



Rusty Parka News



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Winter 2022

Division Director's Report



Mike Schons
Division Director

First let me start first by saying congratulations to Steve Paladini and LJ Lavene for stepping up for a second term as Region Directors. Also stepping up to assist the Central Division, Mary Dunphy - Division Bike Patrol Supervisor, Daniel Ayers - Division Webmaster, Dan Dalquist - Alumni and Dave Dahl - Patroller 101. You can find all the Division staff contact information on the Central Division website.

The National Board meeting by Zoom was an interesting event. There was a lot of discussion about DEI or Diversity, Equity and Inclusion. Everyone should have gotten the letter from the new National Chair Rick Boyce. Below is a letter I sent to all Central Division staff and region directors;

" You probably saw this email earlier today from Rick Boyce, the newly elected NSP national chair. It's the second step in addressing DEI issues, and the button links to a page with the text of the policy I sent around earlier this week, along with an option for members to acknowledge (or decline) that they " have read and will endorse the NSP DEI policy, mission and vision while I engage in any NSP endeavors." The page also includes an opportunity for members to include their name or NSP#, as well as a box to offer any comments about the policy.

Please be assured (and assure any members who ask) that there is no obligation or expectation for any member to include their name or to affirm or decline or comment. Any response is entirely optional. As the letter says, Rick simply requests that members "consider acknowledging that you have read our DEI policy." And it ensures every member that "your reply will be kept private, will never become part of your membership record or education transcript, never published, or be singled out in any way." It's an opportunity for members -- if they wish -- to provide feedback, whether positive or negative, about this policy..."

This is a sensitive issue, I understand that, however, it is also bigger than the NSP and has a lot to do with holding people accountable for their actions and words. My email and phone is always open to any member who wishes to discuss their concerns with me instead of or in addition to the directed input page. Know that many of our industry partners are also driving this action and are also heading in this direction.

There are still questions as to youth protection training. Many of those are

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related to the timing of recertification. There are a number of organizations that I accept training from, each have differing recertification dates. Just know that we are managing that recertification at the Division level based upon your certification body. They can be anywhere from one year (Safe Sport) to four years for Vitrus and the Civil Air Patrol and some in between. I will email folks based upon their expiration date from the certification body when they are due to recertify.

Awards are being written now and sent into the regions and division. Please, lets make this a great season of awards as folks have worked hard during the past year and during a pandemic and certainly need to be recognized for their efforts above and beyond our standard duty.

In the Central Division we have been doing a lot of positive things! I happened to stop by for the women's program event in Easter Michigan Region and I was very happy to see so many participants. It looked like an amazing event and showcases Kerstin and her team's dedication to providing a high-quality event and bringing people together. I have made several on-hill events, especially senior level training and these also were well run and well participated. It says a lot about our education programs and the dedication of our instructor base in Central Division. Thank you to everyone!

Finally, this is a busy time for everyone. Let's be kind and thoughtful to all of our members and help by reaching out to everyone and helping each other be the best patrollers we can be, for the betterment of the patrols, the resorts, the regions and the NSP as an organization. This will keep us as the gold standard in outdoor education!

See you on the slopes, at events or on the bike trails!

James Hughes Awarded With Distinguished Service Award



Alex Young, Patrol Director
Barb Young, Patroller
Dean Dolence, Patroller
Jim Hughes, Patroller, NSPNCR Region Director
Bruce Noren, Big Powderhorn Owner/General Manager

Newsletter Feedback!

Click the link below to take a survey:

<https://forms.gle/9yJfCtRrh4ZFez3x9>

Assistant Division Director Update



Les Robinson
ADD

The ski part of our season is more than half over. I hope that you've all been safe, keeping grounded and working towards getting all your awards turned in, that deadline is approaching.

Welcome aboard to several new supervisors Mary Dunphy (Bike Patrol Supervisor), Daniel Ayers (Webmaster/Supervisor). Along with David Dahl (Patroller 101) last fall. Thanks for stepping up to take over a program; we need more leaders all the time with that in mind take the next step. Look at the senior program, the certified program, the instructor program, or develop yourself for leadership by mentoring. The senior events are all taking place with evaluations starting this weekend, remember to do your best, have fun and most of all learn, then pay it forward by getting involved in the program to give your knowledge to others. Why? We are all patrollers because we want to help people, so why not move forward and help other patrollers? I have heard some patrollers say there is no value in advancing to senior level or above.

Here is some food for thought, the senior program is the gateway to advancement, while you can lead without senior it becomes so much easier to lead after becoming a senior because you know the programs of NSP. It gives you the skills that allow you to learn people's styles, skills, progressions, learning styles, and how to get along with others that are pushing themselves to be better and the best they can be. Some of the absolute best leaders and most caring, passionate people I have met are in the senior and certified programs, they are usually the ones that travel to help all other patrols keep that in mind.

All of the division ASDW events went off and were very successful, thanks to the skills team, instructors, and the participants. I heard a lot of good comments.

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



ASDW at Cascade

Kids say the darndest things... What is your self-talk?



Anne Blaedow
ADD

This time of year so many of us are teaching/attending classes, clinics and completing evaluations at Basic, Senior and Certified Programs. Kudos to all of you that are continuing to improve your skills by attending training clinics and going after different certifications. The path to continual improvement is vital to us and serves as a model for new patrollers to follow. In my groups, we shared our "self talk" strategies that we use when challenging ourselves. Focussing on the right things at the right time can make all of the difference. Teaching at the Central Division and South Central Region Women's Events got me jazzed to share a great video of a 4yr old girl, whose parents recorded her "self talk" as she snowboarded.



