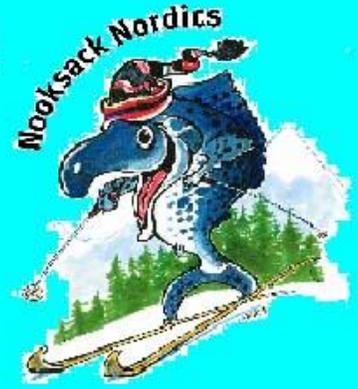


# Snow News IS Good News

Newsletter of the Nooksack Nordic Ski Club

P.O. Box 28793, Bellingham, WA 98228  
Website: [www.Nooksacknordicskiclub.org](http://www.Nooksacknordicskiclub.org)



## Board Members

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Debra Jusak 201-8624

### **Vice President**

Dave Gertstenberger  
255-0749

### **Secretary**

Allan Richardson 733-5477

### **Program Coordinator**

Dick Etter 734-3555

### **Trip Coordinator**

Kurt Duey 820-4174

### **New Member Coordinator**

Richard Cochinos  
671-4502

Elizabeth Martindale

393-4732

Greg Aanes 389-2719

## Other Volunteers

### **Treasurer**

Lynne Oliver 592-9005

### **Salmon Ridge Coordinators**

Kurt Duey 820-4174

Gail Garman 371-3554

Jim Rhodes 734-8246

### **Membership**

Jim Rhodes 734-8246

### **Publicity & Hospitality Chair**

Sharon Robinson  
647-8606

### **Newsletter Editor**

Lynn Alderson 223-5859

### **Webmaster**

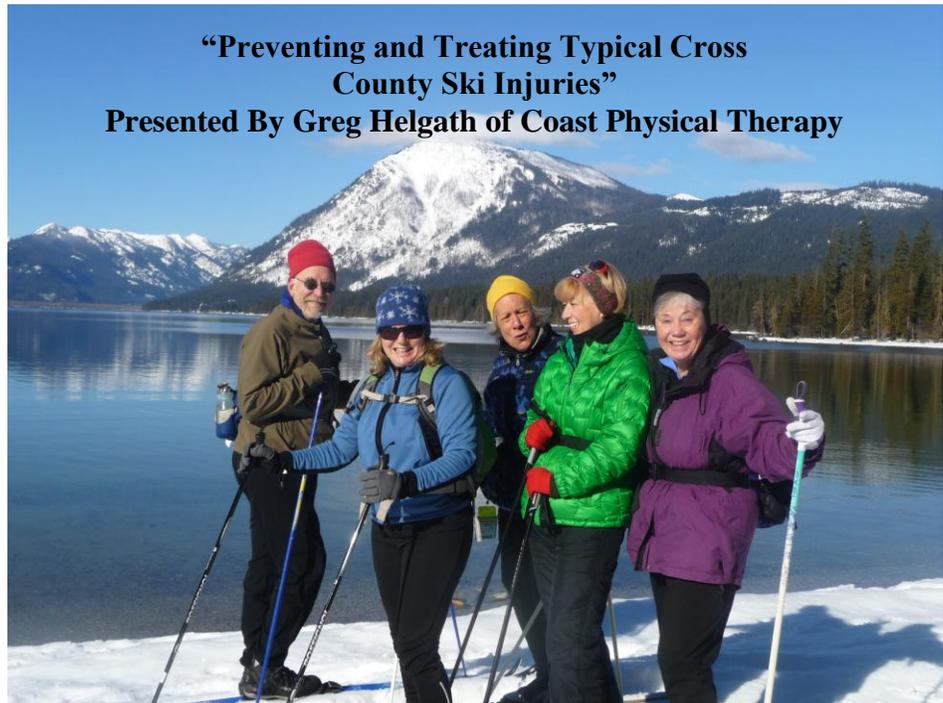
Jackson Thomas 661-3095

### **Day Trip Coordinator**

Don Hicks 733-4815

## December 2012

### **“Preventing and Treating Typical Cross County Ski Injuries” Presented By Greg Helgath of Coast Physical Therapy**



## **Club Meeting**

**When** – Thursday, Dec 6

New member orientation is at 6:30;  
Meeting starts at 7:00.

**Who** - Anyone is welcome!

**Where** – Whatcom Educational Bldg's  
Community Room at 511 E Holly in  
Bellingham. Building is on the right  
(north) side of the street at the corner of  
High St and Holly St. It is a one-story  
building with parking.

**Visit Our Website for the Latest Information: [www.nooksacknordicskiclub.org](http://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



## FOR SALE

Kurt Duey has a reconditioned Nordic track that he would sell to any member for \$15. This is an excellent aerobic machine, which will help get you ready for the snow.

