



Far West Division News and Views

News and Views of the Far West Division, NSP; www.farwest.org, December, 2018 Volume Ten, Issue 3



Lance Vaughan, FWD Director

December 1st can trigger many things – Celebrations with Family, end of

year to do's and taxes.

Dec 1st, 2018 triggers ski season; a quick review of on-line ski boards reports nearly every ski area in the Far West Division OPEN. Yahoo, congrats, go skiing. Really get out there and get moving.

I recently attend the Eastern Sierra Region Meeting held at Heavenly Ski area in mid-November; most of the state was blanketed in smoke, we could not see across Lake Tahoe. That is nothing considering the hardship endured by those in the burn areas. I have heard of a couple of patrollers whose homes were impacted by the fires. Please help where and who you can.

One of the topics I discussed is **patroller safety**. Specifically, the patroller sitting room duty in base patrol with minors... alone. With the recent passing of the Safe Sports Act and mandatory reporting the climate has changed please - work together to prevent possible problems. We all need to work together to protect both parties. The NSP Board of Directors

recently appointed a committee to address Youth Protection Training and Awareness, a broad group across the US selected Patrol Rep to Division Director. I was asked to represent the Division Directors, I'll keep you updated on our progress. Until the NSP defines a program, a starting point to understand behaviors and the reporting process might be the Boy Scouts. BSA offers an on-line training & awareness course, just search on "BSAYPT" it is free and online, again a good starting point for education on this important topic.

Changes in local patrol leadership access to the NSP database are made

with a request via Division Director. Please send me an email with patrol or region leadership changes: Name, NSP ID and position of new person and person stepping back.

Check out the FWD calendar page on the web,

the challenge was issued to tie the region and division calendars together as a reference tool. Challenge accepted and solved by Nancy Stromswold. Not seeing what you need, talk to your skills topic Region Advisor or Patrol Rep and ask.

Spring 2019 is a **Powderfall** (powderfall.com) year, April 3-6th; the event returns to Snowbird, a great hill and it's several years since the last NSP visit – 2010 if I recall correctly. I last

Mark your calendars:

See the farwest.org Calendar page for full program-based events in the FWD.

Far West Winter Meeting, date TBA,

Sea Otter Bicycling Classic at Laguna Seca Raceway near Monterey, April 11-14, 2019

Far West Awards Dinner, August, 2019, Davis, TBA

Continually check out the FWD (and, your own Region's) web site for updated calendar dates.

Submit your events!

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Addresses up-to-date?

Is your mailing address and e-address current with the National office? Remember, the FWD gets its mailing lists and email lists directly from the National office in Denver. If you change your US mail or email address, to your Member Profile to change, and, notify your own patrol.

Don't miss out on exciting future issues of FWD 'News and Views' and other NSP publications!

FWD News and Views

News of the Far West Division, NSP

Division Director, Lance Vaughan

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Asst. Dir., Richard Wilson

Arizona Dir., Andrew Youngblood

Eastern Sierra Dir., Katie Dumont

Mother Lode Dir., Tony Atkins

Northern Cal., Sam Lanier

Professional Rep, Open position

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Outdoor Emergency Transportation

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Recruitment/SoCal, George Tinoco

SAR Liaison, NorCal, Roger Yang

SAR Liaison, SoCal, Mike St. Clair

Woman's Program, Trudy Nye

The FWD News and Views is published three times yearly, in September, December and February. Deadline is the end of the month prior to publication.

Features, photos; send to Tim Viall, fwd-newsletter@farwest.org, or mail to 5854 Turtle Valley Drive, Stockton, CA 95207.

Welcome to the new season from your FWD Outdoor Emergency Care program!

As 2018 comes to a rapid conclusion that only means that the 2018-2019 ski season is just getting underway. With storms brewing off our coast it's time to ensure we're ready for winter. I'm sure we all have those emergency supplies packed in our cars for those "just in case" moments. As patrollers we need to ensure we have necessary knowledge and skills to think on our feet when we're called to that accident.

Have you attended that required refresher? Have you brushed up on your skills? Still know how to do an effective sling/swath? What about those basic bandages? Be alert and slow down are not only good things for driving in winter, they are also keys to remember when we're responding as patrollers. We need to be on our game and be ready when the call comes in. The more you practice (even in your head) the better prepared you'll be.

This fall has been busy with OEC courses through-out our regions. There are roughly 30 new OEC technicians that are ready to patrol. Let's welcome them and mentor them through the process. Don't forget those fellow patrollers that were there helping out when we were coming up. Be sure and give back, as there are numerous events during the season that require lots of hands on.

Upcoming dates of Interest:

- Women's Clinic at Dodge Ridge – Feb 16-17
- SEM at Donner Ski Ranch – Sunday, Mar 24 (requires lots of help from patrollers)
- Powderfall – April 3 – 6 (Snowbird, UT)

Take a couple minutes to review your profile on NSP. If something seems amiss, contact your patrol representative and let's get it corrected. Check out the calendars for your patrol, region, and the Far West Division. Take some time and branch out. Visit another patrol, help out with a course, mentor a new instructor. There are so many opportunities out there.

It's time to say good-bye to another great summer (always hard for me) and welcome in our 2018-2019 winter. Do the snow dance and let's have a great, safe winter. Remember ...

"Life is not measured by the number of breaths we take, but by the moments that take our breath away."

Sue Dennison, FWD OEC Supervisor,
pwdrbabe@sbcglobal.net
phone: 707-494-8795



Big snows suggest enhanced avalanche knowledge!

Bust Out Those Beacons

It's snowing in some parts of our division. The ski season is upon us. Now is a good time to dig up and check out your avalanche transceiver! I hope you removed the batteries when you stored it last spring. If you didn't, remove the old ones now! Unless your transceiver manufacturer directs otherwise, always use brand new alkaline batteries.

Check the unit's battery terminals. Make sure they didn't corrode and that they are clean and shiny. Examine the terminals for cracks and make sure the batteries fit snugly. Power the beacon on. If you have a digital model, it should boot up and perform a self-check. If you're still rockin' an analog beacon, go to www.beaconreviews.com and look at some modern equipment and hit the NSP pro form page! If you're not sure of the boot and self check process, consult the manufacturer's guide. Don't have the manual anymore? Check the company's website.