<https://tinyurl.com/ynv4y9rj>

If you haven't seen this video, you need to!! This little snowboarder reminds us of so many important life lessons that directly relate to our ski patrol experiences. As you watch the video you may hear similar messages and make the same connections that I have.

1. "Go in the secret path" = Patrollers get the first and last chair of the day, test the fresh powder first, open runs after checking them out a few times before the public get's there.
2. "Oh yeah shredder Dad" = We all have mentors that have shown us the way. We need mentors to guide the new patrollers to success. Mentors highlight the fun of the job, facilitate being part of a team and pass on the importance of what we do to help the sport as a whole. We are a winter family!
3. "Someone's on our secret path" - We need more people to follow the patrol path. Keep recruiting new patrollers and show them the way. "This wayyy".
4. "Heel Slip" - Self dialogue is vital when pushing ourselves to try new things. Encourage and remind ourselves what to do to be successful? What technique do you remind yourself of when standing at the top of a challenging run?
5. "I won't fall", "Maybe I will" "That's ok" "Cause we all fall" - We all fall when we push ourselves to try new things. It could be a challenging run, the Senior Program, teaching a new class, becoming a shift leader. You won't grow if you don't try!
6. "Have fun dad" - Isn't that the best part in life? We have fun together sharing our love of snowsports. Don't forget to go out and have fun!
7. "Whoa...ugh?" Sometimes things don't work out as you want. You don't pass an evaluation the first time, an incident doesn't go as smoothly as you'd hoped. Learn from mistakes, grow from them to do better next time.
8. "Let's go down this big old hill" "Weewhoo! Weewoo!" - That the fun part!! Don't forget it. Go for the big hills!
9. "I'm a Powder-saurus": We love our powder days! They are the pinnacle for many of us. Sometimes

they can trap us and cause us to lose our skis, turtle us on our back in a treewell and turn us into a “Stuck-asaurus”.

Take a moment to consider your self-talk. What do you choose to fill your head with? What can you inspire within others? This little girl is right on!!

Assistant Division Director News



Allison Lavene
ADD

Thank you for your support of the ballot proposal this fall, as enough votes in Central Division were cast to back the proposal. Your continued support is appreciated as it will likely be on a future ballot for your consideration. Further election results added two more National Board members from Central Division. Congratulations to Julie Stone on her re-election and to Kristi Ball on her election.

We had three elections for Central Division recently. Mike Schons will continue as our Division Director for three more years. Steve Paladini will continue in South Central and Leon LaVene will continue in Eastern Michigan as their Region Directors. Congratulations to all.

Avalanche



Michael Walenta
Avalanche Supervisor

In the avalanche community, you will always hear us talk about having the proper tools anytime you're in avalanche terrain. Beacon, probe and shovel. If you should get caught in an avalanche with your beacon on and actively sending out a signal, we can search for that beacon. Once we're close, we can fine tune by searching quickly with our probe. And with our shovel we can remove the snow and dig you out. Approximately 90% of avalanches are triggered by the victim or someone in the victim's group.

A really smart person in the Central Division asked me to write this article from a different angle. Instead of focusing on the beacon, probe and shovel, please provide suggestions on how to not get into an avalanche in the first place.

We'll make a few assumptions. You're heading west of the Central Division, you know the area and/or resort you'll be skiing but not the Avalanche Forecast Center that serves that area. Hypothetically we could say Colorado, and perhaps someplace like Breckenridge. Go to Avalanche.org and find this area on the map, click on the area for Vail & Summit County and you'll have the current avalanche conditions from the avalanche center that serves that area. . If you start looking at the avalanche forecast daily for a week or two or three before your departure, you'll have an idea of not just what's on top of the snowpack but also what lies beneath.

Here are a few signs of Snow Instability:

Recent Avalanches
Cracking/Collapsing/Whumpfung
Heavy Snowfall or Rain

Wind Drifted Snow
Rapidly Rising Temperatures

These are the 5 Avalanche RED FLAGS!

Another way to look at clues as a way of avoiding avalanche accidents is this memory aid, ALPTRUTH. Ian McCammon reviewed over 1,000 avalanche accidents and found 3 or more of these factors were present in over 90% of avalanche accidents.

A - Avalanches in the past 48 hours
L - Loading by new snow or wind in the past 48 hours
P - Paths where avalanches have run before
T - Traps in the terrain can be fatal (cliffs, gullies, trees)
R - Rating of Considerable or higher in the avalanche advisory
U - Unstable snow signs (cracking, collapsing, whumpfung)
Th - Thawing of the snow surface or any rapid warming

2 or more of these clues means CAUTION if Persistent Weak Layers (PWL) are Mentioned in the avalanche forecast.

3 or more clues means CAUTION! Make your next decisions very carefully.

Lastly we should discuss Heuristics. This is a method of learning which involves discovery and problem-solving. In avalanche terrain, a tool we can use to identify heuristic traps is the acronym FACETS.

