

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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Sharon Robinson
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Webmaster

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Day Trip Coordinator

Don Hicks 733-4815

Program Coordinator

Joan Dudley 223-0225

March 2011



Club Meeting

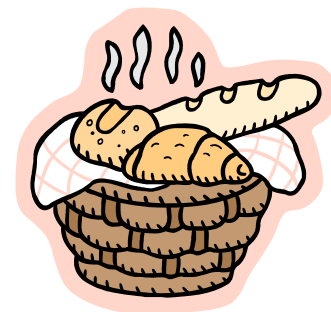
When – Thursday, March 3

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

HANNEGAN ROAD UPDATE

The board has just been made aware that Hannegan Road is more than just a spot to take dogs. The USFS just issued its first Motor Vehicle Use Map (MVUM) free to the public. It determines the legal access for wheeled vehicles. According to it, highway legal vehicles can drive on road #32 (Hannegan) year around. The club can continue to groom the road when snow depth prevents vehicles from traveling on the road.

At the latest groomer meeting I explained that in reality, this doesn't work well for our club. When there is a foot to 14" of snow, we would like to be able to pack it to establish a good base for groomed trails, but as soon as we pack it (so it doesn't melt) - then drivers upon seeing it packed down, feel welcome to drive on the trails and damage them. The forest service let us know that these maps will be updated annually, and we can look into this situation further on how to resolve it. The Nooksack Nordic Ski Club's input will be sought out for the next MVUM update. A Forest Closure Order with a gate at Shuksan Picnic Area can be considered in upcoming years. However there is no current closure order to prevent snowmobiles from operating on the road when highway vehicles can no longer travel on the road. So there you have it. Watch out skiers and dogs!

Gail Garman & Jeff Rhodes

THANK YOU SUSAN !!

Susan, we're so sorry to see you go! After spending 15 years and countless hours as Webmaster on behalf of the NNSC, how can we ever thank you enough for all you've done? I know that the growth in the number of winter receptionists visiting Salmon Ridge is due in large part to your expert work. Having a visible, easy to navigate website that is easy for folks to find, has helped so many to find our little ski club and the Salmon Ridge trail system. You've always been quick to update the grooming and trail conditions and website notices or make any changes requested - sometimes staying up late at night to do so. I know those shoes won't be easy to fill. Thank you so much for all your years of dedicated service. Alas, we wish you well.

Gail Garmen



THE PREZ's LETTER

Hello fellow skiers! It would appear that this severe winter we were supposed to have has been hitting everywhere except the Northwest. Having the youngest club member (who just turned 4 months old) as part of our household has kept me off my skis more than in recent years, which has led me to think more about my first couple of winters on skis.

My very first memory of skiing is from Salmon Ridge, on the "big hill" on Razor Hone. After learning to climb, my dad helped me snowplow down the hill without our poles. One thing led to another, and halfway down we both planted forward with a "thud." With my big brother laughing hysterically and my mom stifling a laugh she and my dad peeled himself off of me, expecting a bawling little skier. Amazingly enough, it was a delightful experience. I spent a good portion of the afternoon skiing up and down that hill. I know that in the last 20+ years the ski trails at Salmon Ridge have changed, but it is wonderful that the same great club is still providing skiers like me to take my own little skier in the years to come.

Safe Skiing, Jeff Rhodes

THANK YOU FROM THE EDITOR

I wish to thank everyone who sent pictures and wrote wonderful articles for our newsletter this season. Your efforts helped make the newsletter interesting and successful.

Lynn Alderson

A DREAM COME TRUE

Although we are longtime Bellinghamsters, my wife Connie (originally from Montana) and I (Wyoming) share a love of the greater Yellowstone ecosystem. We've made a number of trips to Yellowstone and Grand Teton National Parks in the summer, but had always dreamed of seeing and skiing the parks in the winter. Noting the availability of a three-week window in January, Connie and I seized on the opportunity for what we considered a dream ski trip.