After booting, your transceiver should be transmitting. It's a good time to perform a function and range test. To do so you'll need two beacons. If you don't own two beacons, grab another patroller the next time you're on the mountain.

A function check is pretty easy. Turn one transceiver to transmit and another to receive and confirm you are getting a signal on the receiving unit. Now reverse the process to be sure both beacons are receiving and transmitting properly.

For a field range check, measure out a 100 meter line on the mountain or at your local park, away from any power lines. On the hill, I use my 50m self-evac line to quickly construct a 100m course. Turn off your cell phone. Place the target transceiver at one end of the line with the long axis facing you. Switch your beacon into receive mode, wait until it is ready and walk slowly down the line. Stop when you get your initial signal. Look at your distance to the target unit. This is your maximum



field range. Bear that figure in mind when you're practicing your search technique during the season. If your search pattern has a gap of more than half your beacon's maximum field range, you may miss your target!

Mammoth Avalanche Instructor Continuing Education (AVICE) Clinic Still Has Opening

Didn't make it to Tri-Advisory or a regional AVICE clinic this fall? There are still a few slots open for the Division clinic at Mammoth December 8th and 9th. As in the past, this clinic features 1.5 days on snow and 3-4 hours off snow. A limited number of free accommodations and discounted lift tickets are available for this event. Contact Jeff Pierce at pierce_group@msn.com to register with all haste. Remember: Avalanche instructors must attend at least one AVICE clinic every three years to maintain certification eligibility.

An Oldie But a Goodie!

Avalanche: The White Death, a 1998 documentary, is available to view on YouTube at: <https://youtu.be/qy33mZJAWm8>. This 51 minute film is a modern classic. The AVYphiles amongst us will recognize much of the jaw-dropping action footage from mashup videos circulating over the past 20 years.

Keith Church, FWD AVY Program Supervisor;
fwd-avalanche@farwest.org



Mountain Travel and Rescue preps for big season!

Winter storms are approaching! As I am writing this article a winter storm is approaching. With a (mild) El Nino weather condition that exists the National Weather Service is giving an 80% chance for above normal precipitation in California this winter. No predication of snow pack, but at higher elevations where we like to go there is a good chance of a good snow pack. We at the MTR program are looking forward to sufficient snow conditions in the back country to enjoy.

The MTR course presents how to confront the winter environment and be prepared. Clothing, nutrition, weather, shelter are just a few of the topics presented to prepare for the winter environment in the event of an emergency, SAR, or just for the enjoyment of the winter backcountry. The public is expecting us to be skilled in the mountain winter environment in all aspects of it, on the slopes of the resort and being able and knowledgeable of the winter survival skills.

Here are the courses that have been scheduled. If you would like to learn more about the MTR program and join in a course contact myself (numbers below) or the instructor listed for the course of interest.

Northern California Region:

None scheduled at this time. Make plans to attend one of the other courses.

Mother Lode Region:

MTR 1 Classroom 3 hour telecom - to be scheduled

Field session March 23-24

Pinecrest

For more information contact Jeffery

Gurrola at ascenderjeff@gmail.com

Course number: F067190001

MTR 1 Classroom to be

scheduled

Field session to be scheduled at

Bear Valley area

For more information contact Steve

Shields at granite.face@gmail.com

Course number: (yet to be issued)

Eastern Sierra Region:

MTR 1 Classroom Yet to be

scheduled Davis, CA

Field session Yet to be

scheduled Truckee, CA,

Field & Overnight Yet to be

scheduled Truckee, CA

For more information contact Chris

Haagen at cmhaagen@gmail.com

Course number: (yet to be issued)

Southern California Region:

MTR 1 Classroom Has already been held.

If you have had your classroom but not the field session contact Natalie.

Field session Feb 9-10

Location TBD

For more info contact Natalie Muraciov at

scblackdiamond@yahoo.com

Course number: F03018001

MTR 2 Classroom Has already been held.

If you have had your classroom but not the field session contact Natalie.

Field session March 15 - 17

Location TBD

For more info contact Natalie Muraciov at

scblackdiamond@yahoo.com

Course number: F030180002

Arizona Region:

MTR 1 Classroom TBD

Phoenix area

Field session Feb 2-3 Ski

Sunrise

For more info contact Guy Roll at

guy.roll@gmail.com

Course number: (yet to be issued)

These courses are designed for the patroller and will increase the skills and knowledge of winter mountain survival and travel.

These courses are opened to all patrollers, Alpine, Nordic and Auxiliary. This course is designed to expand your knowledge and experience of the mountain winter to a higher level and gain confidence in how to survive in relative comfort and how to be an effective member of an SAR (Search And Rescue) team if called upon by your Hill management.

These courses and skills are designed for the patroller that has not taken this type of activity and are designed to increase your confidence in the winter environment.



Tri-Advisory holds 40th annual gathering Nov. 2nd -4th

WOW, 40 years....this is certainly a tradition in the Far West Division!

Held in Pinecrest, California, in the Stanislaw National Forest this certainly provided a new venue to explore. This Pinecrest area is patrolled by the Pinecrest Nordic Patrol to patrol around the Dodge Ridge Ski Resort. Due to the floods and fires and resulting clean-up needed the Yosemite Valley secluded camp site was not available this year. It will be attempted to reschedule for next year's Tri Advisory.

For the Pinecrest Nordic guys a big THANKS for assisting in the arrangements for the use of the Pinecrest Community Hall and with their excellent relationship with the National Forest guys the use of the camp site just opposite the community hall so that the meetings and camping was all close by.

Saturday morning started with the MTR, Avalanche, and Nordic ICE (Instructor Continuation Education) portion for the instructors to fulfill National NSP requirements to maintain instructor status.

Glenn Minuth (Mt Lemon) presented Lashing: Art of Securing & Fastening and Snow Anchors: Digging into Pickets, Deadman, and Bollards. In the afternoon the group traveled a short distance to meet at an area in the hills just out of the town for the GPS refresher and Z-system refresher presented by Wade Melcher. This area certainly provided a scenic venue!

