

Snow News IS Good News



Newsletter of the Nooksack Nordic Ski Club

P.O. Box 28793, Bellingham, WA 98228
Website: www.Nooksacknordicskiclub.org

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Ed Halasz 647-3560

Vice President

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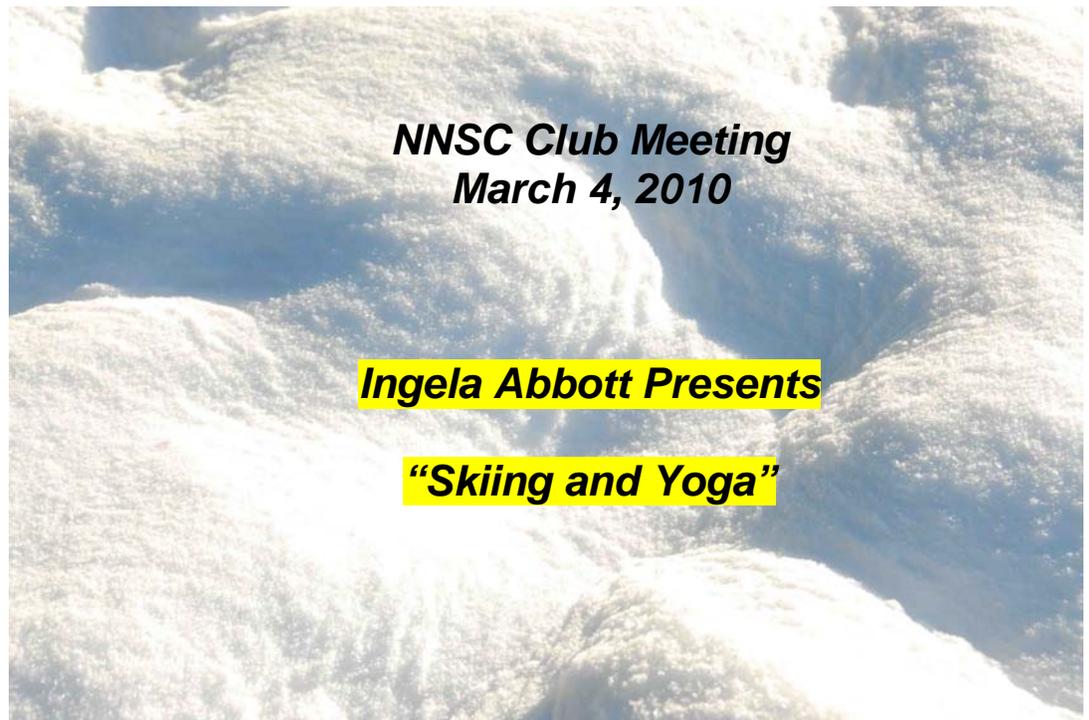
Day Trip Coordinator

Don Hicks 733-4815

Program Coordinator

Joan Dudley 223-0225

March 2010



**NNSC Club Meeting
March 4, 2010**

Ingela Abbott Presents

"Skiing and Yoga"

Club Meeting

When – Thursday, March 4.
Potluck begins at 6:30 PM
New member orientation is at 6:30;
Meeting starts at 7:00.

Who - Anyone is welcome!

Where – ReStore Sustainable Living
Center classroom, 2309 Meridian,
Bellingham, WA. Enter from the alley
behind the building, then up the stairs to
the second floor.

POTLUCK BEGINS AT 6:30 PM



Visit Our Website for the Latest Information: www.nooksacknordicskiclub.org



Skis For Sale

- Hot Track X-C skis
 - 205 cm
 - No wax
- 3-Pin Bindings
 - OK Condition
 - \$30

Contact Rhayma
Blake
360-758-4131

Spalding Skis For Sale

- Spalding Rapide X-C skis
- No Wax
- Rotterella NNN Bar Bindings
- All in Good Condition.
- \$69

Contact Nancy @ 360-392-7795

Madshus TXC 332 Skis For Sale

- Lillehammer Classic Waxable
- 200 cm, Medium Flex
- Salomon SNS Profil Bindings
- Used 5 times
- \$125

Contact Else @ 360-393-9618

Madshus TXC Classic Dry Skis For Sale

- Waxable
- 210 cm, Flex Range 80-87
- Salomon SNS Profil Bindings
- 7 years old, gently used
- \$125

Contact Else @ 360-393-9618

Skiing/Training!!!

