsbury Afton Alps
- Doug Lovett Afton Alps
- Jeff Bates Afton Alps

Critical Care Awards

- Taylen Peterson Wild Mountain
- Chuck Lewis Welch Village
- Danielle Vlazny Welch Village
- Jim Vlazny Welch Village
- John Sievert Welch Village
- Kathy Hines Welch Village
- Tim Wilcken Welch Village
- Matt Lowe Welch Village

Western Region Outstanding Individual Patroller and Patrol Awards:

- Outstanding Non-OEC Instructor; also, Central Division Winner
 - Don Droegemueller - Wild Mountain
- Outstanding Alpine Patroller
 - Lars Pekar - Wild Mountain
- Outstanding Alumni; also, Central Division Winner
 - Roger Johnson - Alumni
- Outstanding Young Adult Patroller; also, Central Division Winner
 - Claire Landberg Wild Mountain
- Outstanding OEC Instructor; also, Central Division Runner-Up Winner
 - Claire Joubert Afton Alps
- Outstanding Administrative Patroller; also, Central Division Winner and 1st Runner up at National Level
 - Craig Johnson Wild Mountain
- Outstanding Patrol Award
 - Wild Mountain

Central Division Patroller Achievement Award

- Joe Kreitzer Trollhaugen

- Colin Sullivan Trollhaugen
- Sally Lawrence Trollhaugen
- Thom Storm Spirit Mountain – Chester Bowl
- Todd Heggestad Spirit Mountain
- Kristi Wilke Spirit Mountain
- John Curtin Three Rivers
- Dave Markwardt Giants Ridge
- Sanford Ilstrup Coffee Mill

Western Region 10th Mountain Division Award

- Kerstin Hammarberg Buck Hill

Central Division Lifetime Achievement

- Jim Andrews Three Rivers

Distinguished Service Awards

- Kathy Glynn Three Rivers – For role in the development of the 4th, 5th & 6th OEC Editions.
- Vicki Young Three Rivers – For role as a contributor to OEC 4, 5 & 6.
- Jim Ruzyka Lutsen Mountains – For service as a Patrol Director, Region OEC Program Administrator,

Assistant Region Director and Region Director.

- Bob Iverson Viking Nordic – For service as the Region's Assistant Ski and Toboggan Proficiency

Advisor and as the Instructor Development Program Advisor.

- Fred Clark Detroit Mountain – For playing key roles in the survival and revival of Andes Tower Ski

Resort and the reopening of Detroit Mountain Ski Area.

National Appointments

- #12227 - Wrick Dunning - Viking Nordic
- #12228 - Tom McConville - Viking Nordic
- #12229 - Scott O'Connor - Afton Alps



Jim's Sportswear is a Screenprinting and Embroidery company owned by Nub's Nob Ski Patroller Jim Arlen. Our email is; jimssportswear@gmail.com.

We offer our services to all patrols across the country.

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

South Central Region



Steve Paladini
South Central
Region Director

I hope that this issue of the Rusty Parka News finds everyone and their families well. As we continue to move forward and hopefully the worst of the pandemic is behind us. I believe so, as the Division held the annual Fall meeting in person this year. It was an enjoyable weekend at the Chestnut Mountain Resort in Galena, Illinois. The last in person meeting was in September of 2019 and it was nice to see familiar faces and catch up.

The South-Central Region Awards banquet was held this year on August 14, 2021, at Little Switzerland Ski Area. Under the circumstances, we had a nice turn out. The 2020 award recipients were recognized along with this year's award winners. Our 2021 winners: Outstanding Small Alpine Patrol – Fox Hill Ski Patrol. Outstanding Large Alpine Patrol – Little Switzerland Ski Patrol. Blue Merit Stars - Bonnie Gruber, Paul Beal, Lola Higgins, Paul Higgins and Helene Meyers (Devils Head Ski Patrol). Distinguished Service Award – Tim Weinand (Fox Hill Ski Patrol) and Bill Bailey (Devils Head Ski Patrol). A Lifetime Achievement award was presented to Jim Hubing (Devils Head Ski Patrol). Congratulations to all!

The Region is currently holding its in person refreshers, and scheduling seminars, classes, clinics, and evaluations during for the 2021/2022 season. Our six OEC classes are also finishing up. The Region has seen about a 6% increase in members from last year at this time, and the new candidates will help continue our growth.

I hope everyone has an enjoyable ski season. Stay healthy and safe.

Safety Team



Kevin McQuillan
Safety Team Advisor

With the ski season starting the Central Division Safety Team has some exciting news! We now have 2 tents that any patrol in the division can use for a safety day or for any Ski Patrol Event. Kevin McQuillan has one on for the west side of the lake, and Katie Flanagan has one for the east side. If you are interested in using one of the tents email Katie or Kevin. The tents were displayed at the Fall Central Division Meeting. There are also six flags with various safety reminders.

The Safety Team is in the process of setting up a Google calendar to make requests for the tents and 3 flags. Our hope is to move them around from region to region.