On Sunday morning a beacon search and range test exercise refresher organized by Wade Melcher (Pinecrest) as well as a rope and new harness clinic



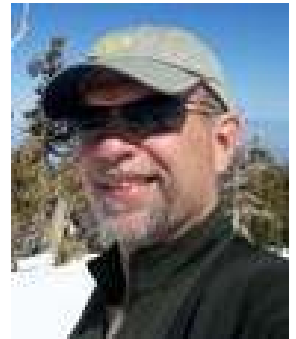
presented by Keith Gale (Pinecrest).

For lunch on Saturday the traditional vegetable soup was made with all contributing, and the traditional Saturday evening banquet pot-luck dinner was enjoyed. Everyone then gathered around a camp fire for the rest of the evening.

The dinner was again organized by Larry Cody and Melissa (Mt Pinos) and was again certainly memorable! Plenty of home-make food cooked at the camp site and brought by everyone was certainly a feast and is now a must attend event.

Tri Advisory is sponsored by the MTR (Mountain Travel & Rescue), Avalanche, and Nordic programs and is opened to all members that wish to gain and enhance their knowledge of the winter backcountry. Lodging is either camping at the site where Tri Advisory events are held, or at the RV camp site, or the lodges.

A very special thanks to our instructors and all our participants for making this a special event and learning experience!



Karl P. Chulski, FWD-MTR Supervisor, FWD Mountain Travel and Rescue Supervisor, fwd-mtr@farwest.org.

Division Director, continued from page 1

skied the bird in 2016 and will share the new lodge at the top of Hidden Peak is something to see. The views from the top of the tram at 11,000 ft while chatting over lunch is a fun treat. Powderfall is about sold out, sign up now.

This year the **Tri-advisory** event celebrated it's 40th year offering an opportunity to share and learn on variety of unique topics. Great work folks, 40 yrs. and still engaged. Wow! Block dates for the next event likely the first weekend in November 2019

Recognition of patrollers. Leaders, today, now is the time to start building the write-up of the outstanding NSP members on your patrol. Recognizing contributors – Leaders, Instructors, patrollers volunteer, Nordic, and paid NSP members is key in highlighting modeling behaviors across our Division. It takes a committee of any size, but the best efforts start now, please look at your team and instructors you work with or learned under, select and get writing. The deadlines for this year are quickly here.

Tim Viall, working with the **Sea Otter Classic** organization, has positioned the NSP to take on the First Response and care duties for this huge event. NSP recently opened the organization to Bike patrols and patrollers, Tim's efforts align nicely with the direction of the NSP and we can market our brand to over 70,000 people in a four day event. Please consider sharing your time with the Sea Otter and support the NSP in a new segment of the outdoor public.

Educational offerings are scheduled across the Division with a broad offering of courses across the Division with opportunities in each our the NSP educational topics.

Avalanche - Courses up and down the Sierra are available and this year we have snow to work with all over the state. Keith details the course listings, look and find the course best for your schedule and enroll. Reminder the Far West Division requires Avalanche for all patrollers

attaining Senior classification.

Mountain Travel and Rescue – We continue to see growth in back country and near boundary skiing, review the MTR offerings, act fast as some classroom segments start soon. MTR is not a required course but can count as a Senior elective. Karl and his team have courses through the season.

Trudy Nye has a good article overviewing the training offerings via the **Women's programs** across the division get out with Trudy, she runs an excellent clinic. You will learn and have fun. What an offer.

The **Transportation** program is staffed and ready to offer clinics nearly every weekend. Daryl Whitcher and team are poised to train from the simple sled check-off to extensive sled tricks and skills. Drive a sled with hands, you bet you can. Clinic a run one ski, we can demo that too. Get in two sled clinics this season, the last couple years were hard to clinic, don't get leery of the handles, CLINIC.

OEC continues to support our efforts across the entire US, the OEC team I hope has a short break from the busy Fall refresher season before training for Senior events starts. Sue Dennison and team have set calendars of events and clinics to help those testing prepare for their reviews. Thank you OEC team and good luck to those evaluating.

Enough already, time to get ready for the next set of storms. Enjoy the systems, the snow, get outside on your boards and start chasing gravity down the hill. Enjoy, winter seems shorter, summer seems longer and hotter.

Go ski!

Lance Vaughan Far West Division Director

FWD Events Calendar:

Please see the farwest.org Calendar page for full updates on varied program events!

Far West Winter Meeting, TBA

Whitefish Mountain Alumni Celebration event, Whitefish, MT, Feb. 3-10, 2019

Sea Otter Bicycling Classic at Laguna Seca Raceway near Monterey, April 11-14, 2019

Far West Awards Dinner, August, 2019, Davis, TBA

Post your key events in FWD 'News and Views', send to editor Tim Viall, tviall@msn.com; also post on the FWD website, send to webmaster Rye Livingston. webworker@farwest.org.

See the FWD Web site for updated calendar and training opportunities: www.farwest.org!

Happy 2018/2019 Season! FWD Woman's Program

I have just a few items to cover this time, so read on!

We have region advisers for each of our 5 regions in the Far West--NorCal, Eastern Sierra, MotherLode, SoCal and Arizona. Their job is to not only pass information to all their patrol reps and to you, but to also take your questions, suggestions and discussion ideas to the other patrols and to me and the other region advisers. This information can be improvement ideas, dates of women's clinics, problems that need help with, etc. For the region advisers, I can even partially fund a visit up to Heavenly for our own clinic on Feb. 24, 2019. Your region women's program advisers are accessible and can be contacted by email or phone.

The big deal right now is signing up to attend Powderfall 2019 at Snowbird, UT, April 3-6. Some clinics are full but there are others with availability. There is nothing like Powderfall and we've got lots of activities and clinics going on for the ladies along with regular clinics for everyone. There are Meet and Greets and discussion groups also. Come join us!

Come on over to Heavenly and attend our Women's toboggan and ski clinic on Feb. 24. We can give you lift vouchers for the clinic and possibly for the Saturday before, if you want to ski Northstar or Kirkwood! (Maximum clinic attendance is 25) We'd love to have you join us!

Feel free to email or call your region adviser or myself regarding your region or patrol calendar and how to start up a women's clinic (it's more than just toboggan or skiing, it can be any of the NSP disciplines).

Let's keep praying for snow!