F - Familiarity
A - Acceptance
C - Commitment or consistency
E - Expert halo
T - Tracks/scarcity
S - Social proof or social facilitation

Get the Gear beacon, probe, shovel

Get the Training nsp.org/avalanche

Get the Forecast avalanche.org

Get the Picture Forecast + ALPTRUTH + FACETS

Get Out of Harm's Way

Feel free to contact me for more information.

michaelwalenta@gmail.com

or

616-240-6576

Western Michigan Region



John Donnelly
Western MI
Region Director

I am sure our Region is not much different than the others, we are all excited to be nearly back to normal after a year of COVID limitations. While some restrictions remain, Western Michigan Region has been able to hold normal season events such as SES/TES, senior hill, calibration and trainer's clinics, etc. During the past year, our Region advisors have been actively working on adding to their teams of trainers and instructors and we have added some just in time to help some of our senior candidates catch up for a lost year of examinations.

Once again this year, all our ski areas are seeing continued high demand for outdoor recreation in the form of skiing, riding and/or tubing. The skiing/riding public continues to pursue the activities provided in locations throughout our Region, with many weekends booked in advance. Modifications to some of the COVID restrictions have been handled well and the return of more normal food services and other onsite activities have been welcomed by customers and our members alike. Several areas have added substantial equipment (lifts) with more on the drawing board for future years. With snowmaking improved at a couple of our southern areas, some weather challenges have been less of an issue though everyone is hopeful for continued cold weather to have a normal season.

Our new Alpine training leadership has been very busy catching up on their events and trying to schedule time at busy areas. With injuries and looming retirements, we have some big shoes to fill in making this transition and everyone is working together to make it happen. It has been gratifying to watch as the past leaders take on important roles on the team as new leaders take over. As I write this, we just completed our Senior Hill test at Crystal Mountain and the team was ecstatic. We are hoping to wrap up senior events in late February and mint some more new seniors. We can then work to recruit more trainers into our program.

After a busy fall with an expanded refresher and running several OEC classes, the OEC instructor team will be focusing on this upcoming off season to develop some new instructors. With all the areas remaining busy again this year, we are in need of more candidates to help cover patrol shifts and take over for those retiring. We are using our marketing tent and materials at all events to get some potential candidates interested.

Late in the Fall, we had some interest from a small local ski hill that presently does not have a patrol. They called late and we are trying to help, Michael Walenta our MTR/Avalanche Advisor is working with their management to work on a project to get a new active patrol in our Region. Michael's experience in non-profits and development will help our Region and the area's new General Manager put together a plan to meet NSP requirements and recruit a patrol team. We are all excited about an addition and are happy to try to help get a program up and running. Hope to have more to report on this project over the summer.

I continued to be proud to be associated with our members who always step up when needed. Despite busy weekends and being short-handed at times, we get the job done.



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/>

Eastern Michigan Region



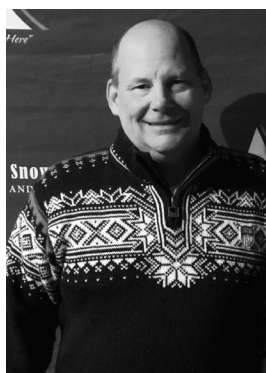
LJ LaVene
Eastern MI
Region Director

It's hard to believe the season is more than halfway through. Many of our on-hill events are on their way. Our region is looking forward to our upcoming senior events. Best wishes to the successful outcomes for all our candidates.

The recent upspring in attendance at all areas has continued in our region again this year. It has honed our accident avoidance maneuvers during on hill training. It has also provided great opportunities to show off our excellent OEC skills to many of the new beginners.

We are looking forward to seeing you for the Fall Division Meeting in September. More info will be coming.

Southern Region



Mike Vaerewyck
Southern
Region Director

The season is in full swing, and we have completed several of our major events that were missed last year. Along with the more known STW, SES/TES and Senior Events, we also had a Region Womens Clinic at Sundown. This is a newer event in the Southern Region and participation doubled since the first one in 2020. I want to thank everyone who helps put all these great events on, your hard work and dedication does not go unnoticed. If you were not able to join us this year, it's never too early to start thinking about attending next year!

Please save the date for the Southern Region Banquet April 22-24, 2022 at the Chicago-North Shore Hotel and Conference Center. This is a great opportunity to reunite with old friends and meet new ones while recognizing some of the exceptional achievements that occur throughout our Region.

Enjoy the remaining days on the snow!

Assistant Division Director News



Guy Day
ADD

As the average age of active members continues to increase, our bodies take just a little more time to recover from hard days of skiing or injury. Sometimes, things happen that we have no control over which puts us down but we pick ourselves back up, wipe the snow off and keep on riding. There was a recent article in the Wall Street Journal on 2.8.22 written by Jen Murphy under "What's your Workout" about a fellow patroller who has picked herself up and wiped the snow off.

The director of the ski patrol at Colorado based resort Beaver Creek doesn't ski. She ski-bikes – on a vehicle that has skis instead of wheels. Addy McCord, now 65 years old, was one of the few female ski patrollers in the industry when she joined the Beaver Creek patrol team back in 1981. In 2015, she had back surgery, which damages the nerves in her left foot, inhibiting her ability to roll from big to little toe to edge her ski. At first, she thought her patrolling days were over. But her discov-

ery of the ski bike has allowed her to work her 40th season this year.

The bike has three skis: two in the back where she rest her feet while standing and on one the front. She shifts the pressure of here feet and leans her upper body into the handlebars to maneuver the bike downhill. To be effective at her job Ms. McCord must be able to move efficient around the mountain in every possible weather condition. Some days she has to carry pickaxes and ropes over her shoulder to do trail maintenance or remove terrain obstacles, on other she needs to secure injured skiers in a toboggan and pull the sled down the mountain by ski bike. More ski resorts in the U.S. are allowing ski bikes during lift hours.

