

# 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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### Treasurer

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### Program Coordinator

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Kurt Duey 820-4174

### Day Trip Coordinator

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### Grooming Coordinator

Pete Tryon 922-7065

## JANUARY 2019



## Club Meeting

**When** – Monday, January 7th

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

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## UPCOMING GENERAL MEMBERSHIP MEETING!

Monday, January 7th 2019: 7:30 PM.

At 7:00, a new/prospective member orientation to the club and its activities will be presented. The general meeting with the featured presentation will start at 7:30.

**SHOP AT FRED MEYER & RAISE MONEY FOR NNSC**

- and click on Community Rewards
- Link your Rewards Card now
- Sign in, using your personal Rewards Card information.
- Find Nooksack Nordic Ski Club #87670

Click SAVE! **FRED MEYER COMMUNITY REWARDS PROGRAM**

### Where Shopping & Giving Unite

Support your favorite nonprofit just by shopping at Fred Meyer with your Rewards Card. Fred Meyer is donating \$2.5 million each year to the local schools & community organizations of your choice. All you must do is link

your Rewards Card and use it when you shop at Fred Meyer.

Your Fred Meyer Rewards Card can help earn money for the Nooksack Nordic Ski Club.

- Go to [www.fredmeyer.com](http://www.fredmeyer.com)
- Click on the red REWARDS tab at top for find the drop-down menu

**You're done Thank you for your support**



Ski club members please list the Ski Club as your charitable donation organization of choice! The club gets a percentage of total sales each quarter. The following notice has come out: "An AmazonSmile bonus donation promotion is coming soon. We heard from AmazonSmile charity administrators that advanced notice of upcoming promotions helps you plan and prepare. This is a great opportunity for Nooksack Nordic Ski Club to increase its AmazonSmile donations. [smile.amazon.com](http://smile.amazon.com)

### NNSC HAS VACANCIES VOLUNTEERS ARE NEEDED !

Members here is your chance to get involved and learn more about the club, how a board of director's functions and what it takes to run a non-profit. Wonderful job experience and

looks great on a resume. All you have to do is volunteer, at a minimum come to a Board meeting once a month for 2 hours for seven months out of the year. You will be working with a great bunch of people who care about this club, its role in the community and the direction it is taking. Come join the fun. Interested parties please contact Pete Tryon, NNSC President or any of the board members.

Volunteers are also needed for the following positions:

- Backup web person
- Membership person
- Hospitality person
- Trip Leaders

**Gail Garman**

### 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 1<sup>st</sup> to April 30<sup>th</sup>. 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 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.

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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.

When you go, we want your feedback. Please send your Nordic ski and snowshoe conditions reports to Pete Tryon at [ski@tryonhayes.com](mailto: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**

### **TRIP LEADER NEEDED**

- Will the club ever go to Manning again? Apparently, we lost our position to reserve our usual cabins. In order to get them back, "someone" will have to reserve them at least a year in advance. This season no one volunteered, and as a consequence, there was no trip to Manning this season.

Currently, three members are making our four club trips happen this season. We need at least one new trip leader. If no one will volunteer, our club will offer less. I prefer to be a member of an active organization and I would volunteer, if I weren't already a trip leader!

This unhappy situation will continue indefinitely until one of us is willing to make it happen. Please, give this some consideration.

**Kurt Duey**

### **IT'S NEVER TOO LATE TO WORK ON TECHNIQUE**

It has been said that if you can walk, you can cross-country ski.

While there is some truth to that statement, walking through the snow on skis really isn't that much fun. Whether you are a beginner or have been skiing a

long time, it's important to take a good look at your technique to make each skiing experience a good one.

I'm currently teaching a friend how to ski which reminds me of how scared I was when I started skiing about 30 years ago. I fell down so many times the first day, it's a wonder I stayed with it. There isn't room in this article to cover all of the concepts to learn but let's take a look at some of the most important ones.

### **SKI-TO-SKI BALANCE**

Working on your balance is huge. You can do this anytime, anywhere. Stand on one leg for as long as you can, then switch to the other leg. Do this as often as possible. Like strengthening muscles, our balance gets better the more we work on it. This will make it easier for you to shift your weight from one ski to the other while you're out on the trails.

### **POLING**

Look at your pole positions while you're skiing. Something most beginners do is hold the poles straight out from their sides in a vertical position. That's because they're trying to increase their base of support and feel more secure on their skis. Hey, we've all been there, done that! But it's not efficient because as you take a stride, those vertical poles aren't going to help propel you forward.

