

CT REGION

CONTINUING EDUCATION OPPORTUNITIES: 2016-2017



Welcome to Cycle C!

It's almost here. We're on the cusp of what we all hope will be a very snowy ski (or snowboard) season. It's fall, the leaves are turning bright crimson, golden and russet. Trees becoming bare, leaving a colorful carpet on our lawns. The air is crisp and snow is in the air ... almost.

But before we hit the trails and slopes, we need to dust off and hone our OEC skills so we are fully prepared for what we all hope will be a long and snow-filled 2016-17 season. Key to this process is our beloved annual OEC Refresher.

We have poured over all your post-Cycle B evaluations and are doing our best to continue our trend and improve the process every year. We have some changes in the works, some you will see this year, and some are already in development for next year.

As your feedback is very important to us, we plan to do away with the paper evaluation forms (we'll have some on site for those of you who so choose) and going with an online survey,

similar to Survey Monkey. We will have all the details on how to do this at the refresher. This should take much of the human error out of processing each piece of paper (deciphering handwritten comments, lost forms, tallying errors, etc). We'll get your comments quickly and accurately so we can begin use it right away.

You are probably all aware of the new NSP website and hopefully you have all enrolled in the Cycle C Refresher. Here's a summary of what you need to do for this year's refresher.

✓ Enroll in the Refresher:

1. Go to NSP.org and Sign In. If it says "Hi [your name]" you are all set. If not, click on "Sign In" at the top of the page and enter your username, which is your NSP member number, and your password. Your password is the same one you have always used. If this doesn't work, try your email address. If this doesn't work, click on "forgot password".
2. Click on Member Resources
3. Click on Course Schedule and enter "E20216004" in the "Course

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Number Contains" field.

4. Click on the course name ([OEC Refresher C](#))
5. Click on "Register Myself" and purchase the course (don't worry, it's free)
- ✓ Complete the Refresher Workbook and bring it to the Refresher. **Write your name & patrol in clear, bold, print on the back of the book.** If you don't have a copy, you can download it from NSP.org (Member Services/Member Resources/Education Resources/OEC Education Resources).

If you don't have a workbook, you can download it from the NSP website (Member Resources → Forms and Documents → OEC → 2016 Refresher Workbook Cycle C) It should download to your computer.

6. Take the Online Refresher
 1. From the NSP.org home page, click on "Online Learning". You will get a message that you are leaving www.NSP.org and will be directed to the Knowledge Direct site. Read the messages on the page and click anywhere on the page.
 2. If you took the online course last year, enter your username and password. Your username may be your email address. If you forgot your password, it may also be your email address. If that doesn't work, click on "Forget Password". If this is your first time, you will need to create an account. Click on the hyperlink ([here](#)) in the box that says, "If you are a new student, click [here](#) to register".
 3. On the next page, click on the "Available Courses" tab.
 4. Click on the "Add" button next to "OEC Refresher Cycle C 2016". The next time you visit this page, this course will be listed under the "My Courses" tab.
 5. You can stop, exit and return at any time.
 6. When you have completed all of the modules, there will be a button asking you to complete a short survey. You must do this. Don't worry, it is very short and quick.
 7. After completing the survey, you will see a button to print your certificate. Print the certificate (Achievement Award) and bring it to the refresher.
- ✓ So you need to bring the following to the refresher:
 1. Your OEC Card
 2. Your completed Workbook
 3. Your Achievement Award (online course)
 4. Your Patrol Pack
 5. Lunch or lunch money

If you have any difficulties or questions, contact Skip Mudge (skip.mudge.nsp@gmail.com)

Safety Officer Update

Please send me your ideas for improving safety on the snow – at our ski areas (both Alpine and Nordic cross country), our snowboard parks, and even at our tubing areas.

January 2017 is the month that NSP focuses on safety outreach. Last year Mohawk Mountain held a Safety Booth. Your area can do this too, or sponsor safety contests and/or make safety videos.

Check out and "Like" the NSP Eastern Division Safety Team Facebook page. And feel free to contact me directly.

