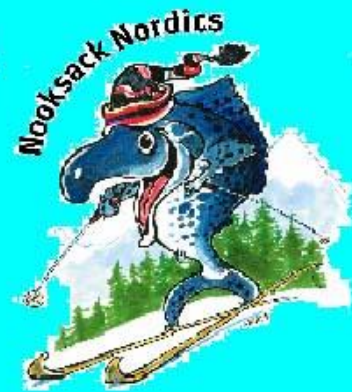


# Snow News IS Good News

Newsletter of the Nooksack Nordic Ski Club

P.O. Box 28793, Bellingham, WA 98228  
Website: [www.Nooksacknordicskiclub.org](http://www.Nooksacknordicskiclub.org)



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Jeff Rhodes 509-312-9846

**Vice President**

Vacant

**Secretary**

Allan Richardson 733-5477

**Treasurer**

Norm Miller 756-0170

**Board Members**

Dick Etter 734-3555

Elizabeth Martindale

393-4732

Jim Rhodes 734-8246

**Trips Coordinator**

Kurt Duey 820-4174

**Salmon Ridge  
Coordinators**

Kurt Duey 820-4174

Gail Garman 371-3554

Ed Halasz 647-3560

**Membership**

Jim Rhodes 734-8246

**Publicity**

Vacant

**Newsletter Editor**

Lynn Alderson 223-5859

**New Member  
Coordinator**

Richard Cochinos  
671-4502

**Hospitality Chair**

Sharon Robinson  
647-8606

**Webmaster**

Jackson Thomas 661-3095

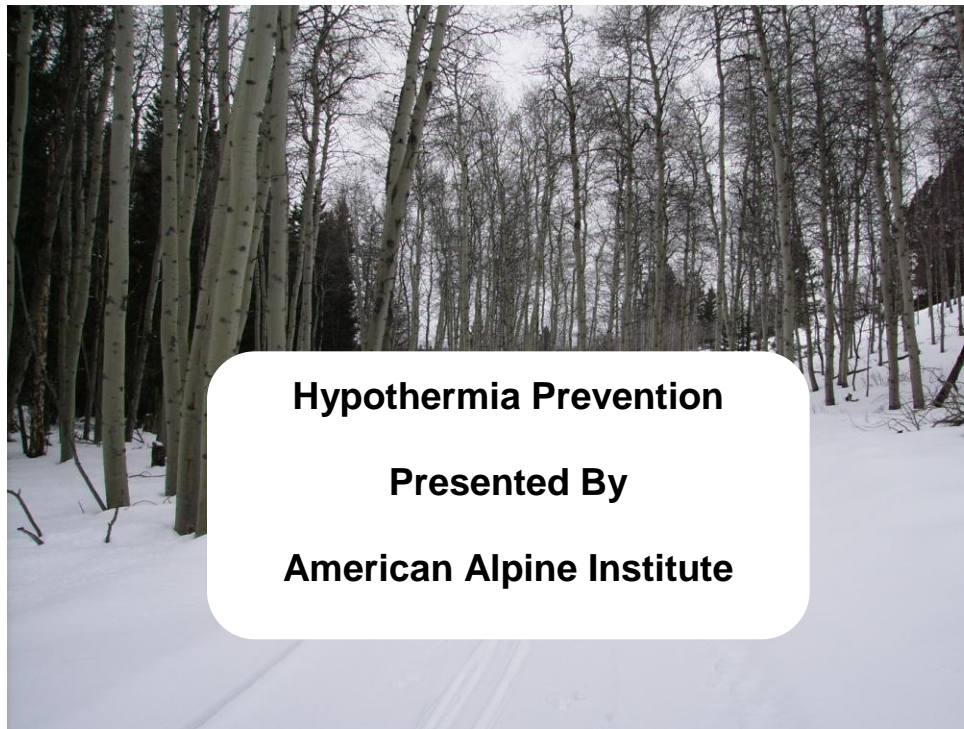
**Day Trip Coordinator**

Don Hicks 733-4815

**Program Coordinator**

Joan Dudley 223-0225

January 2012



**Hypothermia Prevention**

**Presented By**

**American Alpine Institute**

**Club Meeting**

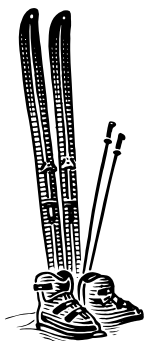
**When** – Thursday, January 5

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.