"It is a great option for people with knee issues or people looking for new challenge," Ms. McCord says. "Every time I ride, I have a smile on my face like I did when I first started skiing."

The Workout

Each spring, patrollers must go through tryouts, proving that they can ski without poles, navigate moguls and ski well in cruddy snow conditions, among other skills. On average, Ms. McCord logs nearly 10,000 vertical feet a day on her ski bike. "If I do a nonstop top-to-bottom run, my quads, glutes and core really feel it," she says. Ms. McCord says she trains in summer so she can work in winter. In the off season, she builds her endurance and strength by riding an electric bike around the trails near her home in Eagle, Colorado as well as hiking and golfing.

"I challenge myself and rarely use the e-bike assist," she says. "The extra weight of the bike makes for a great workout, especially on hills." Ms. McCord and her husband recently turned the second floor of their home into a makeshift gym with a stationary bike and yoga area. The nerve damage in her feet, makes it difficult to balance, so she uses a wall or railing for support while doing certain yoga postures. Ski bikes don't have brakes so riders slow and stop by engaging their core muscles to lean forward and to the side. Ms. McCord says core-focused yoga poses, such as boat pose, are foundations of her home routine. During ski season, she's a devoted stretcher. "I put the TV on and will stretch out and use a massage tool on my calves and feet," she says.

The rest of the article goes on talk about Ms. McCord's diet for breakfast, secret to easy meals using a crockpot, the importance of "eating your greens" and the temptation from the smell of freshly baked cookies every afternoon wafting up from the cabin below PHQ.

It was an interesting article in a nationally published newspaper that I wanted to share about one of our family members. Speaking of that if you get a chance, take a look at the video that was posted about a month ago that came out of Jackson Hole Mountain Resort titled "Children of Patrol" - https://www.youtube.com/watch?v=z3rJwd25u_M The video is just over six minutes long so it is a short view but if you have been a part of a family of patrollers, there is a lot of similarities to see.

Also want to remind those who are working on their Senior ski/ride journey that the Central Division has all of the maneuvers/specific tasks as shown on the Senior score card in video so that you can see what the Senior standard is. This is a great tool for Senior Candidates, trainers and evaluators to be looking at the specific tasks. I do know that some of the videos are going to be reshot this coming season so look for those to be updated. Here is a link to the YouTube page -

<https://www.youtube.com/channel/UCQmjIhgDOQeyE5XljiFCqww/videos>

The Certified Program heads up to Lutsen Mountain again to hold the annual Central Division Certified Evaluation. It will be held Thursday March 10th – Saturday March 12th. With the event being later in the season, it would provide an excellent opportunity for those who might be interested in the program take a peak.

Thank you for all you do to support your fellow patrollers on your duty shifts, your patrol, your Region and Division. Without your efforts, we would not be able to do what we do as an organization.

North Central Region



James Hughes
NC Region Director

This past year has been a challenge for many of our NSP NCR members. We have been through so much together with many new challenges and changes. We have made positive moves in bringing on bike patrols and new some new alpine patrollers. This year we will have a NSP NCR region banquet in Wausau. Although priorities around the region vary from alpine to bike to Nordic patrollers there is a visible common denominator we all share and that's to be there, well prepared and trained when someone needs us the most. I think it's something we all agree is the most important aspect of being a member of the National Ski Patrol. Recently, I was one that needed a team of people to be there, well prepared and well trained due to an accident I suffered. I was absolutely helpless with a broken leg and ankle in more pain than I could handle. I had ski patrollers from three different resorts that were there and well trained and did what they do best. I do not want to over-look the hill management and crew that were also well prepared and trained to assist. Although we had changes and challenges most of us could have never predicted, we stayed together. I want to end by saying the training we do and the time we

take practice these skills is of the ultimate importance for what we may be called upon. At some point our members of NSP NCR will make the biggest difference in the outcome of someone in need. Thank you all for everything you do.

South Central Region



Steve Paladini
South Central
Region Director

Happy belated New Year. I hope everyone had an enjoyable holiday season. We seem to be slowly getting back to normal. Patroller and patient health along with PPE protocols remain in place, but the good news this season is that classes, seminars, and clinics are scheduled and being conducted.

Patrols have completed their On-Hill and chair evacuation refreshers. For those patrollers that passed the OEC classes in the Fall 2021, they have taken to the slopes to begin their toboggan training. They are joined by the patrollers that passed the OEC classes in 2020 but could not take the toboggan class due to the ongoing COVID situation at the time and events and classes being cancelled. So, the classes are quite large this year.

During the month of January, the Region has held a Toboggan Trainer Workshop, a Skiing and Toboggan Enhancement Seminar and both the Senior On-Hill and Senior OEC clinics. The evaluations are scheduled for late February. Wishing South Central Region's and all Central Division's candidates, good luck in their journey. The Region is also holding it Women's Clinic in February at Tyrol Basin.

My Region's staff is a dedicated and talented group of individuals and I'm confident that this is the case with all the Regions. Each of them spends a lot of time in pre-planning and preparation, to bring all the Region's their specific programs, form of communication, etc. During the season, if you are patrolling with any of them, please take the time to thank them. Or take the time to discuss with them how you can get involved in one or more programs. Either as a candidate or volunteer.