Sovereign Lake Nordic Center opens for 1 week of glorious spring skiing, May 8-16 2010. Silver Star condo available May 11-16 (5 minutes from the

Nordic Center). 2 bedrooms, 2 bath, sleeps 4. \$100 per night.

Contact Else @ 715-1068.

Members, whose dues are paid current may post an ad in the newsletter.

Callaghan/Whistler - Meadowbrook B & B

Jerry and Susan Mc Clung invite all club members to join them once more at the wonderful Callaghan Country and Whistler Olympic Trails, Friday, March 19 through Sunday, March 21. Note these dates are on a different weekend than shown previously! See and possibly ski where the Olympians skied! There are 5 to 6 spaces left. Reserve by March 10.

Lodging will be at the Meadowbrook B & B in Brackendale, about 45 minutes from the Callaghan Valley and the Whistler Olympic Park ski trails. This very comfortable place can accommodate 9 people, and possibly one more on a mattress on the floor if necessary.

Accommodations include the Creekside Room with a Queen bed, the Meadowside Room with a Queen bed, the Mountain Mystic with 1 queen bed and 1 twin bed, and the Music Room which has two twins that can be changed to a king if a couple would like that room.

Each room except the Music Room is \$120 CDN plus 5% tax per night; the Music Room is \$40 CDN per night per bed, so \$80 plus tax for two people.

Meals: The full breakfasts are hot, cooked, and scrumptious.

Carol, our hostess, is willing to have lunch ingredients on hand for people to assemble their own lunches. She will charge \$7.50 CDN per person for a lunch.

Amenities include a large hot tub, terry cloth robes for each guest to use; a television, DVD and VCR (there is a collection of movies to borrow), internet hookup, a small fridge in each room, and a cozy gas fireplace in all but one room. There may be a baby grand piano by special arrangement if someone plays the piano.

Trail passes cost \$20.00 CDN per day. This pass is good on both the Callaghan and the Whistler Olympic recreational trails open this season. There are also snowshoe trails and passes available. I would be happy to buy a book of 10 tickets, then each ticket would only cost you \$16 CDN each per day. The area in March is open until 6 PM.

Chartered snow-coach ~ On Saturday, if there is enough interest, I plan charter a snow-coach, maximum capacity 12, for the ride up the 7.74 miles to the Callaghan Backcountry Lodge and its scenic upper trails with super views, then a fun ski down. The cost: \$18.50 CDN (about \$17 USD), slightly over half what the general public pays. Please let Susan know by Thursday March 12 if you wish to ride up to the lodge.



Driving/car-pooling time to Brackendale from Bellingham is only about 2 hours or so. Car-pooling is encouraged.

The cost will be approximately \$132 US per person based on double occupancy. Package includes lodging for 2 nights, 2 breakfasts, and 2 lunches. I am electing to pay for my own room and food. Please make the check payable to the NNSC and mail it to Susan at 566 NE Ronhaar St; Oak Harbor, WA 98277.

You must be a member to participate.

Links:

<http://www.callaghancountry.com/>
<http://www.meadowbrookbandb.com/>

Contact Susan 360-675-9351 or smcclung@whidbey.net

Day Trip Scheduled

Don Hicks has scheduled a day trip to Hollyburn on March 13th. Please meet at the SE corner of Sunset Square parking lot near Cost Cutter and the rock wall.



Contact Don Hicks at 360-733-4815 or hicks46@netzero.net

Ever Wonder How The Original Olympics Began?

Most of us take the Olympics for granted, as it has been an event that has always been present in our lifetime.

Were the original Olympics always open to other nations? Were women allowed to participate? What sports were played? Are there religious or military implications? And who were the participants?

The origins of the games began in Greece around 960 BC. This was a religious event to honor Zeus, a Greek God. The first recorded events occurred on 776 BC. Many of the events thereafter are recorded until around 393 or 394 BC. Sporting events were held every four years, per the records that were found.

The Olympics had important political and economical ramifications to Greece. Even after the Romans took power of Greece, the games were highly respected. The Romans began discouraging the Olympic events after the Roman Emperors had adopted the Christian Religion. Around 393 BC, Romans passed a law forbidding the Olympic events.

Many of the sports played in the original Olympics are also played today throughout the world. As you can well imagine, the rules of the game were played very differently then.