The highlight of the trip was definitely Yellowstone. In planning the visit, we wanted to get deep into the park in order to see as much wildlife and as few snowmobiles, as possible. Gladly, a quick web search turned up Yellowstone Expeditions, a 29 year-old company that specializes in multi-day ski tours from their Yurt Camp located near the Grand Canyon of the Yellowstone. Arriving in West Yellowstone, we traveled 40 miles in a snow coach to the Yurt Camp. The camp consists of two large yurts, forming the common spaces and eight propane-heated yurtlets, where



Yellowstone Expedition's Yurt Camp

the guests sleep. We found the camp to be a nice compromise between the rigors of snow camping and the less intimate experience of staying in a lodge.

From the camp we spent four days on a variety of guided tours including one where we took a dip in a hot creek. The skiing was sublime, everything from treks down an expansive valley, up a pass, through forests, around a thermal area and over frozen lakes. I also took my telemark gear and enjoyed some memorable turns. As for wildlife, we saw bison, swans, eagles, coyotes and we think some otters.



Skiing in Yellowstone

From Yellowstone, we made our way over Teton Pass to Jackson, Wyoming where we spent a week skiing in the Tetons. After a couple of days spent on what are normally groomed tracks running north along the base of the Tetons to Jenny Lake and up Cache mountains, we ventured off-

track on trips to various lakes (Taggart and Phelps) and mountains (Signal and Shadow). The options for skiing in the park are abundant and provided the good weather we had; views abound.



Teton Mountain Range

On our way home, we diverted up into the Sun Valley (Idaho) area to check out their nascent Nordic Festival and were pleasantly surprised. Beyond the glitzy jet set scene at the Sun Valley resort, we found an extensive trail system, wonderful views of the Sawtooth Range and a friendly Nordic ski community. The festival is a fun time to visit, as there are loads of fun activities and good deals.

Back home in Bellingham after skiing 18 of the 23 days, we are savoring our memories of this trip and are already plotting a return. Feel free to contact me if you'd like to learn more.

Andy Day

Andyday208@gmail.com

Yellowstone Expeditions
<http://yellowstoneexpeditions.com/index.html>

Sun Valley Nordic Festival
<http://www.svnordicfestival.com>

ADVENTURES AT NICKLEPLATE

Ten members enjoyed skiing at Nickelplate on February 3, 4 & 5. Once again this ski-trail system has proven to have some of the best snow the club skis. The four days I skied there it snowed three, with a real dumper on Sunday morning. The temperature was 37 the first day, as a warm wet front moved in. I caught Cindy Hassel coming around a corner on the Cannonball run with my camera and she seems to be seriously blissed out. The snow was cold and it didn't rain. By Friday it was around 28 with some sticking on the exposed snow. Saturday was around 20 and probably the best day for skiing. It had snowed about six inches overnight and we really enjoyed skiing down Silverside, with many turns in the new snow. We tried to go to the Panorama Overlook but turned back due to wind scoured trails.

Our accommodations at the Whitetail Chalet were good with a well stocked kitchen and many leather-clad recliners. While the sleeping arrangements aren't ideal, with half the members sleeping in bunk beds. Our club members proved themselves to be generous cooks and shared excellent meals. I particularly liked Gail Garmen's Greek, "I can't believe its chicken, stew". Just the thing to have after a day's skiing. Unusual weather conditions left China Ridge too icy to ski, so we skied only at Nickelplate. I had icing on the wiper blades between Manning Park and Princeton, which was a visibility nightmare and the drive back on

Sunday was slow-going because of the heavy snow conditions. It took from noon till six to get back to Bellingham, an hour longer than usual.



Cindy Hassell

I heard much satisfaction with the ski conditions and several members told me how happy they were that they had come.

As Club Trip Coordinator, I led this trip in the hope that the club body will come to appreciate this excellent ski trip and want to offer it every year and I hope someone will do this trip again next year, so that I can look into perhaps another ski opportunity for the NNSC. In fact, the only reason I provided this trip at all this year is because Don Hicks had kindly agreed to lead the two Logan Lake trips I had led in years past. Don tells me that he is only good for one trip next year, so someone else will have to step up to take the New Year's trip to Logan Lake or it won't happen.