The Region has had a few additions to the staff. Ilana Hudson with the Alpine Valley Ski Patrol and Steven Theisen of the Devils Head Ski Patrol will be watching over our social media: Facebook and Instagram. Also, joining the Region's Staff is Lynn Thornton. Some of you might know that Lynn was the Patrol Director at Cascade Mountain a few years ago. Lynn has decided to take on the role of Region Awards Advisor. She will be working with Tom Wright this season to "learn the ropes".

Finally, awards and at times the lack of them, always seems to be a discussion point. Whether at the Region or Division level. So once again, I would like to take this opportunity to mention them. I'm sure each of you know an exceptional instructor, patrol director, young adult patroller, etc... that deserves special recognition. If so, please take the time to write an award. If you have received an award, remember someone took the time to write it for you. If you haven't already done so, "pay it forward" and do the same for someone else. Descriptions of the awards can be found in NSP's Policies and Procedures Manual. Once you sign into your personal profile on National's web site, the applications can be found under "Member Resources", "Forms and Documents" and then "Awards".

Have a safe season!

Nordic News



Jeff Schmidt
Nordic
Supervisor

I hope everyone is having a great ski season. It seems like most, if not all areas are out patrolling and making a difference.

Unfortunately, due to the extremely high COVID numbers right after the holidays, the Division Nordic Ski Enhancement Seminar was cancelled. There was no way to safely put on the event and keep our patrollers safe. We are going to make next seasons Seminar bigger and better.

The American Birkiebiener is scheduled for the fourth weekend in February. This is the largest cross country ski race in North America and its right in our backyard in Hayward, Wisconsin. Our registered patroller numbers are down just a bit mostly due to the COVID fears. We have taken new measures to help keep patrollers safer and to provide greater socially distancing when not patrolling. The Birkie has added another race day (Wednesday) to help spread out the numbers of racers on the trail.

The Birkie is now spread out over four days with different types and lengths of races. There are many opportunities to patrol. If you are interested in patrolling at some or all of the four days of races, please reach out to me and we can get you signed up.

Have a great rest of your season and I hope to see you on the snow.

Jeff Schmidt

Instructor Development



Marie Traska
Instructor Development

The ski season is in full swing with snow, lack of snow, cold temps and bone chilling wind chills. I am sad to report that there has not been many Instructor Development course happening this ski season.

Remember that the ID courses can be taking in person as a class or an online course which would require a face to face either in person or via zoom. The ID course can be used as one for the requirements for the senior program.

Please encourage your patrollers to step up and take the course. NSP is always in need of new instructors for their programs.

If you have any questions about the process let me know. Marie Traska

PSIA Update



Marty Blaszkowski
NSP-C Snowsports
School

As 2021-2022 ski season is underway the NSP-C Division Snow Sports Staff have been hard at work. Many of the regions have reached out and have had Division Instructors come to their SES's. This season we held 2 successful ASE exams. At Welch Village there was 6 candidates that will now be able to evaluate senior exams. Congratulations to Dave Anderson, Don Droegemueller, Sean Bennett, Chris Dragosh, Nate Pererfeso and Mike Knutson on successfully completing the exam. At Boyne Highlands there was 3 candidates that will now be able to evaluate senior exams. Congratulations to Don Smith, Eric Peterson and Kyle Jones on successfully completing the exam.

Last winter 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 demos 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 click the link NSP-C Snow Sports School Central Division and sign up, It is free.

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

Young Adult Patrol - An Insurance Thing

Written by Claire Landberg, Young Adult Patroller at Wild Mountain



Brad Peterson
YAP Advisor

The title of this article comes from a conversation between one of our young adult patrollers (YAP) and a patroller from another hill during our chair evacuation refresher this fall:

“So, as a YAP, you guys just basically follow the real patrollers around, right?” he says.

“No, we are ‘real’ alpine patrollers. We can treat injuries and bring toboggans down just the same as everyone else.” she replies, a note of irritation in her voice.

He scoffs. “Then what is the purpose of being a YAP? I don’t see a reason.”

“Well, it’s a lot easier for younger patrollers to bond with others their age. Plus, it creates incentive to recruit and bring more people into the program. We go through all of the same training and testing as regular adult patrollers.”

“So it’s basically an insurance thing, then; in case you guys mess up.”

An insurance thing. Our training, testing, and experience boils down to nothing more than a title to prevent us from getting sued. Any young adult patroller in the country knows that this cannot be farther from the truth.

In December 2018, I lay at the bottom of the training hill, my left patella fully dislocated from a ski racing crash. I was pulled to the aid room in a toboggan and my leg was immobilized in a cardboard splint, the lead patroller kindly consoling me the entire time. Once my tears slowed, she handed me a business card that read “Join the National Ski Patrol.” Seven months later, my stomach churning with nerves, I walked into my first OEC class. I didn’t know anybody else taking this class, much less any other fifteen-year-olds. From what I’d seen, the ski patrol was only staffed with adult men and women. I was convinced I wouldn’t fit in with the rest of the group. I timidly walked into the classroom and my shoulders relaxed with relief; amongst the adults in the classroom, another teenage girl sat in the front row. I immediately took the empty chair next to her and introduced myself, having never felt more grateful to see someone my age. That girl is now my YAP co-captain, a decorated Friday shift patroller, and a dear friend.