Visit Our Website for the Latest Information: [www.nooksacknordicskiclub.org](http://www.nooksacknordicskiclub.org)



## PLEASE PAY YOUR MEMBERSHIP DUES

## FOR SALE

Skating skis, Madshus TXC 236

93cm or approximately 67 5/8 inches.

Solomon boots EU 38 2/3 (7 1/2)  
Swix Allite poles

\$195

Perfect outfit for a woman 5' 4" and 118 pounds

Like new and much loved.

Janet Brown 360-671-5056,  
[janbchi@comcast.com](mailto:janbchi@comcast.com)



## KUDOS CORNER

Many thanks to our volunteers. We just had another work party at SR to install the trailhead signs and sanican base. Thanks to Tom and Lynne Oliver, Kurt Duey, Sharon Holmes, and Keats and Gail Garman – team leaders.

## NORDIC NOOKSACK – WE NEED YOU !!

Volunteers make the Nooksack Nordic Ski Club and the Salmon Ridge Trail system possible. Below are the current vacancies. If you care about the club and it's trail system, please step up and offer your services.

**SR Coordinator:** helps maintain the Salmon Ridge trail system, coordinates and leads brush parties in the fall, and helps set up and take down trail signs and sanican base in spring and fall. If interested or you'd like to know more, call Gail Garman at 371-3554.

**Publicity Chair:** insures that publicity events are set-up including: Farmer's Mkt (in fall), Ski Swap, REI Bulletin Board, notice for Winter Recreation Guide, Ski classes, brush parties, other NNSC sponsored events and articles about NNSC or the SR trails get publicized in the local newspapers. For more information contact a NNSC Board member.

Gail Garman

## DAY TRIP TO HOLLYBURN, SUNDAY JANUARY 22

Just north of Vancouver, B.C., only a 1-1/2 hour drive from Bellingham mostly on freeways, Hollyburn is our closest premier XC-Ski area. A favorite day trip for club members, it has an elevation of 3,500 ft. and 26 km of highly groomed trails for classic and skate skiing that wind past snow-covered lakes, through meadows, and snowy mountain forests. There are fantastic views of the Salish Sea, islands, Burrard Inlet, and the city far below.

There are two huts where hot food can be purchased, one at the entrance and the other (on the trails) is the historic Hollyburn Ski Lodge dating from the 1920's. There is also a large warming hut up the mountain.. Many people however bring their own lunch and we eat at the lodge or the upper warming hut. Trail fees are \$20 (\$13 for 65+) for a full day, and credit cards are accepted. Go to [www.cypressmountain.com](http://www.cypressmountain.com) for current information and conditions.

We will meet at Sunset Square parking lot, Southeast corner at the rock wall near Cost Cutter at 8am for carpooling. We usually try to return to B'ham by early evening (6-ish). Remember to bring your PASSPORTS or other acceptable identification for re-entering the USA.

Contact the leader, Don Hicks, 733-4815, [hicks46@netzero.net](mailto:hicks46@netzero.net), for confirmation and more details.



**Cathy Cameron Skiing at Manning Park**

## **LAST MINUTE DAY – TRIPS/CARPOOLING EMAIL LIST SERVER**

Don Hicks, Day-Trip Coordinator, has configured an NNSC Email List Server hosted by GoogleGroups.com.

The primary purpose of this Email List Server is to facilitate the organization of last minute day trips and carpooling to our home trails near Mt. Baker and other local destinations such as Cypress Mountain, Stevens Pass, Manning Park, etc..

