

**2010 CENTRAL DIVISION MEETING  
September 10 - 12**



The Western Region would like to invite all of the Central Division patrollers to Bloomington, Minnesota for the 2010 Central Division Meeting! Bloomington is a Minneapolis suburb that sits on the doorstep of the Minneapolis/St. Paul International Airport and is home to the world renowned Mall of America. You can enjoy hiking and biking trails, golf courses, casinos, and light rail transit to downtown Minneapolis.

**Hotel Information**

We will be staying at the Hilton Minneapolis/Bloomington Hotel  
3900 American Blvd.  
Bloomington, MN 55437  
952-830-5230

(Please note that this is **NOT** the Hilton Minneapolis/St. Paul Airport Mall of America hotel.)

The rooms are under Three Rivers Ski Patrol.  
Rooms are blocked out for Thursday (15 rooms), Friday (50 rooms), and Saturday (50 rooms) nights at a rate of \$89 per room per night.  
*Higher, prevailing rates go into effect after August 13!*

Our Personal Group web page address is:  
[http://www.hilton.com/en/hi/groups/personalized/MSPBWHF-TRS-20100910/index.jhtml?WT.mc\\_id=POG](http://www.hilton.com/en/hi/groups/personalized/MSPBWHF-TRS-20100910/index.jhtml?WT.mc_id=POG)

There is a complimentary shuttle that runs from the airport to the hotel.

**Registration Information**

To register for the meeting and meeting events online, visit the Western Region Website <http://www.d.umn.edu/~nspscdwr/> (Coming soon!)  
Or link to it through the Central Division website <http://www.nspcentral.org/>

**Meeting Wear**

The following clothing items with 2010 meeting logo will be available through advanced order. *Ordering deadline is August 15!*  
Long sleeved, gray mock turtle neck in men sizes. Cost: S – XL \$25, 2X \$28, 3X \$30

## **Planned Meeting Events**

### **Friday**

#### Motorcycle tour

Three Rivers patroller, Jim Andrews, will take bikers on a ride along the Minnesota River to the southwestern city of Henderson. After a delicious lunch, they will return to the hotel.

Time: 11:00 am - 3:00 pm

Cost: Bring your own lunch money.

#### Wine Tasting Tour

Board the shuttle with Sue Hayes and the Welch Village patrollers for a tour of the Cannon River Winery in Cannon Falls and the Alexis Bailly Winery in Hastings. Transportation, wine tasting and light appetizers are included.

Sign up early! *There is a limit of 30 people.*

Time: 12:30 pm – 4:30 pm

Cost: \$30

#### Golf Outing

Join Kerstin Hammarberg and the Buck Hill patrollers for a day of friends, laughter, and chasing the “illusive dimpled white ball” through the beautiful landscape of central Minnesota! We will play at the Lost Spur Golf Club in Eagan, Minnesota; just 14 miles from the Hilton Hotel. We will play 9 holes of golf and enjoy a boxed lunch. (Scramble format with 40 or more golfers.)

Time: 10:00 am - 3:00 pm

Cost: \$28 for 9 holes and boxed lunch. \$10 for cart.

#### Minnesota Backyard BBQ

The Three Rivers Patrol is hosting a Minnesota Backyard BBQ dinner, served at the Hyland Ski and Snowboard Area; just 3 miles from the Hilton hotel. A shuttle bus will be available. The driving range, putting green, disc golf and lawn games are complimentary. A cash bar will be available.

Time: Social hour at 5:30 pm. Dinner at 6:30 pm

Cost: \$23

#### Hospitality Suite

Back by popular demand! Lutsen patrollers, Jim Ruzicka and Paul Botnen, will be on hand in the hotel’s “Hospitality Suite”. Stop by for a beverage or snack or just to see the fun that’s being cooked up.

Location: Hilton hotel

Time: 8:00 pm – 11:30 pm

## **Saturday**

### General Session

Learn the most up to date information about the National Ski Patrol and the ski industry. Speakers include: Division Director, Jim Woodrum; NSP Executive Director, Tim White (tentative); MSAA President, Chris Stoddard; and MSAA Board member, Fred Seymour.

Location: Hilton Hotel

Time: 8:00 am - 11:30 am

Cost: none

### CD Board Meeting

The 16 Central Division board members will meet to implement final planning for the coming season including: advisor reports, season events schedules, and budget review. Audience members are welcome.

Location: Hilton Hotel

Time: 1:00 pm – 5:00 pm

Cost: none

### A Day in the Life of a Flight Nurse

A day in the life of a flight nurse is never the same. David Tetley, Three Rivers patroller and flight nurse, will share nursing stories that attest to the fact that the flight nurse occupation provides a level of excitement that is difficult to match within the nursing profession.

Location: Hilton Hotel

Time: 1:00 pm – 2:00 pm

Cost: none

### Sports Injuries, an Olympic View

Dr Heather Edwards, a US Olympic Ski Team physician, will present information on the types of injuries that occur and care given to members of the US ski team and at the World Cup Events.

Location: Hilton Hotel

Time: 2:30 pm – 3:30 pm

Cost: none

### Yoga for Skiers

Join Afton Alps patroller and yoga instructor, Alane Lucht, in a yoga session that focuses on the balance, flexibility, and concentration skills needed for skiing. Bring your own yoga mat. (There will be a few available to use.)

Location: Hilton Hotel

Time: 12:30 pm – 1:30 pm

Cost: none

### OEC Instructor Recertification

Western Region OEC Administrator, Sue Hayes, is offering an OEC Instructor Recertification. This clinic provides an opportunity for instructors to share teaching ideas and receive the latest updates from the National and Division levels.