To get in touch with Katie Flanagan email: flanag40@msu.edu
To get in touch with Kevin McQuillan email: kevin@mcq-law.com



Intro to Websites – Plugins



Chris Raudabaugh
Ohio Region Director

I've always said that the ski patrol season really starts in August, when patrol planning and membership coordination fires up getting ready for refreshers and other preparations for the actual start of the ski season. Segue into my next part of my wordpress series, plugins that will enhance the use of your website for the start of the fall season.

With using the standard 'out of the box' version of wordpress, it allows for the standard theme selection, creation of pages, and input of content and pictures. If you wish to have more functionality out of your site, such as a contact page, registration page, or a payment page, then you would need to expand out into other plugins. Plugins really enhance the functionality and utility of your website. The following is a very small example of the types of features that can be had with adding a plugin. Once again, your

mileage will vary with features of a plugin. Sometimes you may need to purchase the plugin to get the features you want.

Examples:

Contact Form 7 – A very popular plugin that gives you the tools to create a contact, application, or registration form. It collects the user input, and you have the ability to create an email and send it to any email address.

Addon plugins to Contact Form 7:

- Accept Paypal Payments using Contact Form 7

- Advanced CF7 DB – Retain input data in a database for future download to a CSV file (and download uploaded files)

- PVB Contact Form 7 Calculator Pro – ability to calculate amounts right on the contact form

PDF Embedder – Ability to display PDF files inside of your website page versus a separate page.

Email Subscriber & Newsletters – Allows the ability to automatically notify users when a new Post is published on the website.

Events Calendar – Website events calendar

Youtube embed – Embed videos in your website page that are hosted by Youtube.

All-in-One migration – excellent backup plugin for your website.

To explore new plugins, you always can go to Plugins->Add and search using keywords. And as always, there is the good old trusty google search that can be used if the prior suggestion does not help.

NOTE: I've discussed the many themes and plugins that can be used on your site. Here are some things to keep in mind:

- . Free is as Free does. Sometimes documentation and examples are limited from the author.

- You will need some diligence in figuring them out at times.

- . Keep themes and plugins updated with the latest version (as well as wordpress)
- . Only keep what you are using. Keeping themes/plugins installed (even if deactivated) leave your site open to hacking. Keep at least 2 themes: one you are using, and one other standard theme for testing.
- . backup, backup, backup: Full backups are good. You can also plugins made for backing up your wordpress site (see above). Always have a good backup before updating to new versions, or adding a new plugin/theme.

I hope this was useful. As always, you can reach out to me if you have any website questions.

Mountain Travel Rescue Update



John O'Dell
MTR

This may not be too long but anyway, I was at the division banquet this year and it was a nice one. I have been getting a good response and input on Mountain Travel and Rescue for this upcoming season. As last season was a wash out more or less. With the response's I have been receiving from other regions I think this may be a good season for some classes.

Now if you are thinking about taking a class get a hold of your region MTR advisor or your region director and they can point you in the right direction. You will be very impressed on what you will learn and come away with. We have a great division and blessed with some great MTR Instructors that put in a lot of time and love in what they teach. So don't be bashful get out there and get a class you won't be disappointed.

Be safe, I may see you on the slopes or on the trails.

Patroller 101



David Dahl
Patroller 101

Let me introduce myself. My name is David Dahl and I am the new Patroller 101 Supervisor. Patroller 101 is designed to cover the history and organization of the NSP for current candidates as well as long-standing patrollers. Some areas and patrols are doing an excellent job covering patrol history and organization; the rest of us could use a little work. An example of that is when I was asked recently by a patroller that just passed their basic evaluation why they didn't get a patch with a number on.

I've been on the patrol nearly five decades. As you can imagine, my candidate year was a little different from what it is now. One of those differences is that we had a mandatory patrol history test. At the time, I thought it couldn't be very difficult or important, so didn't study for it. Needless to say, I did not do well.

We are constantly adapting our OEC and on-the-hill requirements to become a patroller, and I believe it is important that we all understand the history and organization of the NSP. I am hoping to make this program fun and interesting for all.

See you on the snow

Nordic News



Jeff Schmidt
Nordic
Supervisor

Another ski season is right around the corner as the temperatures are starting to cool down and the leaves are turning colors. Bring on the snow!!

Congratulations to Des Plaines River Nordic Ski patrol for being named the Outstanding Central Division Nordic Patrol last season. As this season starts, be on the lookout for deserving patrollers and patrols that can be recognized for their outstanding work and nominate them for an award.

We have some awesome events lined up this season, starting with the Central Division Nordic Ski Enhancement Seminar and Toboggan Enhancement Seminar in Minocqua, Wisconsin at Winter Park Nordic Center. This will be held on January 8th and 9th, 2022. This is great time to come out and learn and practice new skills and meet some fellow patrollers from the Division. I have limited housing for the event on a first come first served basis, so sign up and let me know.

On Monday, January 10th we will have our Telemark seminar up at Indianhead in the U.P. You can register for these events on the NSP website.

We are looking for some good patrollers to help out at the American Birkiebiener race week up in Hayward, Wisconsin from February 23 – 26th. There are many different races that we patrol each of these days. You can contact me, and I can get you the details and get you registered for the Birkie patrol.