Melinda Mingus, MD
CT Region Safety Officer
mmingus@gmail.com
646-522-1451

Alumni

Alumni Day Reunion on Wednesday, March 1, 2017 at 0900(ish). Ski Sundown will host the event. For more information about the Alumni Patroller program, please contact Don Cirkot at donaldcirkot@sbcglobal.net

Avalanche

Avalanche at Tuckerman

Do you ski anywhere else besides Connecticut, like Tuck's or the Adirondacks? Avalanches do happen here in the east, and if you plan to go out west, well that's the home of the avalanche dragon.

60% of people who are caught in avalanches die in them, to say nothing of living and getting injured. 90% of avalanches are started by humans who get caught. If you are caught, you are going where the avalanche goes. That includes trees, crevasses, and cliffs. All the devices in the technical world won't save you from these.

As part of your skill set as a ski patroller, you should know how to recognize avalanche terrain, avoid avalanches, and deal with their consequences. Take an avalanche course!

Connecticut Region: Avalanche L1 mod 1

The Avalanche L1 mod 1 course is on Sunday, February 19, 2016. This is a Senior Elective. It also serves as the first day of a three-day Level I Avalanche course, which must be held in avalanche terrain at Tuckerman Ravine, NH, Smuggler's Notch, VT, or Whiteface Mt, NY. Details of that will be explained at the course. The day before will be the CT Region's MTR course with an overnight campout. Sign-up for both courses and get two Senior Electives completed!

Place and Time:

Winding Trails in Farmington, at 8:00am. Location may switch to Ski Sundown due to the year's current snow conditions.

Directions to Winding Trails:

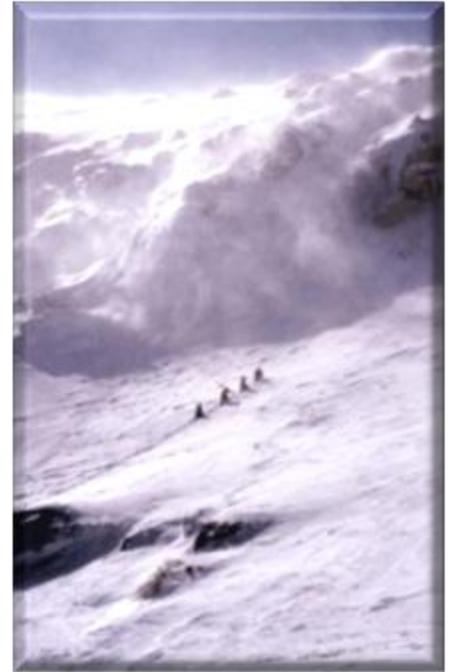
From the east: Take Route 4 west out of Farmington and take a right at Winding Trails Rd (the first light after Town Farm Rd). Bear left at the Winding Trails sign. Drive all the way in to the main buildings where there is a parking lot.

From the west: Take Route 4 east out of Unionville and take a left at Winding Trails Rd (the first light after Brickyard Rd). Bear left at the Winding Trails sign. Drive all the way in to the main buildings where there is a parking lot.

We will be going out on the hill even though this is a classroom module. We will grab any excuse to get out (instructors like fresh air too). Bring appropriate clothing and footwear including rain gear – it could still be rainy. The outdoor stuff will be within a half mile from the meeting place, and there should be snow in the woods, so bring woody snow walking boots and cross country ski gear if you have it. XC rental gear might be available.

To Bring With You:

1. Warm comfortable clothing, for both indoors and outdoors.



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... *Avalanche continued*

2. Breakfast and Breaks. We will supply food and beverages for breaks. Coffee, tea, hot chocolate, bagels, bananas, assorted treats.
3. Lunch. We would like to work through lunch – there is a movie or two you should see.
4. Any avalanche equipment you have – shovel, probe, beacon; these will be provided. But if you have your own, it's a good time to learn how to use it.
5. Pen, pencil, paper.