Tufts University has an excellent digital library that explains the origins, who were the athletes, what sports were played, the rules and other historical facts.

Source:
<http://www.perseus.tufts.edu/Olympics/>

Perseus Digital Library Project.
Ed. Gregory R. Crane. August 13, 2004. Tufts University

Lynn Alderson



The PREZ's Olympic Journey

Spending the first weekend of the Olympics in Vancouver, BC was truly an unforgettable experience. And I am not talking about just the events. There were times I needed to call on the Olympic athlete in me just to survive as a FAN among the throngs! First of all, there were many times I had to sprint with the speed of Apollo Ohno just to catch a departing Skytrain. Then there were times I had to exhibit the gymnastic flexibility of a figure skater, and make like a pretzel, just to SQUEEZE into an overcrowded bus. I surely felt like a hockey player as I had to body check my way to the front of the hot dog line. But seriously, I was really blessed being one of the thousands at the opening ceremony. The audio visuals were breathtaking, the choreography was superb, and the musical performers were incredible, especially K.D. Lang.

On my second day, I sat in the pouring rain watching the women's freestyle skiing at Cypress Mountain. I don't know where the organizers harvested all the snow, but the course looked superb, considering our balmy winter. The excitement of watching those ladies bounce down that mogul run made me forget the elements for most of the night.

On my third day, we were not able to see the Nordic combined race we had tickets for. However, we captured the silver lining of the moment by getting tickets from a scalper at the door of the Pacific Coliseum for the pair's figure skating! The poise and grace exhibited on the ice was mesmerizing. In person, you can see how much height those skaters get on their jumps. Amazing!

Overall it was a great experience; as usual every Canadian I encountered was very hospitable and gracious. The immense pride of Canada could be felt throughout the games. **Good show Canada!** We're proud to be your neighbor.

Ed Halasz



Report on Manning Trip

Tuesday, Jan 26

The skiing was superb. We arrived at Lightning Lake before 10, skied up South Gibson, took the requisite trip on the T-bar, skied back down North Gibson. The sun was increasingly shining during the day. It looked like the last grooming had been Sunday. A skiff of new powder was on top of the rather hard base, making for easy skiing. Nobody had been on North Gibson since last track setting, and we were treated to various animal tracks the entire distance.

Jim Rhodes



Report on White Pass Trip

Saturday, Jan 30

In Southwestern WA, there is no snow below about 4000 ft. The White Pass Ski Area's Nordic trails are not all that long. But they were well set, winding through mature forest, with a lake and a viewpoint of the valley. We skied all of the trails, some twice, in 3 hours and saw others more than once. Nobody wears skin suits. By afternoon, heavy snow was plopping out of the trees under overcast, above freezing conditions. Still, the skiing was good. While this isn't a destination resort, it certainly is a great stop going from one place to another.

There are many Sno-Parks from Mt. Rainier to the Columbia River. All are below snow line this year. We checked out North Fork Tieton, about 7 miles east of the pass. It's icky – no snow to speak of and sloppy. It's one of the highest, with many others being about the same elevation as Salmon Ridge.

Jim Rhodes

New Ski Maps

Washington State Parks has updated the map of the Salmon Ridge cross-country ski complex to include the snowshoe trail.

Get your new color 8 1/2 x 11 map at the next NNSC meeting!

Maps are also available online at the Washington State Parks website.

See Marj Leone for details.

Report on The Logan Lake Trip

Logan Lake was once again a success. The group was impressed by the accommodation at the Highland House. I heard many comments about how nice the place was. Folks were quite impressed with the quiet yet convenient location and the dramatic but comfortable living room. The rooms were a comfortable retreat from the public area. A few had trouble with the heat in their room's, at night, (too much). The hot tub was used several days.



The hosts, Don and Doreen, were friendly and helpful. Meals were plentiful and well

served. The evenings found many of us watching the Canadian Olympics on the big screen in the living room. Steve was a welcome member, with his athletic regimen. No doubt, Steve skied the most. Don, Ron and I skied together most days. We had an excellent ski around Hill's Homestead at Kane Valley on Friday. An inch or two had fallen the night before, on a groomed base. The temperature was 27 to 36 deg. so it was slow but manageable. Saturday we skied to the north end of Logan Lake's trails, to Beyond Outer Limits. It was clear out and again mostly below freezing. While the trails were groomed they hadn't had much use. We only saw a few skiers all day.