That’s part of the magic of the YAP program. Something about taking a group of teenagers who share a common love for skiing and snowboarding and teaching them lifesaving skills will bond them like no other; it’s a type of trust that I have yet to experience elsewhere in my life. YAPs work immaculately together; like a well-oiled machine, they’re remarkably skillful when dealing with emergencies because of their attentiveness to detail and ability to think outside of the box. Since most of us are in high school, studying and quick information recall are well-practiced skills. We aren’t afraid to try new things or receive feedback to make us more efficient. Being younger than most patrollers, we naturally bring about an aura of immaturity and inexperience. It’s up to us to prove that we are far more capable than most people believe, which often leads to

developing a newfound sense of leadership and confidence.

What happens when the YAPs receive their cap and gown, though? Many patrols have been hesitant to start a YAP program because their young adult patrollers will leave when they graduate high school and the numbers will stay stagnant. However, the YAP program is bigger than simply growing the ranks of a single patrol. Many YAPs, myself included, have plans to continue patrolling through college and even pursue a professional patrol career. With exposure to emergency medicine, working under extreme pressure, and all of the rewarding experiences that come from ski patrol, many YAPs find their passions within healthcare or first responding. Not only that, but seeing younger patrollers out on the hill will inspire more to join and your recruitment process grows significantly. For example, my hill went from just one YAP to over ten in just two years. Ski patrol allows young adults to experience hands-on situations and gain experience to equip them with basic skills to pursue a medical degree, work as an EMT or paramedic, or even to be of assistance in a spontaneous public emergency.

My experience with the YAP program at Wild Mountain in Taylors Falls, MN, was nothing short of inspiring. Working alongside my other patrollers and YAPs helped me to uncover a type of determination within myself that I didn't even realize was there. I looked forward to every Friday night when I was able to go to the hill and patrol alongside my fellow YAPs, responding to injuries and being able to use my training. I was also able to hold leadership positions within our patrol, such as becoming a captain of the YAP program and holding a spot on the Central Division YAP Advising Board. Getting to constantly interact with my other YAPs and adult patrollers as well helped me make connections and bonds that will last me a lifetime. With the help and support of my patrol, I grew not only as a skier but as a person as well.

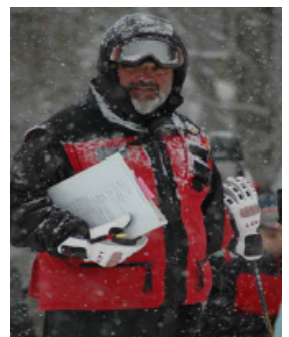
So, to patrol directors who are on the fence about starting a young adult patrol program at their mountain, I incline you to. The impact you can have on the lives of your young adult patrollers is immeasurable. I've heard first-hand from veteran patrollers at my hill that they enjoy the sense of youthfulness and energy that the YAPs carry with them. Even if your YAPs don't stick around after high school, you can know that you've positively influenced their lives and benefitted the National Ski Patrol as a whole. To those of us who know the positive impact of ski patrol as a YAP, the title of a young adult patroller will always be more than just an insurance thing.

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 Email: tomanderson407@gmail.com 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.

Social Media



Darcy Hanley
Social Media

Happy snow days! Most of you are enjoying the best that winter has. We continue to grow our Facebook members on the CD page and the Central Division Women's program page. Members have been busy. The Facebook page has provided an outreach to members for job postings for the division, announcements from the National office and sending congratulations out to those who are working toward a certification. It is our pleasure!

If you have anything to announce, post or share I am more than willing to do so. Thank you to our members for their passion to patrol and share their experiences. See you on the snow....



Senior Program



Jeff Jurcak
Senior Supervisor

Greetings from the West side,

The on the hill portion of the Senior program seems to be off to a great start. I was able to attend two of the pre-evaluation clinics, one at Marquette Mountain for North Central, and one at Wild Mountain for Western. Both clinics were well run and well received by the participants. A big thanks to the crews at both of these hills for their wonderful hospitality.

I was also able to attend the West ASE at Welch Village. Marty Blaszkowski and Chris Raudabaugh put on a wonderful test with instruction that improved all of our skills. A big thanks to both of them as well as the crew at Welch for their hospitality.

A. Sean Bennett
Senior Program Assistant West

Hello all,

Jamie and I attended the ASE exam at Boyne Highlands where (4) new Accredited Senior Evaluators. It went very smoothly thanks to the hard work and preparation of the candidates and Linda Barthel, Linda Murphy Jacobs and Marty Blaszkowski.

Please reach out to your regions Senior Program Advisor if you are interested in this accreditation next season. The program has an (8) week training program that can be found at the Senior drop down on the Central Division website at nspcentral.org.

This is a great time of the year to improve your skiing, riding and tobogganing skills so get out there and open up your horizons.

Best regards,
Jeff Jurcak

Skills Development Program



Jackie Bottomley
Skills Development

In December 2021, the ASDW team put on 3 ASDW events throughout Central Division. Over a hundred patrollers took the ASDW training.

We held our training on December 4-5 at Boyne Highlands/Nubs Nob in Northern Michigan, and also the same weekend we held an event at Granite Peak in Wisconsin. This created a challenge to hold 2 events on opposite sides of Lake Michigan. It took a lot of coordination and spread our division instructors a little thin. We managed to have outstanding events at both venues. The next weekend, December 11-12 at Cascade Mountain in Wisconsin. Again we had some challenges as the area did not open on Friday so our division staff could train/calibrate for the event. We again had an outstanding event.