I hope to see you on the snow!!

Treasurer Report



Marty Jarvi
Treasurer

The Division financials for the last year were better than planned. We want to thank all of you for your continued membership and dedication to the organization even during a time of decreased programming because of COVID19 precautions. For that reason the Central Division Board has agreed to reduce the division portion of your dues from \$13 to \$10 for the next few years. The division board will evaluate funding each year to determine when and if we need to return to the previous dues.

Treasurer's reports for all the Central Divisions regions are being consolidated for a November 15th filing to the IRS. I want to thank all region and patrol treasurers for their efforts. Without your timely work we couldn't make the IRS deadlines. This past year the division continued doing random reviews of the financial activity of ski patrols in each region to verify that they were following NSP, Central Division and IRS guidelines for non-profit organizations. The reviews continue to show good procedures by many patrols and identify areas that can be strengthened as well as areas that need changing to keep within our guidelines.

Instructor Development



Marie Traska
Instructor Development

How many days until the first snowfall? Then how soon will the slopes be ready? The refresher and Candidate classes are in full swing. Be sure to promote the ID courses. ID courses can be done as an in-person course or as a virtual online course. The hybrid course does need a face to face as part of the course, either in person or via zoom. Remember the ID course can be used as a Senior requirement. All disciplines need new instructors. Plus, ID also could use more instructors for every region. A reminder of making sure you are up to date with your Continued Education and are recertified as an instructor of any of the disciplines. There is an online course call Instructor Skills Review (ISR) which is a great review of being an instructor. Also check to see if you need to complete Youth Protection Plan. This course also is renewed every three years. The YPP certificate should be sent to Mike Schons. Enjoy the winter, it is coming.

PSIA Update



Marty Blaszkowski
NSP-C Snowsports
School

It's a Boy. I welcomed a new grandson to the family on October 5, 7lbs 2oz. Mother and baby are doing great.

The NSP- C Snow Sports School is free to join. If you are on a local patrols staff, region staff and alumni you can join at no charge. The NSP-C Snow Sports School is registered with the PSIA/ AASI. This allows its members to list it as their official school when taking any PSIA/AASI events

Our goal at the NSP-C Snow Sports School is to help its members achieve their PSIA/AASI goals. To help in your efforts we are offering an award of \$50.00 for passing Level I, \$100.00 for passing Level II and \$300.00 for passing Level III. There will be an application on the division web site. It must be filled out and returned by December 16, 2021, in order to qualify. Upon passing your event you must sent a copy of the award certificate and expense report to me. This season I will be issuing the awards as soon as I receive your confirmation of passing. Instructions will be on the web site in further detail.

This season we're bringing the workshops to you. If you have a group of skiers, boarders or telemark at wants to sharpen up on your skills, help with testing or ASE, we can send a group of instructors from the NSP-C Snow Sports School to help. Get with your region advisor and they can get with me to work out the details. We're here to help you achieve your goals.

Young Adult Program

Do you have a Young Adult Patrol Program? If not, you're missing out! We've found kids in the community excited to join the Patrol. That excitement transfers over into your Patrol like nothing I've seen before. So, get the word out and recruit!

I'm excited about the development of our Young Adult Patrol program in both the Western Region and Central Division. We are forming YAP advisory boards that consist of current young adult patrollers and adult graduates of that program.

The aim is to make the program YAP driven. This restructuring offers more opportunities for advancement and leadership. It offers greater insight into what YAPs are looking for on the Patrol and for events. It has garnered more enthusiasm from our YAPs and their willingness to pay it forward to other YAPs and future candidates. Additionally, it keeps recent graduates more involved in mentoring roles.

If you have not already seen Jenny and Molly, please take a look. They talk about how the Patrol effected their life and career decisions at a young age.



For more information on the YAP program contact:

Brad Peterson

NSP Young Adult Patrol Advisor

Western & Central Division

nspwryap@gmail.com

Young Adult Patrol



Jay Van Zeeland
Assistant YAP
Advisor

The young patrol will eventually be our future. At the recent Division meeting I looked around the room and found many of us are getting a bit more "experienced." But I was also very impressed to find out how many members of the Division board and staff began their careers as Young Adult Patrollers. The common worries about young adults not sticking with the program are completely unfounded.

Besides offering excellent first aid, life skills, and emergency management training. We also give these impressive young adults the opportunity to build camaraderie and responsibility.

We are happy to announce that we will be having the first of what will become annual events held in conjunction with the ASDW's. As we are starting to build the events, we will be hosting our first this year at Granite Peak, December 3-5. We are putting together a Youth Advisory Board to help plan the event and come upon the training that will be undertaken.

We realized that one of the common factors of the now "experienced" YAPs is the friendships that they created with patrollers of all ages when they were young. The ASDW allows for our next generation to meet many of the strong patrollers that lead our division.