With the highly variable weather and snow conditions in the Pacific Northwest, it is often a last minute decision to go skiing in a few days. So, if you are going out and wish to invite others to join you for company and companionship or just carpooling if you have room to share or a need for a ride, you will be able to just send an email to

[NooksackNordics@GoogleGroups.com](mailto:NooksackNordics@GoogleGroups.com). Also the list may be used to ask questions and for other discussions between all members of the list on the general subject of XC skiing.

Membership in this Email service is voluntary and restricted to NNSC members. This list is independent of and does not affect official communications from the club leaders to the entire club membership. Only members of the list can send emails to the list so you will receive no SPAM. You may easily unsubscribe from the list at any time (see the links at the bottom of every email you receive). All email addresses are kept private. Also all replies to messages are only sent to the person who sent the original message and not to the entire group (unless you "Reply All").

If you are not already a member of the list, watch for an invitation to join the list in your email if you are a current member of NNSC. You may then accept membership in the list or decline by simply ignoring the invitation. You may join this list at any time later by sending an email to the list moderator, Don Hicks, [hicks46@netzero.net](mailto:hicks46@netzero.net).

## **STAKE & LOGAN LAKES & KANE VALLEY**

### **TWO TRIPS !!**

Dec. 29 - Jan. 1, 2012  
(New Year's Weekend)  
Coordinated by Kurt Duey

Feb. 17 - 20, 2012  
(Presidents' Day Weekend)  
Coordinated by Don Hicks

This high altitude ski destination has three different settings to ski in: ultra-groomed Stake Lake, semi-groomed Logan Lake, and seldom groomed Kane Valley

offering a variety of ski opportunities. We will be staying again at the luxurious Highland House B&B in Logan Lake, BC. The cost of \$248 per person includes meals with special dietary needs accommodated. There is a maximum of 10 or 11 people.

For more details go to our web site,

<http://www.nooksacknordicskiclub.org/>, and select Calendar of Activities or contact Don at 360-733-4815 or [hicks46@netzero.net](mailto:hicks46@netzero.net) or Kurt at 360-820 - 4174 (after Nov. 22) or [Kurt.Duey@comcast.net](mailto:Kurt.Duey@comcast.net) (before and after Nov. 22).

These trips have been very popular in past years and fill very quickly. To hold a space send a check for the full amount made out to NNSC to the trip coordinator, Don Hicks, 1546 Hillsdale Rd., Bellingham, WA, 98226 or Kurt Duey, 2601 N. Park Dr., Bellingham, WA 98225.

## **LAKE WENATCHEE AREA IN WASHINGTON**

Feb 3 – Feb 6, 2012

This area offers seven different skiing locations within 16 miles of where we are staying. Accommodations are in Plain WA at Beaver Valley Lodge. Stay is for 3 nights and 4 days of skiing. Lodging is \$230 per person. The lodge may be seen at [www.beavervalleylodge.com](http://www.beavervalleylodge.com).

The Wenatchee River bisects Lake Wenatchee State Park, thus creating the South Park and North park. The South Park has 18.6 miles and the North Park has 3.1 miles of groomed

trails. Skate skiing is available in the North Park. South Park also offers tubing and a snow play area. There are 4.9 miles of snow shoeing trails. Another location is Nason Ridge that offers tracks and a skate lane. Additionally the trail leads to back country skiing for the more adventuresome. Total trail length is 17.9 miles of which 12 miles are groomed. Nearby is Chiwawa with the See and Ski trail groomed for track and skate skiing for 4 miles. Flying loop and Squirrel Run are 2.9 and 2.5 miles, respectively.

A Sno Park Permit is required and also a Special Groomed Trails Permit sticker. Drivers are responsible for the Sno Park Permit. Riders will share the cost of the Special Permit. Special permit stays with the driver after the trip is completed.

Meals will be planned and members will share the cost of the food. There will be three dinners and three breakfasts. Bring your own food for lunch. Alcohol is not included in the food costs. Carpooling is encouraged and will be arranged prior to the trip.