Kurt Duey 820-4174  
Kurt.duey@comcast.net



## WORK PARTY DECEMBER 2<sup>nd</sup> AT 9 AM

Hey! It was **snowing again at Salmon Ridge today!** So our weather window to get the trails ready is shrinking.

Though we've had 3 successful work parties, so far, there is still a little more work to finish up. So Jim and I are teaming up **again** to tackle the remaining tasks.

**The plan is:** to drag all the branches and trees that were downed by the tree service off the trail. The area involved is 1 mile of Cougar trail (on either side of the bridge between the 2 hills) and on the old Blueberry Hill (first hill off Razorhone Road) where they did the Pro

Bono work. Afterwards, there's about an hour's worth of brush cutting that needs to be done in the middle of west Cougar. Jim Rhodes has volunteered to do the chainsaw work and cut up anything too big to drag.

Jim and I need some help. So if you weren't able to join us previously, here's your chance to jump in. **Come join our work party.** It's a fun way to get to know your fellow club members and improve the trails.

**When:** **Sunday, Dec. 2nd 2012** rain, snow or sunshine!

**Contact info:** call Gail Garman at 371-3554 or

[keatsandgail@comcast.net](mailto:keatsandgail@comcast.net) or Jim Rhodes phone: 734-8246 or email:

[james.c.rhodes@gmail.com](mailto:james.c.rhodes@gmail.com)

**Where:** we meet 9am at the southeast corner of the Sunset Cost Cutter parking lot, near the rock wall to carpool to the site. We work rain or shine unless the crew leader says otherwise.

**What to bring:** warm clothes, water, work gloves, sturdy footwear, and rain gear. Loppers are helpful too.

**Lunch will be provided - compliments of the Nooksack Nordic Ski Club.**

**Please join us. RSVP if you can come, so we can bring your lunch.**

**Thank you!**  
**Gail Garman**

## KUDO'S KORNER

Volunteers are the lifeblood of the Nooksack Nordic Ski Club and the Salmon Ridge Ski and Snowshoe Trail System. Neither

would exist if not for their efforts. Quite a bit of work was done, though few dared to go out into the cold and rain to work on the trails this fall. So I want to thank all the members of the work parties so far, that helped recon and clear Salmon Ridge trails this fall! Thank you: Jeff Rhodes, Kurt Duey, Lynne and Tom Oliver, Joe Nolting, Joan Dudley, Sharon Holmes, Allan Richardson, Keats Garman and a special thanks to Crew leader – Jim Rhodes. In addition, we owe a big Thank You to the Mt. Baker Club for posting our call for volunteers. Joining our efforts from that club was: Hermod Bakke, Titti Ringstrom, Kyle Kelin, Sandy Randall, and Rich Pedersen. Without them we never would have gotten as much work done. Volunteers are critical to the success of our club and the Salmon Ridge Trail system. Thank you so much for your help.

**Gail Garman**  
**Salmon Ridge Coordinator**

### **NNSC HAS FOUR VACANCIES ON ITS BOARD – 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, role in the community and the direction it is taking. Come join the fun. Interested parties please call

Dave Gerstenberger or Sharon Holmes who are on the Nominating Committee. New Directors will be voted in at the December meeting.

**Sharon Holmes**

### **SALMON RIDGE UPDATE**

September was spectacular with lots of beautiful autumn leaves, but a little too dry. For the first time in NNSC history, lack of rain created an extreme fire danger that prohibited use of power tools in the national forest, keeping the contractors and our work parties from clearing the trails. Finally, in October the rain came and work commenced. We got quite a bit done: cleared a couple of the snowshoe trails (River and Huckleberry), added trail markers, limbed-up Mom's trail, cleared brush from around the gates and trail heads, checked and cleared the drainage ditches and culverts to prevent the rains from washing out the trail, and cut back downed trees along the Anderson Creek Rd.

In addition to the work parties, a mowing contractor was hired to mow Anderson Creek Road and Mom's trail. And for the first time ever....we hired a tree service (Rich Ternan's Tree Service) to "daylight" and really open up the Cougar trail near the Bagley Creek Bridge so it can be easily groomed. Tree branches up to 25 feet high were removed as well as small trees impinging on the trail corridor. So if we get the snow, we can finally get the full trail groomed!

Yet there is still more work to do. The main trailhead sign at the head of Razor Hone Road was damaged and found on the

ground. Luckily, a Mt. Baker Club member has volunteered to fix and install this for us. Keats Garman will also be making a new sign to better attract snowshoers to that trailhead. Soon there will be a work party to drag branches off of the Cougar trail. And then, once the snowfalls, we will need to install signs and the sanican base in the Snowpark and close and lock the gates. So there will still be opportunities for you to jump in and help your club. So come join the fun and learn more about what it takes to keep the cross-country ski trails and snowshoe trails well maintained.

