



Nickel Plate

N O R D I C C E N T R E

December, 2011

MESSAGE FROM THE PRESIDENT

Welcome to the 2011/2012 season. Thanks to Mother Nature for the early snow, and to our staff and volunteers, our ski and snowshoe trails are in great shape.

Do you want to be more involved in our dynamic Nordic organization? We are still looking for a **Vice-President**, a **Director of Facilities** and a **Director of Fund-raising**. Any of our current directors can give you more information on those positions. As well, we have a variety of activities planned over the next few months and will be needing volunteers to help out. The more volunteers we have, the easier the jobs are and the more fun our members will have. Looking forward to seeing you at Nickel Plate enjoying the great outdoors "above the clouds".

Esther Skrypiczajko
President

Check out the 'Coach's Corner' on Nickel Plate's Website, written by Jerome Jang. You will find a wealth of information on many topics such as waxing your skis, how to deal with sticky snow and making a training plan. New topics are posted at members suggestions.

Upcoming events:

Moonlight Ski Potluck on Friday, Dec. 9 at 7 p.m. and **Xmas Potluck Lunch** on Monday, Dec. 19 at 12 p.m. Bring a dish to share and your own beverage, plate and cutlery. Contact Elvia at 250 487 2191 for more information.

Welcome Day on Sunday, January 8 - Lunch will be served 12:00 to 1:30. Hamburger/drink \$5.00 and Hot dog/drink \$2.00. Each member is asked to bring a dessert to share.

Loppett on Saturday, February 11.

NICKEL PLATE WEBSITE

Looking for a carpool? How's the weather right now at Nickel Plate? What day is the pot luck lunch?

You can find out all this information and more by going to our website. Our webmaster, Van, does a great job of keeping the site up to date. Take a few minutes and check out all the different links. If you would like to add something, email info@nickelplatenordic.org and Van will post it for you.

VOLUNTEERS

Nickel Plate Cross Country Ski Club would not be the place it is today without all the hard work of our many **volunteers**.

Many thanks to:

Des Snider and his painting crew for brightening up the inside of the lodge

Dick Reimer and his crew for doing repairs to the facilities

Ray Mumby and his crew for getting the trails in great shape and getting us a large supply of firewood

David Bruce for his donation of paint

Jana Lemes for processing over 475 memberships already

Chris Toneff for organizing the Skill Development Program and the Coaching Clinics

Jerome Jang for running the Junior Racer Program

Peach City Runners and Adventure Sport for inviting us into their store for our ski swap

Presenters who made our Expo night so successful:

Peach City Runners and Adventure Sports

Whole Foods Market

Hoodoo Adventures

Penticton and Area Cycling Association

Friends of Vista Trails

Bike Barn

Best Damn Sports Bar

Nickel Nook



All **pre-schoolers** are invited to come to the Nickel Nook in the day lodge. We are in the process of making a space especially for the little people who visit Nickel Plate. Kids must be supervised by an adult but they are welcome to come and enjoy the toys and books that are there. We are accepting donations of good quality used toys. Thanks to Rita for spearheading this project.

USED SKI/SNOWSHOE Equipment

We have received emails from people who are interested in buying used skis, boots and poles. I know that some of us have this equipment taking up room in our garages. If you would like to sell this equipment, there are two ways to advertise it. Our website has a BUY/SELL link where you can put an ad for free--just follow the directions to get your ad posted. Or there is now a designated BUY/SELL area on the bulletin board above the drinking fountain. Bring your ad and tack it up. Those of you wanting to buy equipment are welcome to use both the website and bulletin board.

Membership cards are available at the ticket office.

Christmas Day Hours

The lodge and washrooms will be open on **Christmas Day**. The ticket office will be closed so there will be no rentals available.

Trails

We are blessed with a good amount of great snow already and the trails are in great shape; more are being opened as they get packed and leveled.

There is no logging going on within the Nickel Plate trail system however,

BE VERY CAREFUL WHEN CROSSING WINTER'S CREEK ROAD WHEN SKIING EAGLE'S NEST AS THERE IS ACTIVE LOGGING GOING ON. LOGGING TRUCKS ARE USING THAT ROAD.

This logging operation will be completed before Christmas.

What Does Your Season Pass Money Do?