**Trudy Nye, Far West
Women's Program
Adviser, [707-321-9694](tel:707-321-9694)**



Website place to find community service opportunities!

Got big outdoors event that could use NSP help? continuing i on such events and programs - as well Looking for an off-season way to utilize your OEC skills? as new developments in your Far West Division!

List your events and opportunities! If you are working to organize NSP first-aiders for Tough Mudder events, annual Cerebral Palsy bike-a-thons, community fund-raising events, big outdoor events like the Sea Otter Classic and more, list them! And, don't forget to work to enlist your alumni to assist!

And, make a habit of scanning the FWD website for

Send your event and activity postings, with the "who, what, where, when and how" to **FWD Webmaster Rye Livingston**, webworker@farwest.org. Also send your events to **Tim Viall, FWD Newsletter Editor**, tviall@msn.com and we will profile them in FWD 'News and Views', the newsletter of the Far West Division!



Pictured, left to right, Dori Bietz and Mike Fanelli worked the Tough Mudder event at Northstar during summer; NSP members and an NSP Subaru worked the Headwaters 50 K Trail Run, and over 40 patrollers and family members worked at, and enjoyed off time, at the Sea Otter Bike Classic in April. Please post notices for such events on the FWD website, and, scan the site for volunteer opportunities!

Sea Otter Bike Classic, largest in US, expands NSP first-aid and course marshal presence!



Sea Otter photos from April, 2018, clockwise from top left, a crowd of several thousand gathers for finals of the Pro Dual Slalom race; NSP member watches for incidents on the Dual Slalom banked turns; the backcountry NSP first-aid team prepares to depart for scenic Ft. Ord National Monument cross-country course; NSP and team members provide first aid at the Kid's Ride Zone, five NSP alumni members were part of the first-aid and marshal crew, (center) 40-plus NSP members and partner agencies gather for Saturday night barbecue, past-FWD Director Bill Gibson prepares to fire-up one of the NSP Suburus, and NSP first-aider watches over dual racers.

Sign up...for Sea Otter!

Sharpen your NSP first-aid skills at America's largest bicycling event, April 11-14, 2019 – and earn some money for your service for your patrol! In addition to providing either first-aid or course-marshall service, you get:

- Free admission to this huge, four day event (\$80 value),
- Free camping for motorhomes, fifth-wheels, tents in the heart of the action at Laguna Seca Raceway,
- Free lunch and snacks
- Two NSP Barbeques, Friday and Saturday nights
- Make new NSP friends, with members from 6-10 other NSP Patrols
- Family members, friends can also serve (as course-marshals), too!

To Sign up: Send your name, patrol, email, cell phone #, days available, and if you need trailer, 5th wheel or tent space to Sea Otter Coordinator Tim Viall, tviall@msn.com, or phone (209) 969-3875. [For best volunteer opportunities, sign up today!](#)

Join other Far West ski patrollers April 11-14, 2019 for first-aid, marshal service at US's largest cycling event!

Huge Sea Otter Bike Classic centered on Laguna Seca Raceway, CA, April 11-14, 2019

For the 14th year, 50 Far West Division ski patrollers, family and friends will provide first-aid service, non-emergency transport and course marshaling at the Sea Otter Classic at Laguna Seca Raceway near Monterey, CA, the USA's largest outdoor biking event.

This four-day bicycling extravaganza attracts 10,000 participants ranging from world-class pro riders to serious amateurs and recreational cyclists. Over the four days, riders take part in circuit racing, cross-country events, wild downhill and dual slalom racing and citizens road and cross-country rides. Each year, NSP members provide first-aid care to over 200 riders, from incidents of road rash and exhaustion to more serious trauma-induced injuries.

Over 50,000 spectators crowd the huge venue, which spreads out from Laguna Seca Raceway into the scenic back country of the Ft. Ord National Monument and, for the road races, along roads through Monterey County. 600 trade show vendors make for the largest market in the country for cycling equipment and accessories.

The Dodge Ridge Patrol led in volunteer numbers in 2017, with 27 members and friends/family (providing

marshaling services), joined by patrollers from Bear Valley, Mt. Shasta, Sugar Bowl and Heavenly ski patrols. Each year our NSP contingent pairs with members of the Friends of Fort Ord and members of a back-country first-aid unit, as well as Monterey County Fire and Emergency Services.

NSP members and friends camp at "Ski Patrol Central" within the event, enjoyed Friday and Saturday barbecues, found time to ride their bikes, attended the huge trade show and made new NSP friends! For their volunteer service, the Sea Otter Foundation donated almost \$6,500 to patrols of the NSP volunteers.

Patrollers, family and friends are offered free camping right in the Laguna Seca paddock at Ski Patrol Central as well as and free admission. Motorhomes, camping trailers and tents make for cozy accommodations and Friday and Saturday barbecues add camaraderie and fun to the experience!

Join us: the Far West Division invites members of additional patrols to join us for the next huge event! **Mark your calendars, April 11-14, 2019; to volunteer or for more info, call or email Tim Viall, Coordinator for NSP Volunteers for the Sea Otter Classic, at tviall@msn.com, or 209.969.3875.** For more insight into the event itself, go to seaotterclassic.com.



Clockwise from top left, the FWD first aid crew for the backcountry courses prepare to depart for assignments, hundreds of vendors display bikes and everything for the cycling sport at huge trade fair; NSP and BETA team members (Bicycle Equestrian Trail Assistance volunteers, in orange vests/shirts) and tents, motorhomes made for cozy evenings at "Ski Patrol Central". Join the NSP team in April for NSP service and fun!



Alumni program growing in both the FWD and NSP!

Alumni program growing as more realize the benefits of active alumni at local patrol level and above!

Today well over 4,200 NSP Alumni are registered throughout the US and other countries; well over 400 are alumni from the FWD. They offer a wealth of experience, talent, knowledge and dedication providing a vast resource of needed skill and expertise to supplement the efforts of the "active" membership.

