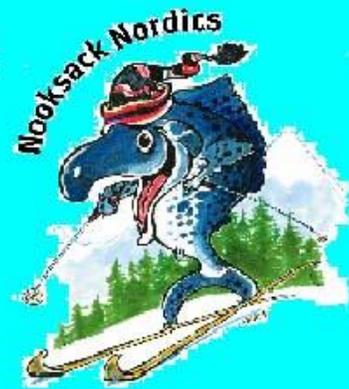


Snow News IS Good News

Newsletter of the Nooksack Nordic Ski Club

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



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Day Trip Coordinator
Don Hicks 733-4815

Grooming Coordinators
Peter Tryon 922-7065

November 2016

NORDIC SKI LOCATIONS IN WA & BC by NNSC CLUB MEMBERS



Club Meeting

When – Thursday, November 3rd

New Membership Orientation at 7:00 PM
Meeting starts at 7:30 PM.

Who - Anyone is welcome!

Where – Garden Street Methodist Church
at 1326 N. Garden St. in Bellingham, WA

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

THANK YOU

I would like to thank the club's trip leaders, who have once again provided the membership with opportunities to cross-country ski at some of our favorite destinations. Without their efforts these trips would not happen. I would also like to encourage the members to think about becoming a trip leader and leading a trip themselves. You can have the cost of your room paid for in return for your leadership. Many of our trip leaders have sponsored the same trip over the years but there is always the need for others to join in and help get us out on the snow.

Kurt Duey

IS YOUR NNSC MEMBERSHIP CURRENT?



Dues are seasonal, with the 2015-16 season starting in September. Benefits for \$30 single or \$45 per household include:

- "Snow News is Good News" newsletter
<http://www.nooksacknordicskiclub.org/apply2.phpdelivered>
- Super trips and other activities, including some to foreign venues (Canada)
- Connecting with other skiers and snowshoers at meetings
- Joining approximately 90 other individuals or households in supporting local Nordic skiing and snowshoeing

There are several ways to submit an application, including on-line. If you'd like to use old

fashioned paper and check, you can find a [membership form](#) on the NNSC web site, the last page of this newsletter, or at club meetings.

Sitting at your computer checking out the latest snow reports? While you are there, click on the NNSC web page <http://www.nooksacknordicskiclub.org> and renew your membership! From the **Membership tab**, select **Join / Renew**. Look for the link to the **Online Membership Form** and fill in all of the pertinent information.

If using the online form, you'll have an opportunity to pay by PayPal after completing the form.

Using either method, please fill out the form completely. Sign on paper or electronically. Include all of your family on household memberships. And, remember to include your license plate number if buying a Sno-Park permit.

Why not fill out a form right now while you're thinking about it? Or, come to the meeting on Thursday December 3rd and pay then.

Jim Rhodes

BUY YOUR SNO-PARK PERMIT!

Don't forget to buy a Sno-Park permit! You'll need one to park at the Salmon Ridge Sno-Park, or across the highway at the Anderson Creek or Silver Fir campground, between Nov 1st to April 30th. You can purchase them through our ski club NNSC, or at REI, Back-country Essentials, or at Cross-roads Grocery in Maple Falls. Or purchase them on-line at:

<http://www.parks.wa.gov/winter/nonmotorparks/permits/>. They are \$40 for a seasonal permit or \$20 for a one day permit, plus \$2 extra if you buy them through a retail store. It's really a good deal. At other commercial or club ski areas each person has to pay a trail fee each time they go. For the price of one Sno-Park permit, you can load up your vehicle with friends or family and go to over 47 Sno-Parks for the whole winter. It's really a good value for the money.



By buying a Sno-Park permit, you are supporting your community trails and ski club. Sno-Park fees go into a dedicated fund which supports the WA State non-motorized Winter Recreation program. Proceeds are used to maintain and improve all the Sno-Park facilities throughout WA via Sno-Park grants. They pay for plowing out the Sno-Park, sanitation facilities, some of the trail grooming, signs, mapping, education, enforcement and program administration. This program is totally self sustaining. No tax payer money is used! Don't get caught without one; the fine is steep! Both the County Sheriff and the USFS do enforcement and education, so be sure to display your permit on your windshield.

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When you go, we want your feedback. Please send your Nordic ski and snowshoe conditions reports to Pete Tryon at ski@tryonhayes.com so we can post them on the NNSC website to share with others. And if you see any trail obstructions, downed trees, etc... we need to know about these so we can go clear them from the trail. You can also give feedback on the condition of a Sno-Park directly to the WA State Parks and Recreation Commission, on-line at: <http://www.parks.wa.gov/FormCenter/Winter-Recreation-9/SnoPark-Onsite-Evaluation-Form-68>.

Thank you for your help.

Gail Garman

STAY IN SHAPE FOR CROSS-COUNTRY SKIING

How to get the most out of your cross-country experience? Read the above. 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 1/10th /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



**Kurt Duey - A Day Out Skiing
Razorhone**

STAKE LK / LOGAN LKS AND KANE VALLEY

**December 30, 2016 thru Jan
2, 2017**

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 \$256 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 Sharon, 360-647-8606, or smrconsulting98229@msn.com or Kurt Duey, 360-820-4174 or kurt.duey@comcast.net.

