



Mt. Hood Ski Patrol

Snojob

September 2014



Action Items for All Members

- Dispatch for swap shifts and training events.
- Go to www.mhss.com to print out swap flyers and post them at work, day care, your gym, etc.

Message from the President

By Jim Trett, President, AS 90244



As we get close to Labor Day and the official end of our ski season for 2013-14, we are already blocking out days for training and getting ready for the next season.

The NSP division convention offered lots of opportunities to learn; in formal sessions and informally talking with patrollers from around the northwest. It's a great way to get ideas to better serve our patrollers and do the things we do to make the experience better for everyone involved: the public, patients, the areas and ourselves.

This Snojob is full of important information. Please read it, mark dates and get ready to have a fantastic season.

Are you interested and willing to help to teach or lead? Work at becoming a better patroller, perhaps starting the senior program? Or helping the patrol behind the scenes on one of our many committees? Maybe your life is already full and it will be a season where you simply make your commitments and do your best every time you're up. All of these contribute to our patrol, to serving the public, helping ensure they and we have a good day on the mountain.

On a different note this seems like a good time to talk about your council members. We have had a couple of meetings, the budget is set for the coming year, we're working on ways to ensure our finances remain strong (the ski swap is our biggest fund raiser – dispatch if you have not already done so). We were all elected to one year terms that end May 31, other than the three trustees who rotate through junior, middle and senior positions over three years. Council members must have at least three years patrolling with MHSP before serving. All of the current council is term limited (except the Host Director so you should be thinking about running for office, or looking for and identifying others you'd like to see run if you're new.

If you've got questions, concerns or ideas to improve the way something is done on the patrol, talk to a council member. This is the best way to learn why we're doing something, and to get your ideas considered.

THANK YOU for all you've done this past season. And I look forward to our new season together.

AT THE SWAP

Mt. Hood Snow Sports October 2, 3, 4 & 5

By: Stewart Carter & Pat Stevens

IT'S SWAP TIME, BOYS AND GIRLS!

Go directly to www.mhspdispatch.org/cgi-bin/swap/login.html and lock in your preferred shift(s). If you're not entirely sure of your schedule, dispatch for what you think you can do. If things change there are still six weeks to change your days.

The Swap credit is the same as last year - 1 shift = 1 patrol day. Up to 2 shifts count towards hill days, the rest are good guy credits. If you need some special accommodation for your shift (i.e. you want to work Friday second shift but your weird boss won't let you leave until 4:30), just let Pat know. We can work it out and you will get appropriate credit for the time you actually worked (5:00-9:30 = 3/4 credit).

For those of you who are new to the Swap, the Swap Dispatch site is separate from the regular dispatch site. It looks the same, you dispatch the same, but it is specifically for the Swap. If you have never logged onto the Swap Dispatch site, your User ID# is your patrol number and your Password is MHSP-your patrol number. After you get into the site, change your password. Let us know if you have issues. We can take care of issues.

So **DISPATCH NOW**, before Pat gets out the voodoo dolls.

Dispatch Schedule

Thursday, October 2

1st shift - 12:00 to 6:00
2nd shift - 2:30 to 8:30
Overnight - 8:15 pm to 8:45am

Friday, October 4

1st shift - 8:30 to 3:30
2nd shift - 2:30 to 9:30
Overnight - 9:15 pm to 8:45am

Saturday, October 5

1st shift - 8:30 to 3:30
2nd shift - 2:30 to 9:30
Overnight - 8:15 pm to 8:45am

Sunday, October 6

9:00 - 4:00 (or earlier)

You will notice there are some new categories in this year's dispatch. In an effort to utilize everyone's talents and to give our customers the best service possible (which keeps them coming back!), there are places where people who have specialized knowledge can sign up – Snowboards and Boots, Skis, Ski Boots, Clothing and Accessories, and Pricing for Public. The Pricing for Public section is for someone to work in the public gear in-take area helping our customers put appropriate prices on their gear that they want to sell.

If you can't swing any of the above shifts **alternative work opportunities** are available including vendor tagging groups and yard sign teams. Due to the random nature of these projects we can't put them on the Swap Dispatch. Kimberly Granning schedules and tracks these projects manually. Contact Kimberly Granning at 360-901-9417 or kgranning26@me.com. As with the normal dispatch, contact Kimberly NOW to be at the top of the list for your preferred project.

