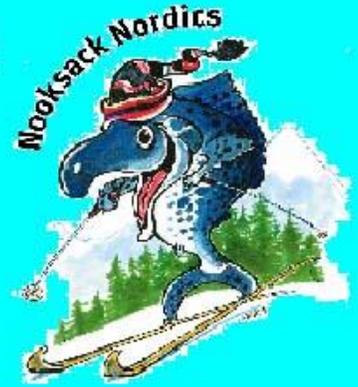


Snow News IS Good News

Newsletter of the Nooksack Nordic Ski Club

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



President

Debra Jusak 201-8624

Vice President

Dave Gertstenberger
255-0749

Secretary

Allan Richardson 733-5477

Treasurer

Norm Miller 756-0170

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393-4732
Debra Jusak 201-8624

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Kurt Duey 820-4174

Salmon Ridge Coordinators

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Gail Garman 371-3554
Ed Halasz 647-3560

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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

Dick Etter 734-3555

March 2012



Yoga Exercises & Skiing
Presented By
Ingela Abbott

Club Meeting

When – Thursday, March 1

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



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



TURNOVER ON THE BOARD OF DIRECTORS

Norm Miller our Club Treasurer is leaving after 4 years. A big thank you goes to Norm for all of his patience and hard work as our treasurer. He stepped up to the plate to fill some mighty BIG shoes after he volunteered to take over when Mel Davidson stepped down as Treasurer. Norm not only filled the shoes in a very competent manner, but when there was no one to do Publicity, Norm again volunteered to help out. Take some time to thank him the next time you see him. Especially since he is not a cross-country skier but a downhill skier (I bet you did not know that). Thank goodness his wife Cassie brought him into the club with her. He is also a great cook. So at least we will still have him as a member of the club.

We are also very fortunate to have Lynne Oliver who has volunteered to take over the Treasurer position. Thank you Lynne and we are so glad to have you aboard.

Sharon Holmes

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 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, for confirmation and more details.

DAY TRIP TO HOLLYBURN, SUNDAY, MARCH 18th

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



Connie Cogburn and Debra Jusak at Stake Lake

NICKEL PLATE TRIP HAS SPACE FOR TWO PEOPLE

If you haven't skied at the Nickel-plate trail system, you have been missing one of the best in the region. The trails have 50 kilometers of well-groomed trails in provincial forest, with enough variety to keep you busy for three days. The system is located at 2000 meters and for this reason will still have snow in March. Unless I receive 4 more people on this trip before the end of January, I will not hold on to the Buck Suite, which will cost \$1576 for three nights. If necessary, we can take rooms at the Elk Motel, in Ceremos but it is 40 minutes from the ski area. For this reason I am encouraging any members who are setting on the fence, to send me a check for \$160. Our individual costs depend on how many attend. This is our last overnight trip of the year. If you are interested, contact Kurt D.

Kurt Duey, 2601 N. Park Dr.,
Bellingham, WA 98225.
Kurt.Duey@comcast.net

LAKE WENATCHEE SKI REPORT

So, the things I heard when I returned from a wonderful 4 day ski trip to Lake Wenatchee were things like, "don't you know you shouldn't ski on your face?" Or, "Wow, what happened to you, your face looks awful?" Well early on day 3 of the four-day trip I was tagging behind the group. Letting them get way ahead of me on the ridge of the hill so that we wouldn't have a collision of any kind. I gathered up my wits. We were on the

Nason Ridge trail that has some smooth hill areas. I knew my ski's were long and there hadn't been any snow for some time, so the trail, although well groomed was hard and as I snow plowed my way down the hill and hit the crud while picking up speed and flying down the hill I did a full speed face plant.

Lost my sunglasses (the sun was shining everyday we were there and that was great), but found them and put them back on. Got myself up and felt pretty okay so I carefully trudged on to meet with the rest of the group.

Kurt and Lynn were waiting for me and informed me that I was bleeding. Nothing a band-aide couldn't take care of and we carried on and had a great ski. I was more careful the rest of the trip because as we all do, I hate falling. It hurt. But wouldn't you know with the 6 people on the trip, one is a retired EMT and another, a nurse. So I was in good company.

The trip was great. It's a new venue for the club and one I would strongly recommend. We had the ski by the lake day, the ski by the river day and the ski up the ridge day. And then we skied again by the river, but due to the soreness in my neck I opted to sit by the river and bask in the sun on a rock.

As always, the food was great and plentiful. The Beaver Valley Lodge was a great place to stay. They were very accommodating and had a cafe (our food, I'm sure was better)

and a little store (for beer or whatever) and a gift shop in their hardware store (where I found a great thank you gift for the people who doggie sat for me while I was gone). So if

Lynn heads up this trip next year, and I hope she does, I would highly recommend it. It was fun and I have a small scar on my forehead to prove it.

Cindy Hassell

UPCOMING MEETING

Monthly meetings are the first Thursdays, 7-9 PM

March 1



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