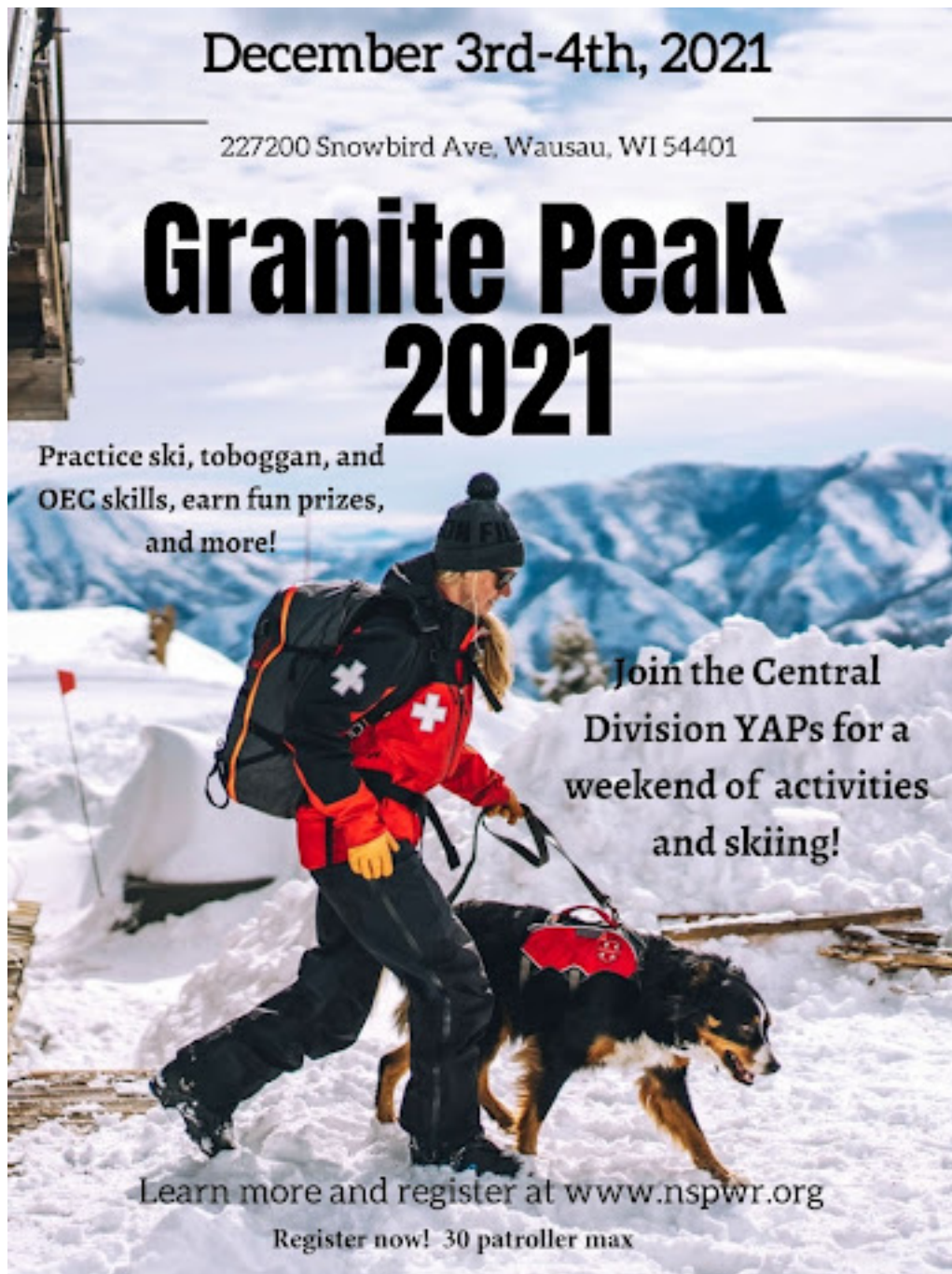
If your patrol has youth that wish to participate, please contact us at 920.662.0625 or at jay@vanzeeland.info. We are hoping to bring in 20 youth this year with the ability to grow substantially over the next few years and offer the program in conjunction with the ASDW's on both sides of the division.

Attention Young Adult Patrollers!!

Any YAP's (Young Adult Patrollers) are invited to an event that is focussed on YOU!! Get some early skiing in with other patrollers your age. December 3-4th at Granite Peak. There is no charge for this event. Your Region Ski and Toboggan Advisors have a training event there, so hitch a ride and come along for the YAP event. Stay with your region patrollers, or we can put you with other YAPs.

To Register: please fill out THIS FORM <https://forms.gle/RJjV3f9FPJjvi8AA6>

You will be contacted with further information. Max capacity is 30, so register now.

A person wearing a black and red ski jacket, black pants, and a black beanie is walking a black and brown dog on a snowy mountain slope. The person is carrying a large black backpack and holding a leash. The dog is wearing a red harness. In the background, there are snow-covered mountains and a clear blue sky.

December 3rd-4th, 2021

227200 Snowbird Ave, Wausau, WI 54401

Granite Peak 2021

Practice ski, toboggan, and
OEC skills, earn fun prizes,
and more!

Join the Central
Division YAPs for a
weekend of activities
and skiing!