Committee

If you want to get involved with any part of the Swap Committee, contact Pat Stevens ASAP. We need help with every area of operation. The swap leadership remains largely unchanged from last year; they are (in no particular order):

Stewart Carter	General Manager	503-857-7772	stewart@rivercitysailing.com
Joel Stevens	Asst. Gen. Manager	503-799-4686	Joel@SDELtd.com
Lisa Hargrave	Accounting	503-320-1036	lisa@philhargrave.com
Pat Stevens	Human Resources	503-799-2434	pat@SDELtd.com
Robyn Gelfand	Marketing Director	970-846-9226	robyn.gelfand@gmail.com
Dean Phillips	Retail Operations	503-804-4500	deano_phillips@yahoo.com
Toby Willey	Shop Coordinator	503-939-0270	toby@thewilleys.us
Dave Miller	IT	503-358-1733	dwmiller@umich.edu
Mike Anderson	Security	360-921-8607	mikeanderson3@comcast.net
Kimberly Granning	Alternative Projects	360-901-9417	Kgranning26@me.com
Bob Stephens	Setup / Takedown	971-340-3779	stephens8275@comcast.net

Marketing

In MHSSS marketing news, Robyn has presented a comprehensive MHSSS marketing plan that places even more emphasis on social media and non-traditional marketing venues. Get your thumbs limbered up for more texting. Again this year, please take an active role in driving business into the MHSSS by posting to Twitter and Facebook about how great the Swap was last year; the great deals; what you're bringing this year; who you met last year; who you hope to meet this year. **MAKE SOME NOISE!**

Dave Miller has designed a new, very clean, mobile-friendly MHSSS web site on a new platform. Check it out at www.mhsss.com. Please note that, close to the bottom of the page, there is a link to print out flyers suitable for posting at work and other venues. **Also, let folks know they can get \$1 off admission coupons and enter the season pass drawing on the website.**

Swap Schedule for the General Public

Drop off gear:	Thursday, Oct 2nd	4pm – 8pm
	Friday, October 3rd	1pm – 9pm
	Saturday, October 4th	9am – Noon.
Sales:	Friday, October 3rd	4pm – 9pm
	Saturday, October 4th	9am – 6pm.
Pick up unsold gear:	Sunday, October 5th	10am - 2pm

Final Reminder

As a final reminder, remember the three key steps in not mysteriously contracting a voodoo related malady:

**Dispatch now.
Dispatch now.
Dispatch now.**

SEE YOU AT THE SWAP!!!!



FIRST AID

First Aid Chief

By James Schuler, First Aid Chief, AS90481



It has been a fantastic summer and I hope that this Snojob finds you well rested and ready for another great season on the Mountain.

For some of us, the summer has been a continuation of the spring and many of you have put in time at Timberline and Skibowl summer activities. Thank you for supporting our areas and experiencing the unique pleasures of summer patrolling. Others have been busy with a new OEC Class that started in June and will continue into October. This is our first experience with NSP Online course work. We have 22 Apprentices that are half way through the course and will be fully OEC qualified when the first snow arrives. You'll begin to meet them at our fall training activities along with our graduating class of candidates that received their Patrol numbers in May. Please make them all feel welcome and introduce them to the best part of patrolling – the camaraderie that we share.

It's almost time for our annual OEC Refreshers. Cleo Howell has stepped up and taken on the role of coordinating the Refreshers this year. I cannot thank him enough for taking that responsibility off my plate. My schedule is stretched with the new OEC Class and I could not have done both activities without him.

All patrollers, including the students from the Spring 2014 OEC class must attend one of the Refreshers.

Refresher dates are listed below and the Dispatch is open. Please don't wait for the very last Refresher. If for some reason you can't make it to one of our Refreshers it's your responsibility to find another Refresher to attend.

- Sunday, September 21
- Saturday, October 25
- Sunday, November 2

See the link for Refreshers in the Pacific NW Division. Look for *Cycle A 2014 OEC Refreshers* in the Pacific Northwest Division. http://nsp.org/members/edu_template.asp?mode=course_schedule&search=view.

You should have received the Student Workbook in the mail in June. If you did not receive the workbook it may be because the National Ski Patrol doesn't have your current address. You can update your address by going to the NSP website. www.nsp.org.