Each pole should be planted on an angle of about 60 degrees. For example, when you take a stride forward with your right ski, your left arm should swing forward and be almost straight while you plant the base of the left pole even with the middle of

your right boot. With the pole in that angled position, you can use your left arm to push yourself forward by using the pole as a lever. Make sense?

While you're skiing, each arm should go through a full swing that mirrors the position of the opposite leg. Try not to have a "death grip" on the pole handles. When I was new, I remember developing small blisters on my thumbs from my killer grip. Skiing without poles is a great way to work on your weight shifts and be less dependent on your poles.

## RELAXATION, FLEXION AND EXTENSION

Another natural tendency new skiers have is to stand very stiffly on straight legs. While that might feel like a more secure position, it's actually more difficult for your body to smoothly adjust to changes in the surface and direction of the trail. Instead, keep your knees slightly flexed and you will be able to react more efficiently.

Also, look ahead down the trail rather than looking down at your skis. Your feet are still down there, honest. If you look at the trail ahead, you will be aware of what's coming and can more easily adjust your stride as needed. Besides, looking down at the ground all the time is hard on your neck.

ENJOY!

The bottom line is that skiing should be a fun activity. You're strapping on those skis because you want to stay active during the winter, enjoy the scenery and burn some calories.

If skiing isn't fun for you yet, consider taking some lessons.

See you out on the trails!

Source: Susan Mulvihill,  
January 2010  
[www.spokanenordic.org/resources](http://www.spokanenordic.org/resources)

## A GENEROUS OFFER

Each winter I spend a month or so over in the Methow Valley enjoying their wonderful Nordic trail system. This winter I have rented a nice two-bedroom cabin on the outskirts of the Edelweiss area just south of the metropolis of Mazama. I will be there from mid-January thru mid-February. On occasion I do have a friend or two join me. However, I would like to throw open to anyone in the club who is interested in using that second bedroom. I am not looking for any remuneration, just want to share this wonderful place with others who might enjoy it. If you would like more information, contact me either at: [guluda@gmail.com](mailto:guluda@gmail.com) or 206-605-0596. Thanks.

**Wendell Nicholson**



**Manning BC 2018**

## MOUNT SPOKANE

**January 18 thru January 21**

The Mt. Spokane Cross-Country Ski Park has almost 60 km (37

miles) of trails that range from easy to difficult. The main Selkirk Lodge has indoor plumbing, water, and tables. The Nova Hut has a wood stove and tables, and is a great destination or a resting point on the way to the far trails. Trails are groomed nightly, Wednesday through Sunday depending on sufficient snow base and other circumstances. The Cross-Country Ski Park and the Selkirk Lodge opens daily at 7:00 a.m. and closes at 10:00 pm.

**Parking** – A Sno Park Permit and a Special Groomed Trails Permit sticker are required for each vehicle, and are good for all passengers in the vehicle. Drivers are responsible for the Sno Park Permit. Riders will share the cost of the Special Groomed Trails Permit. The SGTP will stay with the driver after the trip is completed. The Snow Park Permit and SGTP contribute to a State fund that pays for snow plowing of roads and parking lots, the trail groomer and groomer operator, and other State Park winter maintenance expenses.

**Housing** – Oxford Suites at 15015 E Indiana Avenue, Spokane Valley, WA 99216. Rooms are a group rate of \$105 each plus guest room taxes currently at 12.9% plus a \$2 tourism tax per night. Reservations can be made at 509-847-1000 and mention Lynn Alderson Ski Group to obtain the group rate. Rooms have two queen beds. Your reservation must be made by 12-19-2018 after which rooms that are not reserved will be returned to general inventory. Please advise me if you plan to attend this trip and I will try to connect people with each other so we can share a room.

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**Amenities** – Full Hot Breakfast Buffet; Evening Reception featuring appetizers and your choice of wine, beer or soft drinks; On-site Restaurant & Lounge Oxford Riverside Bistro available nightly from 4:00 pm until 9:30 pm; Parking; Indoor Pool, Spa, Sauna, Steam Room and more.

**Meals** – Oxford Suites provides breakfast on site. Lunch will be on your own, so bring food for it. At night, the group will decide where to eat. There are many restaurants in the area.

**Coordinator** – Lynn Alderson at 509-885-6342 or [lalder3122@yahoo.com](mailto:lalder3122@yahoo.com)



Logan Lake 2017

## STAKE AND LOGAN LAKE TRIP 2

February 15 thru February 18

Stake & Logan Lakes & Kane Valley – Coordinated by Kurt Duey

4 days of skiing, staying 3 nights at a cost of \$260 USD per person including meals, double occupancy.