Course fee: \$55. Non-patrollers need an extra \$20 for the course. This includes the cost of textbooks. \$7.50 division registration fee and expenses, such as copying, textbooks, handouts, driving and mailing stuff around. Send checks and information to:

Chuck Boyd
38 White Water Turn
Tarriffville, CT 06081
Phone: 860-508-5273
email: chucknspavy@gmail.com

Certified Patroller

Are you interested in checking out the certified program or becoming a certified patroller? The program challenges you and gives you the opportunity to expand your knowledge and broaden your experiences at the highest level. Skills you will learn throughout the process are extremely beneficial to not only helping you in your patrol career, they are also an astronomical help in your professional career. Throughout the year there are several intro to certified courses that anyone is welcome to sign up for. The test is also open to anyone who wants watch. In most cases, there are over 150 patrollers observing the exam and seeing what it is all about. This year's exam will be hosted at Hunter Mountain, March 25-27, 2017.

The program is comprised of 6 modules:

1. Area Operations and Risk Management
 - a. Risk Management – Candidate must demonstrate awareness of potential problems that can arise at a ski area, identify them, and provide solutions how to eliminate them.
 - b. Patrol Management Interview –

Interview a candidate applying for the position of Patrol Director

2. Avalanche Management
 - a. Interview – Test your knowledge of avalanche management
 - b. Beacon Search – You have five minutes to find two buried beacons
3. Outdoor Emergency Care
 - a. Written Test (100 questions in one hour)
 - b. Bystander Problem
 - c. Practical Problems (3 problem scenarios) – 1 as a lead – 2 as a helper
4. Lift Evacuation and Rope Management
 - a. Lift Evacuation – explain and demonstrate the process of a lift evacuation
 - b. Low Angle Rescue – knot tying and the practical application of setting up a z-drag system
5. Skiing
 - a. Crud Ski/Ride
 - b. Groomed Ski/Ride
 - c. Mogul Ski/Ride
 - d. Steep Ski/Ride
 - e. Snowplow
 - f. Sideslip
 - g. Equipment Carry
6. Toboggan
 - a. Unloaded Toboggan
 - b. Loaded Front
 - c. Loaded Ski/Ride skills

For more information, visit nspeast.org or contact me.

- **Locations:** Clinics TBD; exam will be held at Hunter Mountain, NY
- **Dates:** March 25-27, 2017



- **Fees/costs:** small fee if attending banquet
- **Prerequisites:** must be an Alpine Patroller
- **Contact:** Justin Regan at Jregan5@cox.net; 860-637-0697

Instructor Development

Patrollers come from all professions; volunteers, homemakers, teachers, medical personnel, lawyers, construction workers, engineers, police, farmers and many others. At the core to what we do as patrollers is reaching out to mentor others in the art of patrolling. Successful mentoring starts with the ability to communicate concepts, thoughts and skills in a clear succinct process. The Instructor Development Program is carefully crafted to provide excellent education based strategies with the goal of developing highly skilled, knowledgeable and confident instructors.

The program provides a didactic curriculum coupled with guided practice in the classroom setting. The class is taught in a comfortable, non-threatening environment allowing participants to try their "instructor skills" on for size. Once completing the Instructor Development class, you will choose the genre you want to teach and set off with a mentor to help you navigate the delivery of the content of that topic.

Challenge yourself ... become an instructor ... mentor another patroller ... enroll in an Instructor Development Class.

Send an email or talk to Marie Chasse (mchasse16@frontier.com or 860-584-5114) about the next available class to enroll in.

Mountain Travel/Rescue

Connecticut Region's Mountain Travel and Rescue Program will conduct a course in conjunction with the Avalanche Program in mid-February 2017. The MTR course will be a combination of the MTR-F (Mountain Travel and Rescue Fundamentals) and MTR-1 (Mountain Travel and Rescue), which requires an overnight campout in the snow. However the campout is not required in which case the students will just qualify for MTR-F. Connecticut's program course qualifies as a Senior Elective.