Learn more and register at www.nspwr.org
Register now! 30 patroller max

Social Media



Darcy Hanley
Social Media

We are getting close; ski season is about to knock at our front door! The transition to snow seems a natural for all ski patrollers and their families! The Facebook page is a place where we can show the fun and good things patrollers are doing. Please be sure to respect the request from our Division Director to keep training and testing pictures and videos off social media platforms.

The division program supervisors, ADD's and even the division director send me items to post. I do recognize the author when this happens so if you have questions they can be directed to the correct person. I am also more than happy to congratulate those who have gone from candidates to patrollers, just be sure they know their pictures will be on Facebook. All along I have connected the Central Division page with other Facebook groups. It is great way to connect patrols to other patrols in our division.

Powderfall 2022 is coming to Breckenridge! Go to the national website (nsp.org) for more information and to make reservations. A wonderful opportunity to meet new patrollers and connect with old friends.

Finally, I hope we have lots of snow, safe ski areas and a super successful season....til the snow flies!



Senior Program



Jeff Jurcak
Senior Supervisor

Hello Central Division patrollers,

Please check with your Region Senior Advisors and calendars for news regarding: ASE exams near you, Senior Ski/Ride, Senior OET and Senior OEC exams in your region. Please check out the Senior tab on the Central Division website and familiarize yourself the new format. By the time you are reading this newsletter the new e-application will be live. The Senior Program team wishes you a safe ski/ride season full of excitement and growth.

Skills Development Program



Jackie Bottomley
Skills Development

Fall must be here because the leaves are changing color, OEC Refreshers are in progress and the start of the ski/ride season is about a month or more away. So, it's time to think about the Central Division ASDW events scheduled for December.

Central Division Region Directors were asked to pull together their patrollers to send to either the Northern Michigan or Granite Peak ASDW on Dec. 4-5 or Cascade Mountain ASDW on Dec. 11-12. By the time you read this, all participants should be registered, waivers signed and getting ready for a full weekend of training, recertification, calibration, and fun with fellow patrollers. Our theme this year is: Training Tomorrow's Leaders. We have 7 sessions this year with one of them geared to prepare toboggan trainers who want to sharpen their teaching and demonstration skills with Division staff. We are excited about offering this prep clinic to pass along our Division instructor's knowledge down to

local area and Region new trainers.

Here are the 7 sessions:

Session 1 – Senior Alpine Evaluator Certification for new Senior Alpine Evaluator certification, Senior Alpine calibrator certification, and recertification of existing Senior Alpine Evaluators.

Session 2 – Snowsports Trainers Workshop for Region level Snowsports trainers and Region evaluators who do not require recertification.

Session 3 – PSIA/AASI Workshop for NSP Trainers for Region trainers who already have their L1 or L2 certification and preparing to go for L2 or L3.

Session 4 – Senior Toboggan Evaluator Certification for new Senior Toboggan Evaluators certification, Senior Toboggan calibrator certification, and recertification of existing Senior Toboggan Evaluators.

Session 5 – Toboggan Trainers IT Certification for new IT's and recertification of existing IT's

Session 6 – Hybrid Version for Senior IT evaluators who expect to become a Region calibrator and need to recert their Toboggan IT

Session 7 – Toboggan Trainers Prep Clinic for local area and Region trainers who want to sharpen their skills. Do not need to be at Senior status but must be an active toboggan trainer or on that path.

The ASDW team consists of:

Amy Arnold – PSIA/NSP Liaison

Marty Blazskowski – Snowsports School

Jackie Bottomley – Skills Development Supervisor

Sue Brann – Skills Development Assistant

Tracy Buchanan – OET Supervisor

Jeff Jurcak – Senior Program

Sean Bennett – Sr. Program Asst. - West

Jamie Roell – Sr. Program Asst. - East

Guy Day – ADD

Anne Blaedow – ADD

We have an outstanding ASDW team and many Division instructors that will be helping with the ASDW at Northern Michigan (Boyne Highlands/Nubs Nob), Granite Peak and Cascade Mountain. Come be a part of the ASDW training and gain some valuable knowledge and fellowship. See you soon! Feel free to reach out to me for more information.

Jackie Bottomley
skills@nspcd.org

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.

Have you voted yet?



Click this link to vote now!

https://www.nsp.org/NSPMember/For_Members/NSP_Member_Home/Vote2021.aspx

Outdoor Risk Management

Focus – Incident Investigation



Jeannie Mogan

Outdoor Risk Management

Most of us have responded to “serious” incidents.

Incidents involving any of the following are termed “Red Flag” incidents.

These incidents typically require that an investigation be completed. A person or team at your area should be designated to determine if an investigation is needed.

RED FLAG INCIDENTS

- Premises injury (parking lot, sidewalk, stairs, etc.)
- Lift (chair lift, handle tow, carpet)
 - Fall from lift
 - Loading (If there is an injury)
 - Unloading (If there is an injury)
- Life-threatening or serious injury
 - o Loss of feeling
 - o Loss of consciousness
 - o Loss of limb
 - o Impalement
 - o Other serious injury as determined by patrol
- Collisions involving manmade objects or vehicles
- Violence
- Damage to guest’s property
- Injured party complains or blames the area for the injury

The reasons for completing an investigation include:

- Preventing future incidents
- Identifying and eliminating or mitigating hazards
- Documenting details while they are fresh in our minds

Once it is determined that an investigation is needed, an investigation team is contacted and begins the process. You should know who the members of the investigation team are at your area.