This high-altitude ski destination offers three different settings to

ski in. It is less than five hours from Bellingham on good, well-maintained roads. We will be staying at the fabulous Highland House B&B in Logan Lake, BC. offering 5 luxury bedrooms with 2 beds and private full bathrooms. This B&B was built to house the managers of the nearby pit mine and they spared no expenses building it. This place is really nice! The cost includes meals (hearty breakfasts with many choices, sack trail lunches, substantial dinners, special dietary needs accommodated). The outdoor hot tub and setting are as outstanding as the rest of the B&B. To visit their web site go to: [www.highlandhouse.ca](http://www.highlandhouse.ca).

Enjoy great skiing at any or all of three xc-ski areas: ultra-groomed Stake Lake, semi-groomed Logan Lake, and seldom groomed Kane Valley. 5 min. from our B&B, **Logan Lake** at 1180 meters (base) has 36 kilometers of skate and classic track. Trail fee is \$10 cash. They have 2 km of night-lit groomed trails. On the web go to <http://highlandvalleyoutdoorassociation.com/>. 20 min. from our B&B, **Stake Lake** at 1315 meters (base) has 60 kilometers of skate and classic track. Trail fee is \$15 cash or credit card. It features a large warming hut. On the web go to [overlanderskiclub.com](http://overlanderskiclub.com)

1 hr. from our B&B, **Kane Valley** at 1160 meters (base) has 50 kilometers of classic and un-groomed trails. Trail fee is \$10 cash. It can be skied on the way up and/or on the way back. On the web go to [www.nicolanordic.ca/kane-valley-trails](http://www.nicolanordic.ca/kane-valley-trails). All three areas are unique and enjoyable.

To hold a space on this trip send a check for the full amount made

out to NNSC to the trip coordinator: Kurt at 360-820-4174 or [kurt.duey@comcast.net](mailto:kurt.duey@comcast.net). Mailing address: 2601 North Park Drive, Bellingham, WA. 98225. They will not be cashed until after the trip and a full refund is possible until January 15th.

I encourage carpooling and will need to be contacted by anyone who sends me a check, as I am in South America until Nov. 20th.

These trips have been very popular in past years and fill very quickly. You must be a member to participate in any overnight trip.

## NICKEL PLATE TRIP

March 1 thru 4

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](http://nickelplatenordic.org).

We will be staying at the Sandbluff Ranch in Penticton, BC. We will drive to the Nickel Plate Nordic Center from the ranch. The ranch can be seen at [www.airbnb.com](http://www.airbnb.com).

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Sandbluff Ranch is a 2 acres estate property on the west side of Penticton. It is surrounded by cherry and apple orchards and has a view from every direction including glorious sunsets from the sunset deck overlooking the valley from Skaha Lake to Lake Okanagan. This house features 3500 sq. ft of living space with 4 bedrooms, 6 beds, 3 full baths, huge kitchen, lounge, family room w/TV, Media room with TV & Ping Pong. Walmart, Superstore, a host of great restaurants, wineries are nearby.

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.

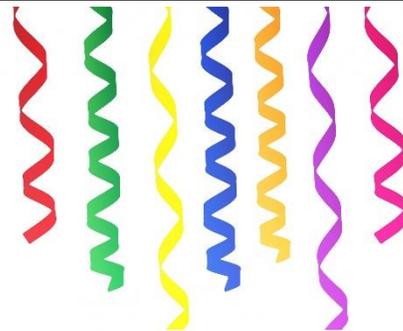
Cost is \$183 USD per person for lodging. Make checks payable to NNSC for \$183. Mail to 1363 W Lakeside Dr Apt B, Moses Lake, WA 98837

**Coordinator** Lynn Alderson at 509-885-6342 or [lalder3122@yahoo.com](mailto:lalder3122@yahoo.com).

## UPCOMING MEETINGS

Monthly meetings at 7:30 pm, as follows:

February 4  
March 4



*Happy New Year*

# 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: \_\_\_\_\_

I would like to receive Snow News is Good News newsletter by: Email: \_\_\_\_\_ U.S. mail: \_\_\_\_\_

### Select Club Tasks you could help with:

- Serve on NNSC Board \_\_\_\_\_
- Clear brush from trails \_\_\_\_\_
- Find speakers/programs \_\_\_\_\_
- Put up trail signs and sanican base \_\_\_\_\_
- Help with Ambassador Days \_\_\_\_\_
- Write an article for "Snow News" \_\_\_\_\_
- Audit NNSC financial records \_\_\_\_\_
- Write a grant, or, fundraising \_\_\_\_\_
- Lead a ski trip \_\_\_\_\_

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 #