Location: Hilton Hotel

Time: 12:30 pm – 4:30 pm

Cost: \$10

### Mountain Travel and Rescue (MTR-A): Low Angle Rescue

Central Division MTR advisor, John Wachter and Western Region MTR advisor, Derk Renwick will lead a Mountain Travel and Rescue Awareness course covering the general knowledge and skills of winter backcountry travel for search and rescue support. The course will emphasize low angle rescue work including equipment, knot tying, and simple pulley systems. This course does not satisfy the prerequisite requirements for Mountain Travel and Rescue II. Participants will learn about the physics, equipment, and techniques of LAR in a classroom session. A field session will follow and include setting up a working LAR. For additional information, contact Derk [renwick@umn.edu](mailto:renwick@umn.edu)

Location: Hyland Ski and Snowboard Area

Time: 12:30 pm – 4:30 pm

Cost: \$10

\$7 boxed lunch optional

### Level 1 Avalanche for Rescue Personnel: Classroom Portion

This class will provide participants with 8 hours of activities focusing on snow science and traveling in avalanche terrain. Completion of this session prepares participants for the second day of the course which is held on the snow. Classroom materials will be sent to you two weeks prior to the course. For additional questions, contact Kristi at

[live2skimountains@hotmail.com](mailto:live2skimountains@hotmail.com)

Location: Hyland Ski and Snowboard Area

Time: Sat. 12:30 pm - 4:30 pm *and* Sun. 8:00 am - 12:00 pm

Cost: \$25.00

\$7 boxed lunch optional

### Instructor Development

Western Region Instructor Development Supervisor, Bob Iverson, will offer the class that is the first step in becoming an instructor in any NSP discipline. The class will explore learner types, learning objectives, the six pack plan and necessary paperwork. For additional questions, contact Bob at [ivers043@umn.edu](mailto:ivers043@umn.edu)

Location: Saturday's session is at the Hilton hotel and Sunday's session is at the Hyland Ski and Snowboard Area.

Time: Sat. 12:30 pm - 4:30 pm *and* Sun 8:00 am-12:00 pm

Cost: \$10 for class enrollment.

Required text book costs \$20 and is available at [www.nsp.org](http://www.nsp.org) or at class.

### Award Informational Session

Division Awards Supervisor, Gregg Reese, will give an information presentation on the process of writing NSP award nominations. He will cover award criteria, award forms, and support letters. He will also have CDs of the Central Division's Award Manual.

Location: Hilton Hotel

Time: 1:30 – 2:30

Cost: none

### Region Treasurers Meeting

Central Division Treasurer, Bev Benzing, will be leading a meeting for all Central Division treasurers or their designees.

Location: Hilton Hotel

Time: 2:30 pm – 4:00pm

Cost: none

### CPR Refresher

American Heart Association instructors will lead a CPR refresher. The BLS for the Healthcare Provider CPR course is designed to teach the skills of CPR for adult, child, and infant patients. Skills include one and two person CPR; airway maintenance and adjuncts; use of barrier devices; ventilation with a barrier device, a bag-mask device and oxygen; use of an AED; and relief of foreign-body airway obstruction. Bring your CPR mask! AHA certification card provided.

Time: 1:00 pm - 4:00 pm

Location: Hyland Ski and Snowboard Area

Cost: \$15 (includes AHA certification card)

### Trade Fair

Check out all the latest gear for patrolling and outdoor sports, as well as, NSP program informational tables! Participants include: Jeannie Thoren's Women's Ski Center, Harper Packs, Pierce Skate & Ski, Senior Ski and Toboggan, and more!

Location: Hilton hotel lobby

Time: 3:00 pm – 6:00 pm

If you would like a table for your NSP program or outdoor related products, contact Jeannine [jmogan@threeriversparkdistrict.org](mailto:jmogan@threeriversparkdistrict.org)

### Central Division Awards Banquet

The annual Central Division Awards banquet will be held in the ballroom of the Hilton Hotel. Dinner options are:

- Boneless Short Ribs \$50
- Pan Seared Chicken Marsala \$45
- Vegetarian Option \$45

Time: Social hour 5:00 pm (cash bar)      Dinner 6:00pm

Featured Dinner Speaker: Jeannie Thoren!! One of the most influential people in the ski industry and crusader for women skiers.

Please note: **Banquet reservations will NOT be accepted after September 4!!**

### Hospitality Suite

Back by popular demand! Lutsen patrollers, Jim Ruzicka and Paul Botnen, will be on hand in the hotel's "hospitality suite". Stop by for a beverage or snack or just to see the fun that's being cooked up.

Location: Hilton hotel

Time: 9:30 pm – 11:30 pm

### **Sunday**

#### Patrol Representative Breakfast

Patrol Representatives are invited to join Central Division Director, Jim Woodrum for a complimentary breakfast. Bring your questions and topics for discussion.

Location: Hilton Hotel

Time: 7:30 am - 9:00 am

Cost: free to Central Division PRs or their designee.

#### Central Division Board Meeting (continued)

The Central Division Board of Directors will continue their meeting. Audience members are welcome.

Location: Hilton Hotel

Time: 9:00am - 12:00 pm

#### Instructor Development (continued)

Location: Hyland Ski and Snowboard Area

Time: 8:00 am - 12:00 pm

#### Avalanche Fundamentals and Rescue (continued)

Location: Hyland Ski and Snowboard Area

Time: 8:00 am - 12:00 pm