**Gail Garman**  
**Salmon Ridge Coordinator**

### **GRANT UPDATE**

Let's Celebrate! Last year, we had a tough winter - lots of snow but groomer problems and limited grant funds to continue grooming. This year we can celebrate! Marj Leone has secured another SnoPark Grant. It will provide \$4522 for grooming the ski trails (Anderson Creek Road and Razorhone), \$2178 for plowing out the SnoPark and \$3000 to provide sanicans at the Salmon Ridge SnoPark. On top of that, Congress finally funded the National Recreation Trails Program (NRTP) grant (written 2010) starting this year! That means we have another \$21,300 for trail maintenance over the next 2 years.

Maintenance includes not only grooming but also covers the cost of hiring contractors (mowers & tree service) and other expenses associated with keeping the trails and drainage system clear. So we are

financially in great shape! In fact, we are so flush that the NNSC Board recently approved twice a week grooming of the trails. Yippee!

On top of that, there is more good news. Since last winter we were struggling with inadequate funding, this spring I submitted another NRTP grant application for \$16,000 for maintenance during 2013 to 2015. We recently were told it ranked at #14 out of the 59 grant applications! Not bad! So when (or if) Congress passes the next Federal Hwy Transportation bill (which funds all the national trails programs) it's very likely we'll be funded. So, provided we can supply adequate matching funds through volunteer work parties and the State Grant, we are in great shape for the next 2 to 3 years! So join a work party and help the NNSC secure this funding! It's a great way to get to know your fellow members.

**Gail Garman**

## **EDUCATING SNOWSHOERS**

NNSC & Mount Baker Club is Working Together to Educate Snowshoers

The NNSC Board has asked me as the Publicity Chair to provide some education to folks who snowshoe about the trails up at Mount Baker, especially Salmon Ridge, trail safety, trail maneuvering and trail etiquette. As a member of the Mount Baker Club who also promotes snowshoeing, I brought this opportunity up to that Board as well and they too were excited about the project. I put my thinking cap on and came up

with the following ideas to promote this worthwhile project:

\* I have contacted all of the ski shops in town and talked to their instructors on basic snowshoe classes to make sure we are all on the same page when it comes to trail use, maneuvering and etiquette.

\* I have written an article, entitled "Let's Get Outside and Play" for the Bellingham Herald on this subject and it will come out on 12/3 in the "Window on My World" section of the paper. The picture should make you smile at least!

\* Both clubs are collaborating with Back County Essentials store to put on a Community Educational Forum on Snowshoeing and X-Country Skiing at Mount Baker. A member from both clubs will present slides and talk about trails, safety and etiquette. This event will take place at BCE at 7:30 pm on 12/13. Please come and share this information with your friends.

\* I am leaving resources materials for snowshoers and X-Country skiers (both club brochures, Ski Sense Brochures and locations of snowshoe trails) at all of the Ski Shops throughout the ski season. If anyone from this club would be willing to present with slides/pictures at the Community Educational Forum, please contact me ASAP. I would welcome your input on any other ideas to get the word out to provide resources and education to snowshoers.

**Sharon Holmes  
Publicity Chair 360-647-8606**



**Sharon Holmes and Cindy Hassell Snowshoeing in Plains, WA**

## **CELEBRATE SNOW**

Washington State Parks and Recreation Commission (WSP&RC) is sponsoring a big event called "Celebrate Snow", Saturday, December 1st at the Seattle REI in the upstairs conference room. The purpose of this event is to showcase all the various winter recreation activities available for the public at all the sno-parks around the state and to show people that there is a lot more out there than just the places near the I-90 corridor. Representatives from SnoParks all around the state will be there including NNSC's own: Debra Jusak, Sharon Holmes, Marj Leone, and me. We will be representing arguably the most beautiful sno-park in the state: Salmon Ridge (SR). We will use a slide show, maps, brochures, posters and pictures and answer questions about SR to folks interested in winter recreation. So if you have digital photos taken at SR that you would like to add to the slide show, send them to me at: Evobunny@comcast.net . In addition, WSP&RC has asked us to show how work done by our volunteers makes Salmon Ridge possible. We should be proud. I think ours is the only Sno-park in the state where

volunteers play such a vital role. So if you helped make this happen, give yourself a pat on the back for me.