Another new event we held during the ASDW was tryouts for division staff. We had 8 patrollers tryout at Boyne Highlands with 4 being successfully added to our division staff. We also held tryouts at Cascade with 3 patrollers trying out and all 3 being added to our division staff. We are happy to add 7 new division staff members. They are: Kathy Brennan, Cody Jones, Kyle Jones, Darrin Mallard, Dani McPherson, Jeremy McPherson, and Eric Rambo. Congrats and welcome to division staff.

The ASDW team is already planning on December 2022 events. There will be an event on each side of Lake Michigan. It would be great to hear suggestions from you as to where we should hold these events. We will hold these events the first 2 weekends in December, so we have to have SNOW.

The ASDW team is here to help you with your training. Just let us know how we can help. Have a great season!

OEC



Kim Zambole
OEC Supervisor

Winter and OEC...there is so much going on that it is tough to know where to start! Many associate the start of the season with our OEC Refreshers. Thank you to all of the OEC Instructors, ITs, and helpers that made 135 refreshers in the Central Division happen for all of our patrollers. The fun continues for OEC classes being held in the winter, bringing new patrollers into our family. Training and evaluation for the OEC Module of the Senior Program typically starts in December (sometimes earlier) and concludes in March. Each region hosts an evaluation that brings together 30-85ish patrol volunteers for candidates. Remarkable, to say the least.

All this is happening while OEC instructors are hosting OEC enhancement events, mentoring new instructors, and assisting with special requests for mini-refreshers or practice sessions for patrollers seeking senior or certified. WOW...what a fun discipline!

If you purchased your OEC6 book early on, please visit the NSP site to download the errata sheets. Newer print versions have corrected.

Hazard Identification: Ropes, Fences, and Signs



Jeannie Mogan

Outdoor Risk Management

Hazards

Ski areas around the country utilize rope lines, fences and signs to communicate with their guests. These barriers warn and inform guests about hazards. A hazard is anything on a trail that presents a risk to skiers and riders who are skiing in control, but are unable to see the hazard and may not be able to stop or avoid it.



The reaction time of skiers is less than 1 second once an object becomes visible. If an object is visible from about 100' away and can be avoided, it is called an obstacle. It is typically not necessary to mark obstacles. Riders can avoid these if they are skiing in control.

Hazards, on the other hand, should be marked. Common methods of warning about obstacles include: rope lines, fencing, and signs

Rope Lines

Rope lines are useful for defining boundaries or closing off areas.

Ski area ropes are typically 3 strands that are hard twisted or braided. The color of rope should be a strong contrast to the surrounding environment. Orange, orange/black, or yellow/black are good choices. Ropes should be flagged to break up the "line". Having a combination of vertical and horizontal lines attracts the human eye to the rope. Solid orange surveyor's tape or other solid orange flagging can be inserted into the strands every 6' to 15'.

Rope lines are typically held up by bamboo poles which are drilled into the snow. Rope lines should be taut and hung at about waist height.

Skiers have been known to occasionally run into rope lines. Consider using a breakaway clip at one end of the rope.

Fencing

Warning or directional fencing provides a visual barrier to keep people where you want them, direct them to where they should go, or keep them out of areas. Ski area fencing types include:

- Pop fencing
- Event fencing
- Fabric fencing
- A-net is used as a barrier
- B-net is used to decelerate a fallen skier. This is most often used on race courses.
- C-net is used for crowd control

Signage

Signage around the resort serves to warn or direct people.

Warning signs can be cautionary such as "trail closed", "trails merge", or "winter surface conditions exist"

Informational signs help people find their way to lifts, trail, or buildings.

Some signs are required by the American National Standards Institute (ANSI). These signs are placed along all surface and aerial lifts.

Terrain parks also have several warning and informational signs.

People may not always read signs, but juries do.

What are patrollers responsibilities?

Patrollers play an important role in the hazard identification process. Here are some tasks that you could be responsible for:

- Regularly share information with management about terrain or hazards that should be marked.
- Check to see that fencing and rope lines are well maintained. A well maintained rope or fence line is a well respected line.
- Understand what policies your area has in place for enforcing rope and fence lines?
- Check that signage is properly placed and easy to read. The signs should not be snow covered, faded, or defaced.

As always – Stay safe out there!

Jeannine Mogan
Outdoor Risk Management Advisor
Central Division NSP

Bike Patrol



Bike Patrol
Mary Dunphy

Congratulations are in store for Jeremy Verbeke, the new National Bike Program Director. I have transitioned to CD bike program supervisor while continuing as bike patrol/ host unit rep for LAMBO (Lakeland Area Mountain Bike Organization). This past June Minocqua created the first NSP bike patrol in Wisconsin. With assistant supervisor Aaron Hislop of western region's Spirit Mountain bike patrol we hope to expand enhancement and senior courses.

Safety Team

I hope you are enjoying your winter and have had a chance to pass out some of the Central Division Safety Team Buffs. The safety team has been spending the weekends out on the hills with the new safety tents as seen in the picture to the right. This tent was at Caberfae in Cadillac Michigan.

If you want to have the safety tent visit your ski area email

Katie Flanagan at: flanag40@msu.edu

or

Kevin McQuillan at: kevin@mcq-law.com





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Greetings Ladies of the Central Division!