The Student Workbook is also available on the MHSP Wiki.

<http://www.mthoodskipatrol.org/wiki/uploads/Skills/OEC%202014%20Refresher%20Workbook.pdf>

It's important that you complete the workbook and read the corresponding chapters in the OEC 5th Edition textbook. The textbook can be purchased on the NSP website. Let me know if you need help and I'll be happy to give you an easy access to the online purchase.

Enjoy these dog-days of summer and I'll look forward to seeing you all again soon!

PATROLLER OPERATIONS

Get Ready for the New Season

By Doug Stanton, Patrol Chief, HC 995



Time for Refreshers

Summer has flown by and it's hard to believe that it's time to begin thinking about required refreshers prior to the start of the 2014-15 season.

Check out the First Aid Chief's articles for information on OEC and CPR refreshers.

New this season for all hill patrollers will be a required Outdoor Emergency Transportation (OET) refresher. This refresher will include skiing, unloaded and loaded toboggan skills assessments. This requirement has been in place for a while but is now being enforced by NSP and the PNWD. Details will be forthcoming. All skills will need to be refreshed by the end of the calendar year. This is a big challenge based on the size of our patrol, but one that will be completed.

Chair evac has been scheduled and every effort has been made to accommodate all patrollers. Three dates have been scheduled, September 27, October 18, and October 19. Like OEC and CPR, chair evac is required annually to remain active.

Things you should do in the next few weeks.

- 1) Review the MHSP calendar for details on refresher dates and locations.
- 2) Select required refreshers and dispatch.
- 3) If you are unable to take one of the refreshers offered by MHSP, contact one of the other division patrols to take your refresher training. Other patrols can be found at www.nsp-pnwd.org.

Looking forward to seeing everyone at refreshers and on the hill soon.

Never too Late to Get in Shape...

Summer is coming to a close very soon and the thought of fresh snow will dominate us with anticipation. But what about those ski muscles that were put away like our equipment for the summer? If you're like me, you've been doing the honey-do list. Shovel that bark dust, chop that firewood, clean the decks, finish those landscaping projects, and if you have time, squeeze in some golf. Well, all that activity is good but not quite what is needed to be ready for patrolling.

So it's time to get that heart rate up with some running or biking, work on those core muscles, add some weights to build strength and above all STRETCH! Nothing will ruin your winter faster than having an early season injury. Conditioning is your ticket to a long and rewarding season.

Don't Forget Your Flu Shot

Influenza can ruin your ski season even if you are in great shape. Who wants to go on the long planned ski trip to only end up in your condo or hotel room wishing for someone to put you out of your misery? Even though we're not technically health care providers, we are exposed to the public as part of our patrolling activities. A \$20 flu shot is inexpensive protection from an annual virus. So the next time you're at Safeway, Walgreens, or any local pharmacy, fill out the paperwork and get your shot. It only takes 15 minutes but can save your season.

Commitment and Benefit Levels for 2014/15

By Doug Stanton, Patrol Chief, HC 995

Every season starts with a question, what will our membership and benefit levels be for this season? I'm pleased to announce that membership and benefit levels will remain the same as last year. All patrollers will be requested to confirm their membership and benefit level before departing the OEC refresher by choosing either Level I or Level II commitment. You can find details by accessing the Wiki, scrolling down the left side of the page and clicking on membership and benefit levels. The information currently contained is from last season and will be updated soon, but the content is accurate and will provide a guide to plan for the coming season. The Wiki will be updated before refreshers start.

It's About You

By Jaye Carlson, Vice President, HP _____

With the start of a new season there will be a few of you who are considering whether a recent life change will allow for patrolling. If you have had a change in your life (baby, new job, moving) there are options for you to consider.

Rather than retiring from patrolling altogether, consider take a year or two of MHSP inactive membership so you can return to patrolling when ready.

The most important thing to preserving your return to patrolling is to complete your annual OEC refresher during your inactive period. Missing a refresher could mean having to take the entire course over again before you can patrol again!

As an inactive member you would pay NSP Alumni Dues of \$27 per year. This keeps your records active with NSP and authorizes you to participate in NSP training classes such as the OEC refresher. You will not be eligible to patrol, vote in elections or hold office. But you will be able to participate in training and return to patrolling with your credentials up to date.