The MTR-F course provides students with basic knowledge and skills to travel and work in reasonable comfort and safety in an outdoor environment. Field practice includes basic navigation, travel, and survival

and an introduction to search and rescue. The course involves about eight hours of classroom and field instruction. This course will teach a variety of skills including nutrition (food and water) proper clothing, weather patterns, survival skills, group dynamics, improvised toboggan construction, emergency shelters, environmental awareness, compass and map navigation, rope rescue skills, travel and route selection techniques and the "don't leave home without" TEN ESSENTIALS.

Course costs are minimal for the best mountaineering book and other items. Also if you do not have the gear for the campout (and remember it is not required) we can help provide it for you if you want to do the overnight.

There are no pre-requisites. So whether you are someone looking to expand your survival and travel skills in the backcountry environment or the patroller further preparing themselves, the MTR course can help get you prepared.

- **Location:** Winding Trails, Farmington, CT
- **Dates:** February 18, with overnight to the 19th followed by the Avalanche course
- **Fees/costs:** \$55 for patrollers; \$80 for non-patrollers
- **Prerequisites:** none
- **Contact:**
 - Burt Mitchell at mitchell3rd@sbcglobal.net or
 - Mike LaPierre at miclapierre@comcast.net

OEC Enhancement Seminars

We hold two clinics early in the season. You can sign up for either one, or both. These clinics are a great way to hone your skills in a small, hands-on clinic. Regardless of your experience level, you are bound to come away with a new technique or two. While we highly recommend current or potential Senior candidates attend these clinics, it is open to any OEC Technician. We will tailor the clinics to the needs of those who attend.



Attending *both* clinics will earn you one elective towards the Senior Program.

- **Dates:**
 - Saturday, Nov 19 @ 0900; (Mt. Southington)
 - Sunday, Dec 11 @ 0900; (location TBD)
- **Fees/costs:** none
- **Prerequisites:** must be current OEC Technician
- **Contact:** Skip Mudge; skip.mudge.nsp@gmail.com

Skier Enhancement Seminar

The Skier Enhancement Seminar (SES) is a program designed to help skiers of all abilities fine-tune and improve their skiing skills. It is an opportunity for NSP members to spend two days with PSIA-E top ranked instructors, in non-threatening, fun inspired exercises designed to help even the most experienced skier/patroller advance their skills.

Class size is limited and will be on a “first come, first served” basis, so mail in your check to register by December 15, 2015. Plan on having a weekend of great learning, skiing and fun. Information on registration can be found on the CT NSP website.

- **Location:** Jiminy Peak
- **Dates:**
 - Register by December 15, 2016
 - Seminar January 6-8, 2017
- **Fees/costs:** \$150
- **Prerequisites:** must be a current patroller
- **Contact:** Eric Strom at eric@scudmunch.com

Snowboard Enhancement

To support the development of riding skills and toboggan handling techniques for snowboard patrollers.

To elevate their professionalism thru shared experience and increased awareness of the secrets of the Boarder Patrol Underground. To improve the ability of Snowboard Patrollers to serve the snow

sports community with confidence and slopeside camaraderie.

- **Location:** TBD (will accommodate the majority of sign-ups and/or minimize costs)
- **Date:** TBD
- **Fees/costs:** minimal (\$0.00 to 25.00 depending on location)
- **Prerequisites:** must be current patroller or candidate
- **Contact:** Keith Nappi
 - keith@suburbansport.com
 - 860-205-6653

Senior Patroller OEC Module

The Senior OEC Module focuses on leadership, problem management and decision-making, utilizing the standards in the current OEC manual. Sr. OEC certification is a recognition of having successfully completed this leadership course and is not a higher standard of OEC skills. The skills learned promote confidence in dealing with more complicated first aid scenarios involving multiple injuries and patients.

Training is done in the outdoor environment on snow, and involves participating in scenarios as a leader and helper. Instructors who are Sr. OEC Trainer Evaluators (TEs) develop the scenarios to cover all aspects of Outdoor Emergency Care, and provide feedback during training sessions.