Along with the usual moose and deer tracks, I saw wild horse and wolf as well. Sunday we went to Stake Lake to ski. There was a motorcycle race going on at the lake and many local skiers were not there. Needing some alone time, I skied the outer perimeter of the trails. Once around the trail was enough for me, so I retired to the warming hut to read and wait for Ron and Don. Again I had my third day of good skiing with over six inches of snow. Stake Lake's impeccable skiing always makes the best of the snow available.

Alice, Nancy, Linda and Connie skied together. They seemed to be having a grand time. Rhyma had one of her skis delaminate the first day and had to go to Kamloops to buy a new pair. She and Kathy had to leave early to catch a flight. No one was sick or injured during the trip. Complaints were minimal

and many compliments were heard, so I would have to say the trip was a good idea and I have booked similar trips for next year. December 30, 31, 2010 and January 1 & 2, 2011 for a New Year's trip and February 18,19,20,21. 2011 for President's Day.

Kurt Duey



Is Your NNSC Membership Current?

Dues are seasonal, with the 2009-2010 season starting in September.

Memberships are available at meetings or by mail. A complete application includes payment plus a fully filled out and signed membership form. Household memberships must be signed by all persons covered under the membership.

Find a form [on the NNSC web site](#), on the back of club brochure, or at club meetings. Memberships are \$30 for individuals or \$45 per households.

If you haven't done so this season, why not fill out a form right now while you're thinking about it and mail it in?

Upcoming Meetings

Monthly meetings are the *first Thursdays*, 7-9 PM

September 2, 2010
October 7, 2010

Using The Website



The club website is maintained by Susan McClung. It is a powerful resource for club communication.

- ❖ Keeping snow condition reports at Salmon Ridge updated is a two way process. Skiers contact Susan with reports who then posts them on the website.
- ❖ Skiers are encouraged to provide brief trip reports and photos when they ski other areas.
- ❖ Check the Calendar of Events for upcoming trips, meetings and other activities.
- ❖ Tools for prospective trip and coordinators including new electronic trip scheduling.
- ❖ Membership applications, directions, trail maps, road conditions and more.

Contact Susan at smcclung@whidbey.net, from website or call her at (360) 675-9351. No web access? Call Susan or the appropriate officer or coordinator from the sidebar.

Have a wonderful and safe spring & summer.

Nooksack Nordic Ski Club Membership Application and Sno~Park Order Form

Use this form to purchase Sno~Park permits, or to join the club or to renew your membership.

NAME: _____

ADDRESS: _____
Street/PO Box City State Zip

PHONE 1: _____(Home, Cell, Work) PHONE 2: _____(H, C, W)

EMAIL 1: _____EMAIL 2: _____

(Please check the appropriate items)

NNSC DUES: Membership \$30 per individual _____ \$45 per household _____

Sno~Park permit: \$40 _____ Total amount: _____

Please read this agreement carefully before signing and dating:

In signing and submitting this form, I recognize that cross-country skiing involves strenuous activities, is potentially hazardous, and involves inherent risk. I knowingly and voluntarily assume all responsibility and risk for my actions and my family's actions while cross-country skiing, during travel related to Nooksack Nordic Ski Club (NNSC) activities, and during use of facilities and equipment. This includes, but is not limited to falls, collisions, effects of weather, conditions of equipment and trails and other areas while skiing or participating in NNSC activities. I hereby for myself, my heirs, administrators, or anyone else who may bring claims on my or my family members' behalf, covenant not to sue, release and discharge the NNSC, its Board and Committee members, and all related organizations or individuals, from any and all claims of liability for death, personal injury, or property damage arising from my or my family members' participation in NNSC activities.

Name (Print please): _____

Signature: _____

Other family member(s): _____

Other signatures: _____

Date: _____

Please distribute my contact information to the membership. We omit street address from the distribution list, showing only city, phone and email address(es), (Please note, if you decline to be listed, then you won't get the list, either)

Yes _____ No _____

Please check preferred alternative for receipt of Snow News is Good News newsletter:

Email: _____ U.S. mail: _____ or NNSC website: _____

Please make checks out to: Nooksack Nordic Ski Club and mail with this form to:
Nooksack Nordic Ski Club, P.O. Box 28793, Bellingham, WA 98228