If you have reached the end of your patrolling or hosting years you can contact me for your alumni options.

- Retiring patrollers please remove your patches from your jackets before selling or donating them.
 - Retiring hosts please contact Mike Cullen regarding your jackets.
-

Associate Director

By Jodie Jeffers, Associate Director, AS 90526



Wanting a challenge? Looking for ways to be more involved? Want to improve something or maybe wondered what's next to do now that your first, second, fifth, twentieth or #? year is now behind you? You may have seen challenges for great causes in social media recently so consider giving yourself a challenge and start doing it now! I know I want to challenge for earlier snow, taking some ski lessons and improve my communication with you all. I think I have some good direction on the last two but may need your help with snow dances on the first! So what is your challenge?

Associate Apprentices: Bob Tise is leading this group again this year and beginning to gather interested parties for coaching & mentoring this season. Have thoughts, interests, and looking to help, please go direct with Bob!

Ski Lessons: Last years late start proved a bit problematic with us getting this accomplished with the areas but I am working with renewed vigor to get this finalized for this season. Interested in trying this again, please let me know so we can approach the areas and let them know how many are interested.

OEC Refreshers, Chair Evacs, Ski Swap are just a few things to double check your calendars on and getting involved in gearing up for. I hope your summer was awesome and your now ready for the upcoming season as well as giving yourself a challenge to do!

New USFS-MHSP Agreement for Nordic Patrollers

By Jeff Hepler, Nordic Director, 30006

During the summer we were able to finalize a new USFS-MHSP Volunteer Agreement that defines our role on the mountain. Discussions with the USFS are continuing and productive. Suggestions and input from patrollers has been valuable so please continue to call, email or visit anytime. Equally important was to reaffirm Teacup Lake Nordic Area's interest in our services. The final "piece" of the coordination pie is with the local sheriff's to define our role in search and rescue. This last action requires more work but I am optimistic we can get an agreement in place prior to winter.

On a lighter (literally) note – for those of you patrolling at Teacup consider shopping for a ski that will work within the groomed tracks at Teacup. This would be a ski no wider than about 66mm. The Fischer Spider has a 62mm width and offers excellent control for an ultra-light metal edged ski. I also recommend lightening up the pack for Teacup. You might consider the "Mountainsmith Day" lumbar pack (in Red). It will accommodate first aid supplies, a small shovel and free you up to enjoy skiing groomed Nordic. Mountainsmith has a site on the NSP webpage and offers a discount to patrollers. Whatever you decide for packs and uniforms please stick to the red color scheme and uniform standard.

Keep in touch and thanks for serving the mountain as a Nordic patroller.

Level 2 Avalanche Class

By John Gastineau, Avalanche Training Director, HC ???

This is the year for a Level 2 Avalanche course. We will offer it if there is sufficient interest.

Course Description:

This is an enhanced Level 2 course for ski patrollers or personnel of other organizations or agencies engaged in avalanche search and rescue who want to upgrade avalanche safety and rescue skills to a leadership level. It is a prerequisite for NSP avalanche instructor development and for professional-level training offered by other organizations.

This course covers advanced knowledge and techniques for hazard assessment and route selection, introduces avalanche hazard forecasting and mitigation strategies, and develops organized rescue management and leadership, including strategies for travel to an incident site and conducting both an immediate search and extended operations. It also includes incident/rescue documentation and development of avalanche emergency response plans.

If you want to take the course you need to let me know right away. Before you decide I'll add a few local thoughts.

- You must be able to travel in a backcountry environment for this course. Snowshoes are ok, AT and tele skis with skins are better.
- You must be ready to climb in deep snow. If skinning up to the top of the Mile sounds awful, this is not the course for you.
- While MHSP has a good deal of avalanche equipment, you'll likely want to own a beacon, probe and shovel by the end of the course.
- This is an excellent elective for NSP Senior status.
- Hill Captains, while not required to take this course, really should have this background.

Contact me with questions or to express your interest at the phone or email in the roster.

MOUNTAIN HOST OPERATIONS

Preparing for Winter Season

By Mike Cullen, Mountain Host Director, HS 60009



Apprentice Recruitment

We are currently processing twenty-plus interested folks that have expressed an interest in becoming part of the Mountain Host program. Interviews will be conducted this month to select those who will be in the next group. The focus is on building up the number of members that will be making Skibowl the primary resort that they will dispatch to.