Candidates are required to successfully lead at least 4 scenario problems during the training sessions. Two scenarios from the Patroller's Manual need to be reviewed and have a treatment plan developed in writing. In addition the candidate is required to write an original scenario of Senior Patroller level, following the format in the NSP test banks.

The Sr. OEC final evaluation is given at the conclusion of the course. It is conducted on snow and on typical mountain terrain.

In conclusion, the best part of the program is the confidence you gain simply by participating, but moreover, the lifelong friends you make by participating in a challenging program!

Thanks, and we hope to see you at the clinics!



- **Dates/Times:** weekends 0900-1500; weekday evenings 1800-2130
 - Orientation: Sunday, Nov 13; Southington
 - Clinic 1: Sunday, Nov 20; Ski Sundown
 - Clinic 2: Sunday, Dec 4; Mohawk Mtn.
 - Clinic 3: Thursday, Dec 15; Southington
 - Clinic 4: Sunday, Jan 8; TBD
 - Clinic 5: Saturday, Jan 21; TBD
 - Clinic 6 (if needed): Sunday, Jan 29; TBD
 - Evaluation: Sunday, Feb 5; Southington
- **Fees/costs:** none
- **Prerequisites:** must be current patroller in good standing with his/her Patrol Director's approval.
- **Contact:** Tim Appleton at tim.appleton@att.net

Senior S&T

This program is for those that wish to upgrade their skills with sled handling and to become a Senior. Check the web page for updates.

- **Location:** Sundown
- **Dates:**
 - Clinic: Saturday, January 14, 2017 (8:00 am)
 - Clinic: Saturday, January 28, 2017 (8:30 am)
 - Clinic: Saturday, February 11, 2017 (8:30 am)
 - Clinic: Saturday, February 25, 2017 (8:30 am)
 - Evaluation: Saturday, March 4, 2017 (8:30 am)

- **Fees/costs:** none
- **Prerequisites:** must be current patroller
- **Contact:** Roger Stevenson at Roger.Steven-son@snet.net

S&T Instructor Clinic

This clinic is for Toboggan Instructors and Patrollers that want to be a Toboggan Instructor. Check the web page for updates.

- **Location:** Mohawk
- **Date:** December 18, 2016 (8:30am)
- **Fees/costs:** none
- **Prerequisites:** must be current patroller
- **Contact:** Roger Stevenson at Roger.Steven-son@snet.net

Telemark Enhancement

For more information about the Telemark Enhancement Clinic, please contact Roger Stevenson at Roger.Stevenson@snet.net

Toboggan Enhancement Seminar

This year we will be holding a toboggan enhancement seminar. It is going to be a fun-filled day geared towards the needs of the class. Whether you want to work on bumps outside the handles, or work on skills inside the handles, we will have a group for you. The plan is to hold it sometime in January, so keep an eye out on the calendar for a definite date.

- **Contact:** Justin Regan at jregan5@cox.net; 860-637-0697

Women's Enhancement

The Women's Enhancement Seminar is designed to help you develop your physical skills as well as mentally to find fulfillment in being a more capable patroller! There are absolutely no limits to what you can achieve, especially when you're equipped with the right tools and the right attitude. This is what the Women's Enhancement Seminar is all about. You'll spend the day with informative and fun women

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trainers as well as network with other women who are looking to grow. It's a day full of fun and learning you won't soon forget! For more information please feel free to contact me and I will give you details about date and location.

Thanks,
Cally Regan
860-919-0541
Cally@rpknight.com

Young Adult Patroller Seminar

The Young Adult Patroller (YAP) Seminar is a fun-filled weekend that challenges Alpine Patrollers from all over the Eastern Division. The event starts Friday evening and concludes Sunday evening with the

opportunity to ski all day both Friday and Monday. Over the course of the weekend, YAPs will be working with highly skilled members of NSP, many of which are certified patrollers. YAPs are given the opportunity to either clinic or compete. Not only will you learn new skills and tricks of the trade from other patrollers from different patrols, you will come home having met many new friends. This year's event will be hosted at Bolton Valley, VT March 17-20 and costs \$375.00. The only requirement to attend the seminar is you have to be under 18 years of age **OR** still in high school.