The investigation team will bring an investigation kit to the incident site. The kit typically contains the following items:

- Rope or ribbon for securing scene
- Flags, bean bags or other objects for marking 4 Ps
- Camera
- Measuring device
- Paint or dye
- Supplemental forms (witness statement, incident diagram, photo log, terrain park, premises, etc.) Your area’s insurance carrier should be able to provide these.
- Writing utensils

THE 4 Ps OF AN INCIDENT

When a person has an incident, it typically unfolds like a story with several chapters. The incident investigation team will try to identify each part of the story. We refer to these parts as the 4 Ps.

Path of Approach (POA)

- The path the person took to incident site
- Consider:
 - The person's description of path
 - The witnesses' descriptions of path
 - Observable marks in the surface
- If unable to determine POA, consider and document all possibilities

Point of Problem (POP)

- The location where person began losing control. (catching an edge, crossing tips, losing balance)
- There may not be enough info to determine the POP
- In Terrain Parks, consider the Approach, Take Off, Maneuver, and Landing (ATML)

Point of Impact (POI)

- The specific location(s) where the person impacted the surface causing injury.
- The POI and the POP may occur at the same time.
- There may be multiple POIs such as rolling down a slope like a rag doll.
If so, identify and number each one

Point of Rest (POR)

- The location where person came to rest
- This could be same as the POI or some distance away

INCIDENT INVESTIGATION PROCESS

The investigation process can be completed in about 10 steps. It's important to know who is responsible for each of the steps.

1. Scene Safety
 - Make the incident scene safe for employees, volunteers, and guests
 - Keep as many people as possible out of the area
 - Contact the supervisor or manager
 - Radio for the Incident Investigation Team or get the Incident Investigation Kit
2. Patient Care
 - Provide or arrange for emergency care (patrol) and transportation from the scene for the injured person.
3. Secure the Scene
 - Make a perimeter around the scene (Use rope, bamboo, signs)
 - The perimeter should encompass the 4 Ps
4. Witnesses
 - Find as many witnesses as possible
 - Keep witnesses near the scene to help with the 4Ps and path the injured guest traveled
 - Record witness information and statements on the Witness Statement forms
5. 4 Ps – Mark the following using flags, bean bags, or other objects
 - POA – Point of Approach (start 100' prior to POP and mark with paint or dye)

- POP – Point of Problem
- POI – Point of Impact
- POR - Point of Rest

6. Photos
 - Use the camera from Investigation Kit if possible
 - If you use your cell phone:
 - o Down load photos to a designated file
 - o Delete all photos off your phone.
 - Photograph each of the 4 Ps. Once up close and once further away with reference items in the background.
 - Photograph the route the injured guest took starting at the lift. Photograph all signs along the way.
 - Take photos immediately after incident. The weather and lighting should be similar to that of the incident.
 - Complete the Incident Photo Log at the scene or immediately after.
7. Diagram (Use Incident Diagram form and tape measure or range finder)
 - Choose 3 landmarks close to the 4 Ps (lift tower, electrical box, terrain feature, etc.)
 - Draw the scene on the Incident Diagram form
 - Measure the distance between each landmark and the POP, POI, and POR.
 - Add the measurements to the diagram
8. Terrain Park Form - Complete for incidents that occur in Terrain Parks
9. Correct / Mitigate - any unsafe conditions as necessary
10. Debrief the Incident with all involved and give all completed forms to the designated employee or manager. That person may also determine when the incident site should reopen.

Train and Practice

Mastering Incident Investigation takes practice. Affected staff should use the items in their investigation kit to practice the steps of the investigation process. Practicing investigations involving incidents that take place in a variety of settings is beneficial. Consider summer investigations, parking lots, chalets, and maintenance facilities in addition to the snow covered trails.

If you are not sure if your area has an Incident Investigation Plan or know what your role is during a Red Flag incident, ask your Patrol Representative. He or she can reach out to Area Management.

As always – Stay safe out there!

Jeannine Mogan
 Outdoor Risk Management Advisor
 Central Division
Jeannine.mogan@giantsridge.com



sol alpine



Founded by a Ski Patroller with the mission to support Patrols, Sol Alpine makes practical, rugged, innovative snow goggles. We partner with on-mountain shops to support their Ski & Bike Patrols by giving 1% of our sales to the Patrols where Sol Alpine goggles are sold. We'd love to support your Patrol.

Pro pricing offered to NSP members. Contact us at SolAlpine.com



Greetings Ladies of the Central Division!



Greetings Central Division Women Patrollers!

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.

Kerstin Hammarberg Women's Program

Mark your calendars for the 2022 Division Women's Clinics! If you are working on your foundation building skills as an Alpine Patroller, seeking skills for your Senior journey or considering a Certified journey – this is a great opportunity to check out the terrain and work with some of the best women in the Division!

Also check out our FaceBook page and thank Darcy Hanley for managing it! More event modules and registration information will be published soon! We can't wait to have you be a part of the fun!