There is no doubt that your collective experience can substantially add to the current goals of your patrol, your region/division. There are many reasons to go "inactive" besides "retirement": family responsibilities, new additions to the family, job responsibilities, health issues and more. Below, we will explore the human side of alumni membership:



Above, Larry Bolander, center, on bike, is a regular Sea Otter Classic volunteer with the NSP

Then there are veteran alumni who remain actively involved in local patrol and other NSP activities – such as the huge Sea Otter Bike Classic in California, attracting 50+ NSP patrollers and alumni for course marshal and first aid duty. One of our 'regular team members' is **Larry Bolander**, Nat'l #4974, joined the Golden Gate NSP Patrol, CA, in 1971, served as patrol rep and in a variety of training

roles, and did similar duty in the region and division. Larry has more awards and merit stars than almost anyone, so I asked him why does he continue to serve in events like this?

Larry notes, "for one thing, I enjoy helping, always have. I enjoy the respect that I have been given and the responsibilities to get things done. I also enjoy all the people that have volunteered to help the public, off the slopes. I also enjoy riding the course on my time off, as it is one of the best I have ever ridden, with breathtaking scenery in the back country. The Sea Otter crew listens to what I have to say and I appreciate that, more than you can imagine".

Rob Scharf is a Sierra at Tahoe, CA, mountain host. Ron notes, "I patrolled from 1997-98 to 2008-09 and got burned out driving two-plus hours to the ski resort to be there by 7am, working until 5pm, then returning home. I then took a year off as an alumni but missed the camaraderie of the patrol and that good feeling we all get when helping a guest of the resort. For me, the mountain host program offered a way to serve the public, the mountain and the NSP. I have been a host from 2010 to present, and love giving back"!



There are alumni who help expand talents beyond the NSP, like Roger Johnson, Nat'l #6855, who shares,



"When I joined the NSP in 1980, I was welcomed by outstanding leaders, instructors and mentors. I served as Patrol Director (Hyland Hills Ski Patrol, Minn.), Junior Adviser, WEC and OEC instructor for a

number of years. **Please see Alumni, continued on p. 18.**

Renew alumni dues on-line!

Alumni members; renew your NSP Dues on-line. I have had this question come up several times recently. Here's how to do it:

- Logs into the NSP web site, with member number and your Password, then,
- At top, upper right where it will say "Hi, (member name)" merely click on that icon, and it takes you to your My Profile page, then, at bottom left of the Profile, click on the "Renew Now" button, and it allows you to pay with credit cards, Pay Pal and the like.

Thinking of going inactive, retiring?

Is family life, work requirements or advancing aches and pains getting in the way of your active patrolling? Consider "going alumni" to keep your connection to the NSP a real one. See the next page for all the benefits you retain as an NSP Alumni, then merely clip the page and return it with your check. In successive years, you can renew, on-line (or, consider returning to active patrolling). To switch registration to Alumni, see next page...



BECOME AN ALUMNI MEMBER TODAY!

Have you taken a break or retired from patrolling? If you want to stay connected with NSP and were a patroller for at least one year, you can become an alumni member.

Alumni membership is a way for former patrollers to remain affiliated with NSP. You can choose how involved you want to be, whether as an instructor or with your local patrol. You always have the option to go back to patrolling with current OEC and your patrol rep's approval.

For only \$30 a year, you'll receive benefits including:

- Member voting rights;
- *Ski Patrol Magazine*;
- *Sweep and Sweep Deals* monthly e-newsletters;
- Discounts through the *Ski Patrol Catalogs* and NSP Pro Deals Page;
- Education resources; and
- Online access to the NSP website.

Become an alumni member today, and join over 3,500 other alumni who help support our great organization. Send in the form below with a check or money order for \$30 made payable to National Ski Patrol to:

National Ski Patrol
133 S. Van Gordon St., Suite 100
Lakewood, CO 80228

Photo credit: Jan Nelson



New Alumni Registration Form

133 S. Van Gordon St. • Suite 100 • Lakewood, CO • 80228
Phone: (303) 988-1111 • Fax: (303) 988-3005 • Email: alumni@nsp.org

Name _____

NSP Member # _____

Address _____

Phone _____

City _____ State _____

Zip _____

Email _____ Birth Date _____

Former Patrol _____

NSP Alumni, friends, family invited to gather in Whitefish, Montana!



NSP Alumni Celebration, Whitefish Mountain, Whitefish, MT, Feb. 3-10, 2019

The Far West, Pacific Northwest and Northern Divisions invite you to join fellow NSP Alumni, families and friends for an **“NSP Alumni Celebration Week”** at Whitefish Mountain, Whitefish, Montana, during the week of February 3-10, 2019 (active NSP members, family, friends also welcome to join in the fun).

Whitefish Mountain (formerly Big Mountain) is consistently rated in the top 30 US ski resorts, offering 3,000 skiable acres, almost 2,400 vertical, 11 chairlifts and presents an incredible skiing/snowboarding experience (see: skiwhitefish.com). The mountain offers FREE skiing to “super seniors” (age 70+) and about a 15% discount to seniors age 64 and up (hence, many alumni and spouses ski FREE).

We have booked a block of rooms at nearby highly-rated **Grouse Mountain Lodge** (glacierparkcollection.com), just minutes from the mountain, with free shuttle to the mountain, offering a “book four nights, get the fourth night free” package (hence, \$115 per night, X3 = \$445 for four nights, double occupancy). You can book for four nights (starting Sunday, Feb. 3, or Wednesday, Feb. 6), or, stay for the full week. The Lodge is adjacent to a nice cross-country ski center and just a mile from downtown Whitefish; majestic Glacier National Park and dog sled tours are nearby.

Special activities: The Northern Division Alumni Advisor will offer several no-cost **“Old Knees Clinics”** during the week, **special nights out at local restaurants** will be arranged, and **optional tours into Glacier National Park** (no charge), or **Dog Sled Adventures** (fee involved) in nearby Montana State Forests will be offered. A great adventure; meet NSP friends from around the country and share those “alumni tall tales”.

Getting there: A variety of all-weather roads take you to Whitefish; the nearby Kalispell Airport, MT, serves the area (free shuttle service from airport to Grouse Mountain Lodge, as well).

To join in the fun: do the two-step:

1. Book your room: Contact Grouse Mountain Lodge, call 406-892-2525 or email to:

glacierpark@pursuitcollection.com, and book your four nights starting Feb. 3 or 6 (or, stay longer, if you like). ID yourself as “National Ski Patrol Alumni”.