Make checks payable to NNSC for \$230. Mail to 259 W Bakerview Road # 104, Bellingham, WA 98226

Coordinator is Lynn Alderson at 223-5859 or [lalder3122@hotmail.com](mailto:lalder3122@hotmail.com)



### **KIDS CROSS COUNTRY SKI CLINIC AT SALMON RIDGE**

Presented by the Nooksack Nordic Ski Club & Fairhaven Bike & Ski

Friday December 30, 2011  
Saturday December 31, 2011  
Saturday January 7, 2012

Cross Country Ski Instruction for Kids 8 years old – High School. Clinics start at 10 AM with instruction to 12 Noon followed by 1 hour touring and ski play. \$25 Daily Registration Fee is Payable at Fairhaven Bike and Ski Equipment for rent or purchase is available at Fairhaven Bike & Ski: <http://fairhavenbike.com/articles/cross-country-ski-pg209.htm>

Remember to dress for the weather! Bring dry clothes (to change into for the drive home). Detailed list at registration.

Bring food and water, lots of energy will be used up!

The clinics are weather dependent and provisions will be made for bad conditions.

Every car must have Washington State Sno-Park Pass. They are available from the Nooksack Nordic Ski Club, Fairhaven Bike & Ski, and other venues. The Forest Service and/the Whatcom County Sheriff will ticket your car and the price is much more than an annual pass! For more information: <http://www.parks.wa.gov/winter/permits/>

For more information about the Nooksack Nordic Ski Club's activities and trips and directions to Salmon Ridge cross country ski area up at Mount Baker go to : <http://www.nooksacknordicskiclub.org/>

### **STAY IN SHAPE FOR CROSS COUNTRY SKIING**

How to get the most out of your cross-country experience? Nordic skiing is an intensely physical activity, which requires that we be capable of supplying the proper movements with sufficient speed and grace to actually ski. In order to do this we have to be in shape to ski.

How to achieve this desired state of skier being? Those at the top of the sport never get out of shape. In the season of no snow they bike, hike and climb mountains. Some stride up-hill with hiking poles to simulate classic cross-country activation of mind and muscle. Talk about serious!

In all cases an hour of physical activity per day is an excellent plan for your stay-in-shape program. Surprisingly to me, walking would be acceptable exercise. As with the initiation of all exercise programs, its best to start with a routine that is easy and then gradually increase the intensity over time; no more than 1/10<sup>th</sup> /week.

Of course exercise is only one of two elements of being in shape. The other is diet. What and how much we eat makes a big difference in our shape. Everyone knows this but what do we do about it? How many trips to the refrigerator? Is it possible to fool a demanding stomach with water or herbal teas? I know it has worked for me in the past. Considering my current weight, I may need to call on some of these past practices, myself. It's smart to avoid fats, which are the last thing that the body burns for fuel. Check out the labels on foods. What percentage of the calories are from fat? Instead, try to favor protein and carbohydrates. Many favor protein as the most important food type and stress the early day protein fixes like breakfast are a good all-day foundation. If you are a vegetarian have eggs and skip the sausage.

There you have it, the secret of staying in shape. Not such a mystery but definitely more than starting to work out a few weeks before snow time. It's a good measure and how we measure up isn't really so hard to figure out. Are you comfortable with your shape? What are you willing to do in order to improve it?

I want to credit Bob Spiwak's article, "Get in shape now for winter activities" which appeared in the Methow Valley Winter 2010/11 issue, which I used as a resource.

Kurt Duey

## HOLLYBURN SKI REPORT

Hello XC Skiers,

Here is a report on the club day trip to Hollyburn Mt. (Cypress Bowl) on Sunday, December 11, 2011

Eight members attended the scheduled club day trip to Hollyburn and all had a great time on a clear day with temperatures from 25F - 35F. There was about 3 - 4 ft of snow by our estimate (1.2 meters on the Cypress web site) and even though there had been no precipitation for many, many days prior, the snow was in great shape due to the cool temps over that period. The grooming was excellent on all lower trails and many upper trails but some uppers were not yet groomed at all. The lower trails were highly populated with children in XC ski schools but the upper were quite free. The driving up and back was easy and quick on the Canadian freeway through Vancouver as usual on a Sunday. There was zero wait at the Lynden boarder crossing coming back.