Dates and locations:

January 21-23, 2022 will be held at **Pine Knob Ski Area** in Eastern Michigan Region. This event will focus on skill building on groomed and challenging terrain! The ladies of the EMR are already doing some GREAT brainstorming and are sure to help put on an amazing event!

January 28-30, 2022 will be held at **Mt. Bohemia** in the North Central Region. This event is going to offer only tree skiing, moguls, and ungroomed terrain. If you want to really push your limits this is the clinic for you!

This year we will celebrate our 20th Anniversary as the Central Division Women's Program! Both events will have celebrations and both events will be part of the drawing for a quilt designed and made by our own Linda Murphy-Jacobs! And of course there will be the "Vest", Pearl and Glitter Butt!



Each event will have a limit of 30 ladies (and a waiting list will be kept) participating. If you are considering Bohemia, please begin to look for lodging options as they are limited in that part of the UP.

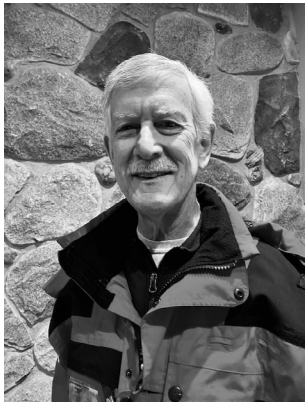
Registration will be on the Central Division website by November 1st. We will also advertise on the CD Women's FaceBook page once registration is up.

We can't wait to see you, coach you to your successes, and cheer together when we all can be together again!

See you on the snow!



Division Medical Advisor



Dan Goldberger
Medical Advisor

OK, let's face it. While we patrollers share a common love of snow sports and dedicate ourselves to providing high quality first response care to the public at a variety of outdoor sports venues, we are a widely diverse group in our daily lives. As such, I have learned not to bring up certain topics when we are sitting around the patrol lounge, as they just lead to arguments and hurt feelings.

Now I'm not talking about face masks, national politics, or Tom Brady. No, those are trivial compared to reactions to the topic of diet. I fully admit that I'm a bit obsessive about what I eat, preferring to bring my own concoctions to my shifts instead of heading to our cafeteria and its limited selections. I guess that gives my buddies one more reason to think I'm a little "out there". But I recently became aware of an article that I thought was worth sharing, regardless of the responses that might follow.

In November, 2020, a group of researchers from the Harvard School of Public Health published an article in the Journal of the American College of Cardiology, which looked at types of foods that either increase or decrease inflammation activity in our bodies and how that might be associated with cardiovascular disease. For many years it has been recognized that chronically high levels of inflammation play a role in a variety of health conditions, including diabetes, heart disease, some cancers, mood disorders, and Alzheimer's disease. Scientists have developed ways to measure the effects of different food groups on these inflammation levels and one such tool, called the Empirical Dietary Inflammatory Pattern, was used for this study.

You might wonder why inflammation would be harmful. After all, when we get sick or injured our immune system's inflammatory response produces chemicals and cell activity that help us fight off infections and heal damaged tissues. But too much of a good thing can cause problems, and excess immune activity can have wide ranging harmful effects. Recently we have all learned about the "cytokine storm", an extreme inflammatory process that is so dangerous to patients with COVID infection. Many of you, especially some of the older group, may have had a blood test called CRP, or C-reactive protein, which is an inflammation marker highly associated with risk for heart disease.

The study group followed over 166,000 women and 44,000 men for over 30 years, with dietary surveys every 4 years. None of the group had known cancer or heart disease when they first entered the study. After correcting for many variables such as medications, smoking, alcohol, and other diseases, the researchers found very strong association between types of foods and levels of 4 markers of inflammation. They also found that rates of all cardiovascular disease, coronary heart disease, and stroke were strongly related to diets high in foods that are known to raise inflammation. Specifically, people with high intake of pro-inflammatory foods had 38% higher rates of atherosclerotic cardiovascular disease, 46% higher rates of coronary heart disease, and 28% higher rates of stroke. These are huge differences!

So what were the better and worse food choices? Pretty much what you've heard about with the Mediterranean diet, DASH diet, and the USDA's Healthy Plate. Recommended foods are dark green leafy vegetables such as spinach and kale, dark yellow vegetables such as carrots, beans and peppers, fruits, whole grains, tea, coffee, fatty fish with high levels of omega 3 fats, nuts, especially walnuts, and extra virgin olive oil. Harmful foods included red meats, processed meats such as hot dogs and sausage, organ meats, sugars and refined carbohydrates, and sweetened beverages. How many of the less healthy choices turn up at our patrol functions!

OK, just a couple more words and I'll stop talking like your mother. We all know moderation and wide variety of food choices is good. Lots of plant based and unprocessed foods are good for us and have far less environmental impact. We don't have to be perfect, but where we can introduce healthy changes gradually over time, we can do great things for ourselves and the planet. Apples over donuts!

Be safe, be healthy, have a great 2021-22 season!