1. Pays for firewood to keep you warm in the lodge.
2. Pays for equipment to fix and up-grade trails.
3. Helps to buy a new groomer every few years.
4. Pays for power saws, brush cutters, etc. which are needed for upkeep of the trails.
5. Buys the fuel for the equipment.

Thank you for being a member – it is what keeps Nickel Plate what it is.

Please feel free to let the executive know if we can help make skiing better.

Ray Mumby, Director of Trails

P.S. Get Out and Ski, Ski, Ski

Skill Development Program

(Registration for SDP Program is now closed.)

Pre-season planning is well underway for the Skills Development Program, and the trail conditions are looking fabulous. We have a large cadre of coaches this year, so the smaller class sizes will mean more attention for each of your kids! In fact, sessions are already underway for the Junior Racers. The official start of the SDP program is Saturday, 7th January 2012, for eight consecutive Saturdays, from 10:30 to 12:30 (10:30 - 11:30 for bunnies). Check your emails for updates in the near future.
Chris Toneff

Pisten Bulley Track Setter



Nickel Plate's new Pisten Bulley Track Setter with track setters Jack and Keith.

A new 2011 Pisten Bulley 100 has replaced our 2007 Pisten Bulley 100. The new machine has the same configuration for track setting as the 2007 machine with some subtle changes in aesthetic design. Under the cab, Mercedes has increased the horsepower from 170 to 190. In the cab ergonomic adjustments have the 12 way blade controls and the tracksetting tiller controls consolidated onto a joystick for operator ease and efficiency. A gauge for determining tilling depth has been added in the cab. The new machine carries a 2 year manufactures warranty on major components. Thanks to our large membership base our new machine is fully paid for!

SNOWSHOE GROUPS

A snowshoe group leaves from the ticket office every Tuesday at 10:00. The trek varies from week to week depending on the fitness level of those who show up. Snowshoes are available for rental if you don't own any and would like to try it out.

COACHING NEWS

Junior Racers

Twelve junior racers, ages 10 to 14, began the season early with a dry land training program. A number of them participated in the Vernon Regional Snow Camp Nov. 25-27 and are revved up and ready to make a splash on the Provincial scene at local races and BC Cups. And make a splash we will with our bright racing suits designed by our own Hayman sports (a slightly toned down version will be available for members). Look for us on the trails and at races. Contact Jerome Jang at jang.jerome@gmail.com (250-494-1972) for information about the Junior Racers.

Start Your Season Right Clinics

Good ski technique makes for more fun. Why not sharpen your skills early this season? We are offering beginner to advanced skier level "Start Your Season Right Clinics" this season. Register now for either the December sessions (snow permitting) or the January sessions.

Scheduled Sessions:

Beginner to Intermediate Level

Saturday December 10 th (Skate)	9:30 to 3:30
Saturday January 7 th (classic)	9:30 to 3:30

Advanced to Expert Level

Sunday December 11 th (Skate)	9:30 to 3:30
Sunday January 8 th (Classic)	9:30 to 3:30

Instructors: Chris Harmata and Jerome Jang
All sessions include video analysis.

Cost is \$75.00 per session. (Nickel Plate Day pass not included)

To register online (chrisjan@telus.net or jang.jerome@gmail.com) or call Chris @ 250-492-0170 or Jerome @ 250-494-1972)

Please specify which technique (classic or skate) when you register.

More Opportunities to Upgrade Your Ski Skills

Join the Masters skiers (anyone over 30) to upgrade or improve your skills, Wednesday and Sunday mornings starting Jan. 8th.

Master Skiers signed up for the season can also attend the all day skate clinic on Dec. 11th and the all day classic clinic on Jan. 8th (both including video analysis) half price.

Cost just \$200 for the season or \$25 for drop in (except all day clinics).

Private lessons and wax clinics are also available.

Contact Jerome Jang at

jang.jerome@gmail.com (250-494-1972) or Chris Harmata (chrisjan@telus.net) (250-492-0170) for information.



Chris Harmata, Ski Instructor, and Jerome Jang, NCCP Coach offer ski lessons and coaching at the Nordic Centre. Jerome is modeling one of the racing suits the Junior Racers will be wearing when representing Nickel Plate at their races this season.