New Focus on Apprentice Training

Each year we continually find new ways to improve and expand upon the training that we give to our apprentice group. This season some additions include 1) participation as an OEC patient and 2) some scenario training using the radios to call dispatch to report incidents. Both of these items will better prepare our group while engaged in helping patrol with 10-50's.

Chairlift Evac Training = Host Participation

This is the annual refresher training for all of the patrollers. Patrollers will be polishing their skills at evacuating guests from the chairs in the event that a chair lift stops running. We are hoping to invite as many hosts as possible to play the role of a guest, and be evacuated from the chair. I played this role a number of times in prior years and have found it very helpful in understanding how the process works. It was fun too. Stay tuned for more information on dates and locations.

OTHER NEWS

Safety Safety Safety

By Jodie Jeffers, Wy'east Region Safety Coordinator

I'm dreaming of a white Christmas.....and early safe snow season!! The annual PNWD Convention is completed and hopefully all attended left with renewed energy and spirit to bring on the new season and early snow dances. Some of you may have seen recently in social media public challenges that all are for great causes and I would like to add to that list. It may still be August, but now is the time to be gearing up for making this an EPIC year for yourself, others, and the general public. You choose one thing to work on this season both personally and to the general public to make it an EPIC day for all. Think about what it could be, something as simple as making a point to smile and telling someone to have a great day today. Or you yourself take a ski lesson to maybe work on turns this season or passing on great information/teaching moments to others? Consider making it a game or challenging their friends in learning/sharing the Responsibility Code while sharing a lift ride up to the top and maybe encouraging sun screen and avoiding tree well dangers? YOU CHOOSE something.

The Responsibility Code is all about common sense however as we all have seen sometimes common sense briefly leaves all of us at some point. So just how fast can you correctly rattle off the 7+ points to it and one Sun Safe Concept?? To the first person to email me these, I will forward you a REI email gift certificate. Please help spread the information and have fun too!

Fred Meyer Fundraiser

By Kathy Lee, AS 90232

Support the patrol at no cost to you when you shop at Fred Meyer and use your Rewards Card.

Fred Meyer is donating \$2.5 million per year to non-profit organizations in Alaska, Idaho, Oregon and Washington based on where their customers tell them to give. You can help our patrol earn some of that money by shopping with your Fred Meyer Rewards Card.

Here is how it works:

- Sign up for the Community Rewards program by linking your Rewards Card to Mt Hood Ski Patrol
- Go to www.fredmeyer.com/communityrewards and click on *Link your Rewards Card Now*
- If you already have an on-line account with Fred Meyer, enter your email and password.
- Then search for the patrol by name or enter number 91632.

If you don't have an on-line account, click on *Get Started, Sign up today*. Then you will be able to link your Rewards Card to Mt Hood Ski Patrol.

If you do not have a Rewards Card, they are available at the customer service desk of any Fred Meyer Store.

That's it! You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.

Division Convention Hosted by MHSP is a Success

By Pat Stevens, Angel

The Wy'east Region hosted the PNWD Convention this August at the Sheraton Portland Airport Hotel. It was attended by 135 patrollers and 40 guests. We had a few special visitors: Jim Woodrum, NSP Board Member, Central Division; John Gifford, President, PNSAA; Tom Sherry, NSP Board Member, Farwest Division; and Bill Sinykin, Intermountain Division Director. They were a welcome addition and we appreciated their attendance.

On Friday, many signed up for two hours of sailing either during the afternoon or on the sunset cruise. There were five sailboats ranging from 29' to 43' and they were filled to capacity. The **Pacific Seafood/SUBARU BBQ** was awesome with grilled salmon and chicken, corn on the cob, slaw, baked beans and watermelon. A little beer and wine was consumed, too. There was a fleet of new Subarus to inspect courtesy of Gresham Subaru and live music to entertain us. A great way to kick off the weekend!

On Saturday, the first keynote speakers were Jim Woodrum and John Gifford, two of our special visitors, speaking about the future of the industry. They were followed by Ms. Alice Busch, Emergency Management Coordinator for Multnomah County, Oregon, who addressed how we, as patrollers, can be of service in a natural disaster. The 22 breakout sessions that followed were equally interesting, informative, and diverse. Three Mt. Hood Patrollers gave presentations, John Gastineau talked about his trip to the Antarctic, Jim Hamilton spoke on orthopedic injuries, and Jodie Jeffers taught two sessions, one on safety, and the other tips on presenting. Everyone agreed that they ran smoothly and well.