Don Hicks



Lynn Alderson, Lynne Oliver and Don Hicks at Hollyburn

## NORDIC SKIING AT MOUNT HOOD

Recently Elizabeth Martindale and I went to Portland to visit a friend and former president of our club, Sheila Hardy. While in the area we decided to go to Mt Hood for some cross-country skiing. It took us 1-½ hours to drive up from Portland and once we got past all of the urban areas it was an easy trip up. There wasn't much snow until we turned a corner and wow there it was all of a sudden.

We stopped in Government Camp across from East Bowl downhill ski area for a day snow park permit, which was only \$5.00. Government Camp has a store, visitor/information center, gas station and several places to stay.

We decided to ski at Teacup Lake as they groomed the trails the day we were going. It was less than half an hour from Government Camp to Teacup Lake. Most of the Nordic trails are at or above 4600 feet and there was plenty of snow. The roads were mostly clear and

once we passed Hood Meadows (another downhill ski area) the Nordic area was in sight on the right. Close to the parking area there is a good size Warming Hut, port a potties, a huge map of the trails and donation boxes. It was \$10.00 and it appeared that the area is well maintained by a Nordic Club similar to ours. Trail conditions were great, with a variety of easy, intermediate and advance trails. We did a nice loop and within ten minutes were going down a very long but gentle hill referred to as "Screamer Hill". We even got to see Mt. Hood for a few minutes when it came out of the clouds. We came back after a couple of hours of skiing and had lunch at the Hut.

As it was the first time out skiing this year and it was going to be dark in a couple of hours we headed back to Portland. I would highly recommend this area for an overnight trip in the future.

Sharon Robinson Holmes

## **KURT'S CORNER**

Well, once again ski season is here. It's time to head for the snow and see if we still have it. The past few years have seen several ski friends have to hang up their skis, due to infirmities. I know that I will miss them. Each season that we can still ski is a blessing, not to be taken lightly. Last week I went out to White Salmon Road for the first time this season. There is something magical about the act of sliding through a world frozen and quiet.

As I negotiated the hard snow, with a few inches of fluff, I thought how many skiers short-change themselves, buying only track skis. A good set of back-country skis allows you to ski so much more with assurance. I have a pair of Karhu Dorado 185cm with a side-cut of 86/68/74. They're wide enough to offer generous support on hard snow and with a generous side-cut they turn more easily than track skis. Yes, they cost more but they open up your ski world, paying for them quickly.

We have five trips this season, provided by four members who were willing to take the trouble to sponsor and lead a trip for the good of the club. Thanks all around to Elizabeth Martindale, Don Hicks, Lynn Alderson and your intrepid trip scheduler, myself.

My Logan Lake Trip has filled up completely, with some on a waiting list. It promises to be another great chance to ski in the Canadian interior. I am really hoping someone else will take this great trip on, so that I can lead other trips. It has always filled up and would be a good trip to start with.

We have not had a club trip to the Methow for several years. I hope someone will bring back this popular trip. How about Silver Star near Vernon B.C? There are many B&Bs that can be booked for a club trip to this world class ski area. Anyone interested? There are always members willing to go to this destination.

Would anyone like to own their very own Nordic Track? I have a working machine that I am selling for \$15. I use one several times per week and can attest to their ability to build up your skiing endurance and get your aerobics to boot! Every year I try to offer one to the membership, so buy it and get a good work-out while improving your skiing stamina.

## **UPCOMING MEETINGS**

Monthly meetings are the first Thursdays, 7-9 PM

January 5  
February 2  
March 1



**Don Hicks, Kurt Duey, Cathy Cameron, Debra Jusak and Nancy Joseph at the Upper Boundary at Hollyburn**

## 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 MEMBERSHIP DUES: \$30 per individual \_\_\_\_\_ \$45 per household \_\_\_\_\_

Student \$15 \_\_\_\_\_ Sno~Park permit\*: \$40 \_\_\_\_\_ Total amount: \_\_\_\_\_

\*Vehicle License \_\_\_\_\_

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