What you get for the \$375.00

- Lift tickets and lodging from Friday morning to Monday evening
- Breakfast and Dinner Friday evening - Sunday evening (Lunches are not included)
- Award banquet Sunday evening with fun donations given out by many of our sponsors.
- 2 Elective credits (OEC Enhancement and Skier Enhancement)
- An opportunity to learn and challenge



Congratulations!

Please join us in congratulating the following patrollers on their years of dedication to the National Ski Patrol and the contributions they have made to our patrols in the Connecticut Region.

SENIOR ALPINE PATROLLER

- Josh Regan, Mount Southington
- Sue-Ellen Repeta, Mount Southington

SERVICE AWARDS

10 Years

- Mason Behuniak, Mount Southington
- Virginia Bruce, Ski Sundown
- Barry Budlong, Alumni/Connecticut
- Tye Conklin, Pahquioque
- Elizabeth Fenner, Mt. Southington
- Elaine Greider, Ski Sundown
- Bernard Langkafel, Pahquioque
- Samuel Nelson, Ski Sundown
- Timothy Noonan, Lakeridge
- Walter Quast, Pahquioque
- Phillip Royer, Ski Sundown
- Jacob Thole, Mohawk Mountain

15 Years

- Matthew Behuniak, Alumni/Connecticut
- Justin, Berger, Nutmeg Nordic
- Burton Bruce, Nutmeg Nordic
- Michael Chasse, Ski Sundown
- Richard Coffey, Ski Sundown
- Mark Hermann, Mount Southington
- Craig Hovey, Pahquioque
- Donald Ludwig, Mount Southington
- Victor Martin, Mohawk Mountain
- James Tully, Pahquioque

20 Years

- Doug Bennett, Mount Southington
- Raymond Keough, Mohawk Mountain
- David Ruud, Pahquioque
- Bob Stonhill, Alumni/Connecticut
- Scott Stoppa, Powder Ridge
- Kevin Wypychoski, Powder Ridge

25 Years

- Harald Bender, Ski Sundown

- Stuart Conto, Alumni/Connecticut
- Fred Fritz, Ski Sundown
- Robert Heyl, Alumni/Connecticut
- Arthur Holden, Alumni/Connecticut
- Ken Joyce, Pahquioque
- Andrew Rubman, Alumni/Connecticut
- Debbie Shenton, Ski Sundown

30 Years

- James Barry, Pahquioque
- Richard Bellomo, Mohawk Mountain
- William DiFrancesco, Mohawk Mountain
- David Hull, Mohawk Mountain
- Marshall Morris, Ski Sundown
- Everett Newell, Ski Sundown
- Henry Palach, Ski Sundown
- Edwin Riggs, Alumni/Connecticut

40 Years

- Marshall Berger, Nutmeg Nordic
- Melvin Walker, Alumni/Connecticut

45 Years

- William Ellison, Mohawk Mountain
- James O'Connor, Alumni/Connecticut

50 Years

- Louis Cherichetti, Alumni/Connecticut
- John Flynn, Pahquioque
- Robert Lachman, Pahquioque
- Patricia Perry, Alumni/Connecticut
- Kenneth Post, Pahquioque

55 Years

- Philip Griggs, Alumni/Connecticut

OEC INSTRUCTOR SERVICE

6 Years

- Michael Bergin, Mohawk Mountain
- Robert McCarthy, Pahquioque

12 Years

- Ralph Frank, Mount Southington
- Skip Mudge, Mount Southington
- John Parshley, Ski Sundown

18 Years

- Scott Stoppa, Powder Ridge

24 Years

- Brian Harman, Pahquioque

*“The great aim of education is not knowledge,
but action.”*

Herbert Spencer

*“The only person who is educated is the one who has
learned how to learn and change.”*

Carl Rogers

*“Coming together is a beginning;
Keeping together is progress;
Working together is success.”*

Henry Ford