The **NorMed Awards Banquet** that evening was well attended, the food was great, the auction and raffle were successful. Rich Maris was his usual suave Master of Ceremonies and guided us through the awards and presentations. This part of the Convention is so important as our best payment for our volunteering is recognition of the exceptional work that we do and especially to those of us who have put forth the greatest effort.

Afterward we all adjourned to the **Edge Hospitality Suite** - a two bedroom suite with lots of tables for conversation and a nice living room for more conversation, all fueled with a large selection of beer, wine and munchies. The place rocked!

On Sunday, the business of the Division was conducted and the meeting adjourned around 11:00.

All in all, the 2014 PNWD NSP Convention was an outstanding success! Thanks goes especially to the committee chairs who made it all happen: Pat Stevens - Chair, Jaye Miller-Carlson and Kathy Lee - Co-Chairs, Reba Sharp - Finance, Dee Reckord - Registration, Will Pardy - Website, Cleo Howell and Joel Stevens - Programs, Jodie Jeffers - Vendors, Stewart Carter and Matt Wood - BBQ, Craig Savage - Sailing, Jerry Knowlton - Play Day, Gordy

Winterrowd and Matt Wood - Donations, Diane and Steve Potter - Hospitality and Jan Carpenter - Decorations. Also to the many Wy'east patrollers who helped out during the event.

Special Thanks To...

We especially want to thank our incredible sponsors, donors, vendors and friends, without whom we could not have put on such a successful Convention:

Adidas	Leatherman Tools
Argyle Winery	Lacross Footwear
Atsko (SnoSeal)	Legacy Emanuel TNT
Benchmade	Life Flight Network
Blakeslee Vineyard Estate	Merriman Wine
Bob's Red Mill	Mike Allen
Cascade Rescue	Mountain Hardware
Chal and Sue Landgren	Mt. Hood Coffee Roasters
Choose Local Media, Inc.	National Ski Patrol
Chuck's Produce	Next Adventure
Columbia Sportswear	Nite Ize
Danner Boots	NorMed - Banquet Sponsor
Deviation Skis	ON3P Skis
Deschutes Brewery	Pacific Seafood - BBQ Sponsor
Displaystar Trade Show Displays and Terry Niedermeyer	Patagonia
Duter/Ortovox	Podnah's Pit BBQ
Edge Rescue - Hospitality Suite Sponsor	Portland Convention & Visitor's Bureau
El Burro Loco	QuikClot
Elephant's Deli	Red Ridge Farms
Elle Images - Photography	Rendezvous Grill
Eola Hills Wine Cellars	ROCO Winery
Firesteed Winery	Rogue Brewery
Furuno	Ruth's Chris Steakhouse
Gresham SUBARU - BBQ Sponsor	Sahalie Snacks
Hallmark Resort, Newport, OR	SAM Medical Products
Hamacher Wines	Sanderson Safety Supply
Hazelnut Marketing Board and Michael Klein	Sheraton Portland Airport Hotel
Helen Bernhard Bakery	Skyway Restaurant
Hilton Hotel, Vancouver	Smith Optics
Hotel Sentinel	Sonia VanDeBrake
Jodie Jeffers	Thistle Winery
K2	Widmer Brothers Brewing
Kaiser Permanente	WillaKenzie Estate
Kettle Brand	Willamette Valley Vineyards
	Yakima Racks

CALENDAR

For a complete listing of patrol events check the calendar at www.mhspd Dispatch.org.

September

6 OEC Instructor Refresher
13 OEC Instructor Refresher
21 OEC Refresher
22 Snojob deadline
27 Chair Evacuation

October

2-5 Snow Sports Swap
13 General Meeting
15 Pre-dispatch Deadline
18 Chair Evacuation
19 Chair Evacuation
20 Snojob Deadline
25 OEC Refresher

November

2 OEC Refresher
10 General Meeting
17 Snojob Deadline

Save the Date

Mt. Hood Snow Sports Swap

October 2-5 (sales on 3-4)

OEC Refreshers

September 21, October 25, November 2