2. Also advise National Alumni Advisor Tim Viall, tviall@msn.com, (209) 969-3875 of your planned arrival date; Tim will then send you additional detail about optional tours and other planned week-long activities.

For any questions or for more info, contact Tim!

Hope to see you in Whitefish!

TRANSPORTATION NATION

All the sled news that's fit to print

Welcome Sled Heads to another El Nino December session here in the Far West Division! Now that we all have plenty of snow, our OET Instructors can focus on the important task of refreshers as we get our patrollers ready for another fun filled season of ski patrolling! Last year we focused on toboggan work, so lets put this year's focus on a review of our ski skills – with content provided by the snow pros - our partners at the Professional Ski Instructors of America (PSIA).

Please utilize your local PSIA instructors when possible for expert assistance and refer to the PSIA Alpine Technical Manual to ensure that your instruction is aligned with the experts.

The Skills Concept – a review

The Alpine Technical Manual notes that there are only three basic skills which influence our ability to make our skis go left or right as we head downhill on skis during our patrol day; these skills are defined as our ability to control ski rotation, control the amount of ski edge that we lay against the snow, and our ability to manage the pressure created when we edge our ski at speed. A functional demonstration of these three skills is essential for maintaining balance in all terrain and all conditions, and these skills provide a clear framework which we can use to analyze the action of ski on snow and thus evaluate our patroller's movements to effectively manage these forces. In short, the Skills Concept inventories and categorizes everything we can do that effects going left and right on a pair of skis, and the Five Fundamentals of Alpine Skiing allows us, as instructors, to filter that information into what we see as mechanical imperatives for great skiing. Let's review the key definitions that define the Skills Concept -

Rotation - Turning our ski around the vertical axis of the body – steering, and thus controlling, the direction of the ski

Edging - Tipping the ski around the long axis of the ski – to increase and/or decrease the edge

angle of the ski upon the snow

Pressure - Managing the forces which act upon the ski, either by transferring the distribution of pressure along the length of the ski or transferring pressure from one ski to the other, thus controlling the magnitude of the forces acting upon the skis.

With a clear understanding of the Skills Concept, we can then utilize our knowledge base to utilize specific drills to help our patrollers become more effective at turning, tipping, and pressuring their ski. Increased effectiveness comes through the use of mechanics, techniques, and tactics which can be included in your annual ski enhancement seminar series as we work with fellow patrollers to maintain balance help them become better skiers.

The five fundamentals of alpine skiing

- *Control the relationship between the Center of Mass to the Base of Support*

There are 3 primary ways to control where the skier's CM (Center of Mass) sits in relation to the BOS (Base of Support – the skis). We can move the CM fore or aft over the BOS; we can move the BOS fore or aft under the CM, or we

may combine those 2 motions simultaneously to achieve a balanced state. Note that these motions must be managed continuously throughout the length of each run; note also that flexion and extension movement at the joints (ankles, knees, hips) are used to effect the required movement. Fore and aft drills and exercises found in the NSP Outdoor Emergency Transportation manual, Chapter 1, can be used effectively to increase awareness of the motions

required to control the relationship between the center of Mass and the Base of Support.

- *Control the pressure from ski to ski, and direct pressure to the outside ski*

As we change direction, force is produced by the action of the ski upon the snow. This force is the result of pressure on the outside ski, which allows the skier to control the arc of the turn. As we progress down the run, that pressure must be transferred to the other ski – which then becomes the new “outside” ski as we transition to a new direction. This redistribution of pressure requires a flexion/extension

Please see Transportation Nation, continued page 19..



The NSP and Continuing Education

Instructor Continuing Education A Requirement for Recertification

Most large professional education organizations have developed continuing education programs for their instructor staff and members. NSP incorporates first aid continuing education for our member patrollers into our annual Outdoor Emergency Care Refreshers, and Outdoor Emergency Transportation continuing education is blended with the annual toboggan refreshers for alpine and nordic patrollers.

Continuing Education (CE) requirements for NSP discipline instructors have been mandated for decades in the NSP Policies and Procedures. Chapter 4, Section 4.4.4, of the current P&Ps requires all NSP instructors to participate in a continuing education event at least once during their certification period, usually 3 years for NSP instructors. As late as 2016, it was never specifically defined what a CE event consisted of. Some of the NSP disciplines had some general recommendations in the P&Ps or in the discipline-specific instructor manuals.

In 2015, the National Instructor Development Committee was tasked with formally defining what an instructor continuing education (ICE) event consisted of. Over the next two years, an ICE manual (“NSP Continuing Education Course Guidelines for NSP Instructors”) was developed by that committee and was presented to and reviewed by the National Education Committee and the National Board of Directors. That manual has been approved by those committees as a template to help regions and divisions provide instructor continuing education events to fulfill the requirements of the NSP Policies and Procedures. The 29-page ICE manual is available for

instructors as a free download under instructor resources on the NSP website.

The ICE event, which must be taught by an instructor trainer, region program administrator, or division program supervisor, consists of two parts; a brief review of basic instructor skills from the Instructor Development program, and a discipline-specific presentation which has a great deal of flexibility relating to teaching in the specific NSP discipline being addressed. Both of these sections are outlined in detail in the ICE Manual.

The ICE events are registered by the instructor trainer just like any other NSP course on the “Course Tools” page of the instructor trainer. The “Instructor Skills Review” portion of the ICE may be done as a stand-alone course, in conjunction with a discipline-specific CE course (you must register both courses), or as an “assumed” portion of a discipline-specific CE course (not recommended). The instructor trainer offering the ICE event may choose to bring in an Instructor Development instructor to teach the instructor skills review portion of the event.

ICE event instructor trainers are encouraged to **design their own continuing education content specific to their NSP discipline to supplement and compliment the review of the Instructor Development material. This may consist of, but is not limited to:**

- Program updates from the region, division and national program staff
- Textbook or instructor manual updates or new releases
- Continuing education topics from the program instructor manuals

Please see Education, continued next page...

Communications enhanced in FWD, regions!

Did you know that both the FWD web site and the FWD Facebook page have been enhanced and expanded to share information with patrollers and alumni?