Kurt Duey

INTEGRATIVE MOVEMENT AND THE JOY OF NORDIC SKIING

Radiant blue sky has returned to outshine the snow covered mountains. Crisp, calm air seems to cleanse my lungs, and a fresh hot wax, perfect for the freshly groomed snow of yesterday, makes skate skiing easier. Trying to improve my novice's pace, I follow the advice of an experienced friend. I lift my hands to eye level then crunch my belly to pull my chest down, forcefully dropping the weight of my entire upper body down onto the poles. Wow, what a powerful push-off! My friend beams in satisfaction, but I feel heavy and tired, tight abdominal muscles preventing me from inhaling fully. I stop every two or three paces to catch my breath, humiliated by my aerobic limitations. There has got to be an easier way to do this.

This friend is a powerful skate skier, capable of more speed and endurance than three of me. Even though his technique is effective in terms of covering long distances at a competitive speed, he complains that it aggravates his back, already tense and sore from working long hours on a computer. Distaste for pain leads me to disregard his advice. Although I am just beginning to skate ski, I have twenty years of practice studying body awareness. One of the things I have learned is that inefficient movement eventually causes pain and injury. Rolfing® Structural Integration, Aikido, Orissi dance, Yoga and passionate curiosity have taught me how to find

functional posture and efficiency.

As I tune into my own body, looking for the easiest possible way to move on skis, I find a figure-eight motion in my spine. I let my arms rest on the poles and pour the weight of my body down and forward onto my left foot, which starts me sliding forward. Allowing the right leg to follow gravity down swings it toward my left leg until they are nearly touching. The swinging leg shifts my weight onto the inside of my left foot, slowing the glide and causing me to fall onto my right ski. Letting my left toes drop gives me a good push-off with the ski's inner line. As I stand up on the right ski, the motion swings my hands up to shoulder height, and as I glide, my left leg falls in, continuing the cycle on the other side. The momentum of this sequence makes each step effortless. It's easy to breathe with my whole torso relaxed, and the gravity-powered glide is fast enough that I don't have to push hard to keep moving.

A dull aching on the fronts and insides of my knees begins to disturb me. I stop and take time with each leg, using my hands and eyes to ensure that my hip, knee and second toe are all pointed in the same direct, as I bend and straighten my knee slowly. This easy exercise is a simple example of how RolfMovement® helps to establish proper alignment of the legs and to maintain it even after my attention strays. This realigning eliminates my budding knee pain and also helps me to drop my weight directly over each ski, making my glide faster and longer. I

can now ski comfortably without getting out of breath. Not yet competitively fast, but I am meeting my own goal: sustainable-joyful movement.

Jazmine Fox-Stern
(Daughter of Mary Lou Stern)

Jazmine@BoulderRolfingCenter.com or 720-933-8123



DAY TRIP SCHEDULE

Don Hicks is our day trip Coordinator. When these events occur, 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

UPCOMING MEETINGS

Monthly meetings are the first Thursdays, 7-9 PM

September's meeting to be announced at a later date

FUN NEAR THE ICICLE

President's weekend I planned to ski in Leavenworth on my way to Wenatchee. My favorite place, the golf course was closed. So I went to the ski hill and the cross-country ski trail had some bare spots. Next I back tracked to the Fish Hatchery, which is near the Icicle. I have skied there many times and have always found it to be too crowded. This is the first time I can honestly say it was absolutely delightful. There were few skiers, the snow and weather was perfect. SUN! Oh Glorious SUN! How I have missed you. I skied the entire perimeter of trails and was in heaven. I had a great time skiing by myself last week end. It is more fun to have others for companionship, safety, sharing life's stories and swapping tall tales though.

In the past I have skied in the Lake Wenatchee area, which has many groomed trails. The Steven's Pass Nordic Center is nearby and Leavenworth's many ski areas are only 16 miles away. This summer I plan to scout out the area for accommodations. It may be a great spot for a ski club outing. So wish me luck.

Lynn Alderson



See you next ski season!

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: _____

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:

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