These trips have been very popular in past years and fill up very quickly. You must be a member to participate in any trip. To hold a space send a check for the full amount made out to NNSC to the **trip coordinator, Sharon Holmes,**

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552 Rainbow Dr., Sedro Woolley, WA 98284



MANNING PARK

Cross Country Ski Trip to Manning Park British Columbia
Martin Luther King Weekend
January 13, 2017, Friday through January 16, 2017
Monday

Website: www.manningpark.com

Number at Lodge
1-800-330-3321

Ski four days (stay three nights): groomed trails, snowshoe trails, hot tub, sauna, steam room, swimming pool.

This is always a great trip. We stay in 1 chalet which has 2 bedrooms, 3 full bathrooms, and a central living room, kitchen, Dining/social area.

Chalet members plan the meals for their group and we share the cost of the food. We will have three dinners and three breakfasts. Bring your own food for lunch. Alcohol is not included in the food costs. This trip provides a great opportunity for group camaraderie as there can be up to 5 people in each bedroom and up to 10 of us sharing meals that we prepare.

Cost per person and deposit to hold your place and pay for your trip is \$156.00 as of 10/05/2016

(This may change depending on the Canadian exchange rate at the time of the trip and the number of participants that we have.)

Payable to NNSC. This may change as the exchange rate fluctuates. It is low right now. Spaces are assigned based on payment date. Elizabeth will be at the October, November meetings to accept deposits or they can be mailed to her (made out to NNSC) at 103 Morey Ave. Bellingham, WA 98225

Contact Elizabeth at emartindale@comcast.net or 360-393-4732

Carpooling is preferable. We will work together regarding setting up carpools.

Bedding and linens are supplied with BASIC dishes and cutlery, a small microwave, coffee pot, and some cooking utensils.



Dick Etter, Joan Dudley, Don Hicks, Elizabeth Martindale and Cathy Cameron in Kane Valley 2013

NICKEL PLATE

February 3 thru 6, 2017

Nickel Plate Nordic Centre is located in the Okanagan Valley, just 45 minutes from Penticton.

It has approximately 34 miles of groomed trails for both classic and skate skiing. Additionally, there is 9 miles of marked snowshoe trails. Nickel Plate has one of the longest ski seasons in the western hemisphere, with trails for all abilities. Elevation is 6,000 feet.

Nickel Plate has a warm and cozy 4,000 square foot day lodge with kitchen, eating and lounge areas, and separate heated washrooms and shower facilities. Source: nickelplatenordic.org.

We will be staying in a house near Apex Ski Resort. It will be a 15 minute drive to the Nickel Plate Nordic Center from the house. The house is called Holy Smoke at Hedley, BC. It can be seen at www.airbnb.com. There is a map that shows its location in relation to the resort.

Holy Smoke is 2,000 sq ft and sits on a 70' x 246' flat treed lot. You can ski in / ski out, which is 30 flat meters from Stray Horse ski trail that leads straight down to the village and lifts. The cabin is non-smoking. Firewood is provided for the woodstove. There are 2 bathrooms, 5 beds, 3 sofa beds and 1 mattress on the floor. Available for our use is a TV, internet, wireless internet, and a washer and dryer.

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.

Cost is \$225 USD per person for lodging. Make checks payable to NNSC for \$225. (Price may

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change if more than 5 people participate.)

Spaces are assigned based on payment date. Mail check to 3310 Burch Mountain Road, Wenatchee, WA 98801.

Coordinator Lynn Alderson at 509-885-6342 or lalder3122@yahoo.com.

STAKE LK / LOGAN LKS AND KANE VALLEY

Feb 17 thru Feb 19, 2017

4 days of skiing staying 3 nights at a cost of \$256 USD per person including meals.

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 (<http://www.highlandhouse.ca>).

The cost of \$256 per person includes meals with special dietary needs accommodated. There is a maximum of 10 or 11 people.

For more details contact Kurt at 360-820-4174 or kurt.duey@comcast.net.

These trips have been very popular in past years and fill very quickly. You must be a member to participate in any trip. To hold a space send a check for the full amount made out to NNSC to the **trip coordinator, Kurt Duey, 2601 Park Dr., Bellingham, WA, 98225.**

UPCOMING MEETINGS

Monthly meetings are the first Thursday at 7:30 PM

December 1
January 5
February 2
March 2



Nooksack Nordic Ski Club Membership Application and SnoPark Order Form

Use this form to purchase SnoPark permits, join the club or renew your membership. Sign and mail to the club with your check. Or, bring it to the next meeting.

Name(s): _____

Address: _____
Street/PO Box City State Zip

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

Email 1: _____ Email 2: _____

Dues and SnoPark Information

Check Membership Level: \$30 Individual ____ \$45 Household ____ \$15 Student ____ Amount \$ _____

SnoPark Permit – Vehicle License Required for Permit: _____ \$40 SnoPark Fee \$ _____
Vehicle License

Optional Donation – we are a 501(c)3 \$ _____

Total membership + SnoPark + Optional \$ _____

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: _____

Do you wish to share your contact information with 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 _____

I would like to receive Snow News is Good News newsletter by:

Email: _____ U.S. mail: _____

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

Deposit Date
Sno Park #

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