As an example, if you need insight on Awards, go to the web page and click Awards in the Member Programs area. The FWD web site offers a new look, new organization and offers new options like Community Service Opportunities. To see the start of this new resource for you, the patroller, go to: farwest.org/MemberPrograms/CSO/CSO.html.

The FWD Facebook page continues to grow in interest (almost 700 FWD members) and utilization as more patrollers and patrols use it as a place to communicate their

successes, fun activities and to recruit patrollers and alumni into off-hill and on-hill activities. Go to:

facebook.com/groups/448272738574183/ and Join the page! It's there for you and your patrol!

On the Facebook site, you can post up news to reach our FWD members, upcoming events and special projects, or just good skiing insight worthy of sharing. So, check it out, go and use it!

If you are sharing news of your patrol or region, also remember to send it along for inclusion in the FWD 'News and Views' newsletter. Send to newsletter editor Tim Viall, tviall@msn.com!

Education, continued from page 14.

- Teaching tips specific to the skills and topics in the program
- Guest speakers from the program staff or from related groups or agencies
- Presentations by outside affiliated groups that relate to the program
- Films, videos, or other program-related multimedia presentations
- Practice teaching sessions for discipline-specific skills and material
- Instructor contributions and demonstrations of teaching methods and materials

If both of the portions of the ICE event are not completed within the three-year instructor certification period, the instructor is not eligible to be recertified until those components are completed. Enforcement of this requirement rests at the division level. Further information is available in the “NSP Continuing Education Course Guidelines for NSP Instructors” Manual (ICE Manual) or you may consult with the Instructor Development Program Supervisor for your division.

If you are not currently an NSP Instructor and have thought about teaching in one or more of the NSP disciplines, take the challenge and begin your NSP teaching career by enrolling in an Instructor Development Course in your region. You can change patrollers' lives, and I think you may change your life as well.

For more information on the Instructor Development Program, or if you would like an Instructor Development Course offered to your patrol, contact the Instructor Development Program Administrator in your region, or e-mail me. If you have questions or comments regarding this article, or ideas for future articles related to the Instructor Development Program, you may contact me at fwd-id@farwest.org.

Douglas Hill is Far West Division Instructor Development Program Supervisor



Community College Program sees number of changes

The Community College Program has had a number of changes over the last five months. At one point we were going to have everyone fill out an Admission form that could be signed electronically. Then it was decided the forms had to be signed then scanned and turned in.

The class hours were changed by the program to a point where we would earn only a dollar or two for each patroller enrolled. After awhile we were wondering how the process was going to be changed again and if this was the end of the program. All this happened before we even told the program IOR's how to enroll their classes.

Finally, we have what is without doubt the best enrollment process we have ever had. If a person has enrolled in the program in past years they are currently enrolled and do not have to fill out any form at all. Only new patrollers need to fill out a short one page form to enroll from now on and they only need to do it once. Hopefully, this season will see more patrollers enrolled and higher funding for the participating patrols. Finally, the funding was restored to previous levels.

A new class available this season, Patrolling 101, is

off to a good start with many patrols enrolling their candidates. Another new class is in the works for next season pending approval, Hill Safety. Hill Safety, if approved, will allow a patrol to obtain funding for morning meetings, Hill setup and Sweep. That amounts to three hours per day per patroller of paid instructional time. At this time it looks like the College we use may approve the class.

The purpose of the Community College Program is to provide funding to enhance the current training offered to all patrollers. Any funds from the program must be used for educational purposes. The funding is from a grant for training first responders.

If your patrol is interested in participating in the program contact Steven Thorsted at stevethorsted@gmail.com.



Alumni Celebration Day shaping up for this season!

Details on the coming March “Alumni Celebration Day” are in the works. In 2015, 2016, 2017 and 2018, the Eastern Sierra Region graciously hosted visiting alumni at Sugar Bowl, Heavenly, Sierra at Tahoe and Northstar Resorts. If you are an alumni member, watch for an email with details about the March, 2019 event. Typically, the resort hosts a lunch, the NSP patrol offers a tour of the mountain, and veterans of FWD patrols can catch up on alumni news and swap stories about their past NSP service/adventures!

At right, Eastern Sierra and MLR alumni who gathered to ski, share old patrol tales, catch up and remain involved in the NSP at Heavenly Valley Resort in March, 2016. Thanks to Heavenly, Sierra at Tahoe Resort for 2017, and Northstar for 2018 hosting!



Ski Patrols of the Far West Division:

Here are the stellar patrols of the FWD:

Arizona Snowbowl
Alpine Meadows
Alta Sierra
Badger Pass
Big Bear
Bear Valley Ski Patrol
Boreal Ridge
Buckhorn Ski Club
China Peak
Coppervale
Diamond Peak
Dodge Ridge
Donner Ski Ranch
Heavenly
Homewood
June Mountain
Kirkwood
Lake Alpine Nordic
Lee Canyon
Lassen Volcanic
Mammoth Basin Nordic
Mount Lemmon
Mountain High
Mt. Baldy
Mt. Pinos Nordic

Mt. Shasta
Mt. Waterman
Northstar
Pinecrest Nordic
Reno Ski Patrol
Sierra Ski Patrol
Snow Valley



Soda Springs
Squaw Valley
Sugar Bowl
Sunrise
Tahoe Backcountry
Tahoe Donner
Tahoe Donner Nordic Center
Have you skied them all?

Season underway...time to plan for Awards!

The season has begun so let's start thinking about submitting some awards.

Last season many of the members of the Far West Division were recognized with awards ranging from local, patrol/area awards all the way to receiving National Outstanding Awards. How is it that they received this recognition? It all starts with you. Yes **YOU!!!**

Would you like to be a part of the Awards Team?

There are several steps that finally lead to one for the members being presented with an award. The first and often the most difficult step is writing up the award. Most awards require two items to be submitted and considered for presentation.

The first step is the awards application. For an award to be considered an application is submitted with all the members patrol history. To most members this seems like a difficult task but it really isn't. Your Patrol Rep or Regional Awards Advisor can send you a copy of the members NSP profile. All you have to do is ask for one. With a profile, you can fill in the information and you are half way there.