Central Division 2021 Awards

Certificates of Appreciation

Mike Vaerewyck	Julie Stone
Patrick Perlman	Brian Parrish
Laura Schauer	Joe Nankanishi
Jeff McElheny	Don Steen
Deb McIlheny	Debra Allison
Greg Lehman	Frank Randall
John Wachter	Dan Wenzel
Linda Wenzel	Don Wenzel
Paul Wolhler	Russ Weber
Gary Clark	Dana Zedak
Dick Jacques	

Yellow Merit Star

Darcy Hanley

In recognition for her Tech Support for the 2021 Central Division Women's virtual Event

Meritorious Service Award

Kent Anderson- Division Webmaster

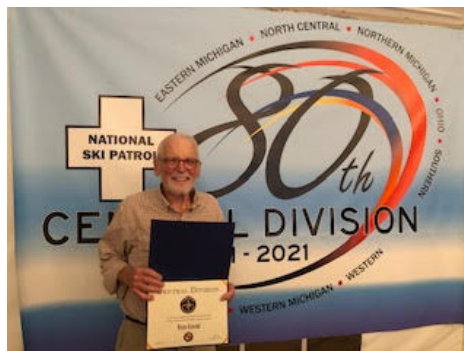
Patroller Achievement Award

Greg Dicenso
Ginnie Dukmage
Mark Deluca
Mark Carter
David Brown
Sandra Sprague
Thad Stalmack
David Schwartz
Bob Zelm





Marty Javi



Wayne Homstad

Harry Rempert
 Joe Kreitzer
 Todd Heggestad
 Kristi Wilke
 Sanford Ilstrup
 Sally Lawrence
 John Curtin
 Collin Sullivan
 David Markwardt
 Thomas Storm
 Stu Furrow
 Matt Marshall



Randy Struck
Doug Borre



Division Director Program Award



Tracy Buchanan
Jeff Jurcak



Jeremy Verbeke



Jerry Cavellier

Division Lifetime Achievement

Lawrence Murton
David Germond
Jim Hubing

Division Outstanding 1st Runner Up

Small Patrol- Fox Hill Ski Patrol
Steve Sudquist- Patrol Director



Paid patroller- John Procter
Caberfae Ski Patrol

Alpine Patroller- William Nicholas Oberst
Crystal Mountain Ski Patrol

Instructor - Non OEC- Chris Korte
Perfect North Slopes



Large Alpine Patrol
Nubs Nob Ski Patrol
Margaret Bowers- Patrol Director

Administrative Patoller- Jim Seeger
Perfect North Slopes

Patrol Representative- Sean Krabach
Mt. Brighton Ski PATrol

Outstanding Administrative Patrol Award

Craig Johnson
Silver Merit star as Runner-up National Outstanding Administrative Patroller

Outstanding Young Adult Patroller Award

Claire Landberg
Yellow Merit star as Central Division Outstanding Young Adult Patroller

Outstanding Patroller Award

Phyllis Mauntel
Yellow Merit Star as Central Division as Central Division Outstanding Patroller

Outstanding Paid Patroller Award

Thomas Murton
Yellow Merit Star for being Central Division

Outstanding Paid Patroller



Outstanding Alpine Patroller Award

Tricia Mencin
Yellow Merit Star as Central Division Outstanding Alpine Patroller

Outstanding Alumni Patroller

Roger Johnson
Yellow Merit Star as Central Division Outstanding Alumni Patroller

Outstanding Non-OEC Instructor

Donald W. Droegemueller
Yellow Merit Star as Central Division Outstanding Non-OEC Instructor



Outstanding OEC Instructor Award

Candy Jacques

National Ski Patrol's Runner-Up Outstanding

OEC Instructor & Silver Merit Star

Outstanding Patrol Representative

Lee Anne Stoddart

Yellow Merit Star as Central Division

Outstanding Patrol Representative



Outstanding Nordic Patrol Award

Des Plaines River Nordic

Unit citation as Central Division Outstanding

Nordic Patrol



Outstanding Small Alpine Patrol

Otsego Ski Patrol

Mary Gaffney

Yellow Merit Star as Patrol Representative

National Outstanding Ski Patrol and Gold Unit Citation





Outstanding Large Alpine Patrol

Pine Knob Ski Patrol

Derek Wener

Yellow Merit Star Patrol Representative

National Outstanding Ski Patrol and Gold Unit Citation

Medical Merit Star

Ralph Bingeser- Pine Knob Ski Patrol

Distinguished Service Award



Bill Bailey



Kevin McQuillan



Appointment

John Mehl- Pine Knob

National Appointment # 12238

National Ski Patrol Hall of Fame

Dr. Steve Werner
Pine Knob Ski Patrol

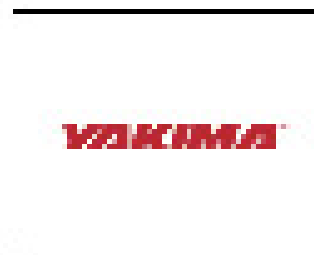
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Administrative Staff



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TOBOGGAN

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CERTIFIED

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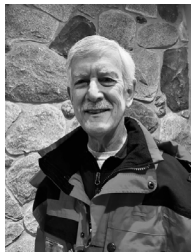
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