Greetings Ladies of the Central Division!

What a welcome winter we've had being face-to-face again! It was great to see our friends and have some great training together! The hugs and laughter will surely help us through the winter!

To celebrate our 20th Anniversary of the Central Division Women's Program, we held two events – one at Pine Knob Ski Area in the Eastern Michigan Region and one at Mont Ripley in the North Central Region.

Kerstin Hammarberg Women's Program

Our first event at Pine Knob was well attended! There were 30 women from the EMR (with a couple from other Regions) who came to build their courage and bravery with toboggan handling, skiing, and snowboarding. Pine Knob was a great venue! It offered everyone a variety of terrain for learning. There were groups of women working on toboggan skills that gave them more confidence and insight into what they could do! The groups of ladies skiing and snowboarding pushed their comfort zones and made it down The Wall with ease! It was exciting to see such great learning happening!

Our hosts Cricket Nickolaou and Nancy Trout put on a great weekend!!! Joining the Central Division Women's Staff were event staff Katie Flanagan, Nancy Trout, Jen Jurcak, Meg Lambert, and Deb Copeland. The addition of their skills and talents was awesome!! Dana Zedak not only participated, but she helped us focus on our COURAGE! The ladies all wrote things about courage and bravery that Dana wrapped into a talk on Saturday night. She talked about how we give our courage and bravery to others to help them grow and find success. Her talk was so very meaningful to all who were there. Pearl and the Vest also made an appearance! Louis Stroehl was this year's recipient and wore the Vest proudly on Sunday!

Our second event at Mont Ripley in Houghton, MI was just as well attended! This event has never been held at Ripley and we were not disappointed! The terrain was challenging and new snow added to the fun! There were 30 women from all over the Division who gathered for fun, learning, and pushing their comfort zones! Our hosts Lianna Miller and Bret Hamlin (PD) welcomed us with open arms! The Central Division Women's staff were there, and we welcomed Erika Chapman as one of our event staff. The NCR Women's Advisor Patty Asselin was also there showing her support. Trudy Olssen provided her special touch to the weekend with banners and signs (and some candy) for all of us.

The theme of this event continued from Pine Knob was about sharing your courage and bravery. Clothes pins were passed out, markers and “bling” made available and the ladies were asked to use their creative skills to decorate the pins with words of bravery, encouragement, and other positive words. What does this have to do with a snowsports clinic? We were all asked to keep these clothes pins with us during the event and when we wanted to give someone some bravery, encourage them to push their limits, or to offer support a clothes pin was presented. There was one run where the group each presented their cloths pins to a woman who skied a mogul run that terrified her! She overcame her fears and did it!!



Frequently, I am asked about why we must have a Women's Program. When I attend these events and work with ladies in the Division, there is something very special that happens. Women accept challenges to push their skills in a supportive setting. They work together with other women who have similar fears and find they can lift one another up to do things they otherwise wouldn't try. Participants see women in leadership and believe they too can move in those directions. The women who attend the annual events are an inspiration to me by their willingness to try and their enthusiastic successes! It's about them! It's about YOU!

Be safe and be well everyone!

What is the course Outdoor Emergency Transportation Skills (OETS) all about?



Tracy Buchanan
Toboggan
Supervisor

With the season and clinics well under way I thought I would highlight some things that our OET group has worked on, and are currently working on, with the Education team at NSP.

As many of you have already heard, our OET group was able to get a new OET course approved through Education last year. The new course is Outdoor Emergency Transportation Skills (OETS). There has been a fair bit of confusion as to what this course can be used for so I thought this was a great opportunity to explain it to our membership!

The intent of the OETS course is to provide a course option that could encompass many different teaching opportunities within the framework of OET but doesn't fall into the traditional TES/SES/TTW/TREF course outlines.

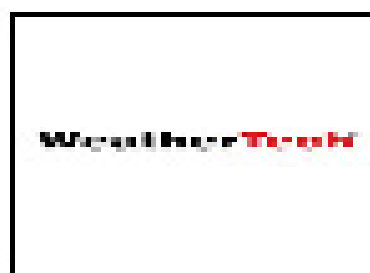
This course is flexible and the content tailored to meet the needs of the participants. Skills may include, but are not limited to, practice of ski/ride/tele fundamentals as related to toboggan handling, belay techniques, low angle rescue, bike park transport, equipment knowledge and use. The adaptable nature of this course encourages 'pick-up' training as time allows during the ski season, bike season or off season and all OET-related topics may be included as course content. This course is intended to be used for non-credit training and educational events.

The other exciting news to share is that we are currently working with the Education team at National to develop OET educational programming for the LMS (Learning Management System). We use this system for our e-learning courses for OEC and will hopefully have additional programming for OET sometime this summer!! I will keep you all posted!

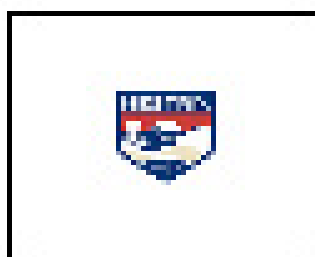
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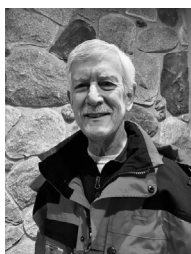
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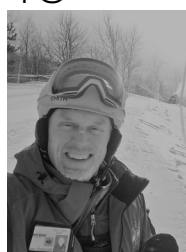
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