The second part is a letter of recommendation. A letter of recommendation must accompany all most every award. This gives you a chance to tell the awards committee why the member deserves the award. The letter is usually only one page long and should briefly support why you are submitting the award plus this gives you a chance to state the facts supporting the submission. Please try to type this as a word document with your spell check on and don't embellish or make things up. They should receive the award for what they actually did not for something that you made up.

Once you have the award application and letter done, the next step is the easy one. It requires signatures but the only one you need to worry about is your Patrol Representatives. Just turn these over to your PR and they will take it from there. And all you have left to do is show up at a patrol, region or division awards banquet to see the member you submitted receive an award they so richly deserve.

If you would like to be a part of the Awards Team, you can find all the guidelines in the current NSP Policy and Procedures (under the Governance tab), Chapter 12. This year's awards forms are also on the NSP web site:

How to Download Awards forms

- Log on to www.nsp.org
- Click on "Member Resources"
- On the right side click on "Forms and Documents"
- Click on "Awards"
- Look for Award Forms, click on the form you need and download it

So as the first and most important part of the Awards Team, follow the above steps. If you run into any problems, contact your PR, your region Awards Advisor or feel free to reach out to me.

Remember awards start with **YOU**.

Become a part of the Awards Team Today!!

Bill Gibson, Far West Division
A w a r d s A d v i s o r ,
downhillbill01@gmail.com



Assistant FWD Newsletter Editor sought

FWD 'News and Views' Assistant Editor: The FWD newsletter is published three times yearly, in September, December and February. Deadline is the end of the month prior to publication. Seeking an assistant for newsletter editing and layout, will happily train and mentor! Contact Tim Viall tviall@msn.com, 209.969.3875.

Alumni article, continued from page 10:

long the way I found a “family”, our son became a Junior Patroller and from my tight-knit shift crew, our patrol, the Region, Division and National contacts, this extended family grew.

In 2012, a skiing accident ended my presence on hill duty and I registered as Alumni. I redirected my volunteer efforts to Three Rivers Parks District to offer aid on their trails and at special events including running and cross country races. My NSP training proved to be a natural fit for me to join CERT and the Minnesota Emergency Response Team.

The Alumni program allows me to maintain my place in the NSP family. Our shift crew, which made numerous ski trips to Red Lodge, Targhee and other points west, remains intact to this day. We still gather for social times and reminisce whenever possible. Yes, the alumni benefits provided by National are great but the blessing of the program is in the continuance of this family of wonderful friends”.

As we head towards another ski season, if you are a patrol representative, region or division director, please keep the alumni program and our active alumni in mind.

NSP Patrols are encouraged to consider the following:

- Establish an Alumni Advisor for your individual patrol, to take the lead on building alumni support, activities for alumni in the patrol (how about an “Alumni Celebration Ski Day”?), and opportunities for alumni who wish to remain active with their old patrol.
- Advise current patrollers of “life after active patrolling” - as an active alumni of the patrol and the NSP.
- Keep current patrol leadership thinking of ways to retain, and involve, your patrol's alumni and those “contemplating going inactive”.
- Share your patrol's alumni advisor's contact

information with your region's and division's alumni advisor, so individual patrols receive ongoing alumni updates and tools!

If you are already an NSP alumni, what are your ideas? With your interest and help, additional value and enthusiasm can be added to a well-established Alumni Program. Your individual input is needed to grow the program and your ideas are appreciated. If you have an interest in maintaining contact and/or involvement with your local patrol, let your former patrol's patrol representative know. If you have talents that can be utilized at patrol, region or division level, let those active leaders know your interest.

Don't overlook alumni perks such as ski pass discounts, access to the NSP catalogue and NSP “pro deals”. And, consider joining in our first annual “Alumni Celebration Week” at Whitefish Mountain Resort, Montana, in early February, 2019 (see details on page 12).



And, a special welcome to our new Far West Division Alumni Advisor, **Alyson Dutch**, at left, who has years of experience in the Southern Region.

To the many thousands of NSP alumni, we welcome your continuing involvement in your local patrol, region or division. Please feel free to let me know your questions or ideas; **Tim Viall, National alumni advisor, tviall@msn.com or (209) 969-3875.** Thanks!

Tim Viall, National Alumni Advisor, tviall@msn.com, (209) 969-3875;

For additional info, go to: www.farwest.org. click on Member Services, then, Alumni!



Transportation Nation, cont'd from page 13

motion by the legs to produce the necessary movement of the Center of Mass across the Base of Support. Fore and aft drills and exercises found in the NSP Outdoor Emergency Transportation manual, Chapter 1, can be used effectively to increase awareness of the motions required

- *Control edge angles through a combination of inclination and angulation*

Inclination (lean) and angulation (bend) are the primary tools that we have to affect edge control, and are continuously managed throughout the turn. Inclination occurs when the skier deviates from a vertical position, and is a lateral movement toward the inside of the turn; while angulation refers to any movement that creates - or changes - angles between body parts.



- *Control the ski rotation (turning, pivoting, and steering) with leg rotation, separate from the upper body*

Rotational control is a complex process that can originate from several locations within the body. Patrollers are aware of the need to separate upper body (pelvis and above) rotation from the lower body (femurs and below) effort, and the PSIA Technical Manual identifies the four distinct movements of leg rotation, counter rotation, anticipation and upper body rotation that allow us to turn, steer, or pivot the ski effectively.

- *Regulate the magnitude of pressure created through the ski/snow interaction*

The most direct method of regulating the forces created in a turn is to increase or decrease the amount of rotation

or the edge angle of the ski on the snow. In addition to those skills which we have previously reviewed, a third skill, unweighting, is required to manage these forces effectively. Unweighting can be accomplished through a flexion/extension movement which allows retraction of the legs to absorb pressure in dynamic terrain such as a mogul field. The goal of all pressure regulation movement is to create and maintain a state of balance, or equilibrium, throughout the run.

Using the instructional tools provided by the PSIA in their Alpine Technical Manual together with the general principals, fundamental movements, and specific drills contained within the NSP manual Outdoor Emergency Transportation, our OET Instructors have an unmatched set of reference documents to support the outstanding individual instruction provided by

credentialed NSP and PSIA instructors. It's no wonder that ski patrollers are awesome folks!

Remember what Doug Parker always says: Good luck, have fun – and be careful!

Daryl Whitcher is FWD
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