In addition, the Washington State Parks and Recreation Commission has just appointed me as the new Area 1\* Winter Recreation Advisory Committee (WRAC) member. Terms for this citizens advisory committee are 3 years, with the option of serving a second term. WRAC members: assist in the administration of non-motorized sports Sno-Parks and the development of facilities and winter sport opportunities, and advise the WA State Parks and Recreation Commission in the administration of the Winter Recreation (Sno-Park Grant) Program. WRAC members meet twice a year. The first meeting is January 26-27th in Okanogan. It will be a challenging and rewarding opportunity for me to further winter recreation opportunities in NW Washington. I look forward to this role and my first duty will be to attend the Celebrate Snow event to represent NNSC and to meet and get to know the folks with whom I will be serving.

\*Area 1 includes: Whatcom, Skagit, Snohomish, King, Kitsap, Jefferson, Clallam and San Juan counties.

**Gail Garman**

## **SNOW PARK PERMITS**

Be sure to get a Sno-Park permit to park at either the Salmon Ridge Sno-Park or at the head of Anderson Creek Road. No other parking permits will work. The USFS pass or a Discovery Pass is not accepted. You can get Sno-Park permits from the NNSC, on-line at the WA STATE PARKS website, or

at Backcountry Essentials in Bellingham, or at the Glacier Public Service station (week days only). Fines are steep, so don't get caught without one.

Where do the permit fees go? Specifically, these funds are dedicated to support the Sno-Parks, so they come back to SALMON RIDGE! via the Sno-Park grant. Proceeds from permit sales are used to maintain and improve non-motorized Sno-Park facilities. They pay for snow removal, sanitation facilities, trail grooming, trail signs and maps, education, enforcement and program administration. Cost is \$40 for the season, with \$1 added to permits if purchased from a merchant.



**Kurt Duey, Elizabeth Martindale, Lynne Oliver and Sharon Holmes by Wenatchee River on the Chiwawa Trail**

## **LAST MINUTE DAY-TRIP/CARPOOLING EMAIL LIST SERVER**

Don Hicks, Day-Trip Coordinator, has configured an NNSC Email List Server hosted by GoogleGroups.com.

The primary purpose of this Email List Server is to facilitate the organization of last minute day trips and carpooling to our home trails near Mt. Baker and

other local destinations such as Cypress Mountain, Stevens Pass, Manning Park, etc..

With the highly variable weather and snow conditions in the Pacific Northwest, it is often a last minute decision to go skiing in a few days. So, if you are going out and wish to invite others to join you for company and companionship or just carpooling if you have room to share or a need for a ride, you will be able to just send an email to

[NooksackNordics@GoogleGroups.com](mailto:NooksackNordics@GoogleGroups.com).

Also the list may be used to ask questions and for other discussions between all members of the list on the general subject of XC skiing.

Membership in this Email service is voluntary and restricted to NNSC members. This list is independent of and does not affect official communications from the club leaders to the entire club membership. Only members of the list can send emails to the list so you will receive no SPAM. You may easily unsubscribe from the list at any time (see the links at the bottom of every email you receive). All email addresses are kept private. Also all replies to messages are only sent to the person who sent the original message and not to the entire group (unless you "Reply All").

If you are not already a member of the list, watch for an invitation to join the list in your email if you are a new or current member of NNSC. You may then accept membership in the list or decline (by simply ignoring the invitation). You may join this list at any time later by sending an email to the list moderator, Don Hicks, [hicks46@netzero.net](mailto:hicks46@netzero.net).

## **SILVER STAR SKI TRIP DECEMBER 5<sup>th</sup>-8<sup>th</sup>, 2012**

I am planning to go to Silver Star on 12-5,6,7,8-12. We can stay at the Schell Hotel Express, where a two bedroom with queens goes for \$74/night. If these accommodations are shared we wouldn't have to spend more than \$36/ night for lodging. There are a wide variety of restaurants in Vernon and the ski area is 20 minutes away. Day passes at Sovereign Lakes goes for around \$12/day. Driving time to Silver Star from Bellingham is @5.5 to six hours. We will try to car-pool. This schedule allows us three full days to ski at Silver Star and we will be passing by Nickel-plate, China Ridge, Manning, Kane Valley and Telemark, which present more opportunities to ski if we wish. If you are interested send me a check for \$150 made out to the Nooksack Nordic Ski Club to hold a place. Mail it to...

Kurt Duey  
2601 North Park Dr.  
Bellingham, WA  
98225

## **DAY TRIP TO THE HOLLYBURN XC SKI AREA AT CYPRESS BOWL SUNDAY, DECEMBER 16, 2012**

Lets kickoff the ski season with a day-trip to the "Hollyburn" XC-Ski area at Cypress Mountain just north of Vancouver, B.C., on Sunday, December 16, 2012. A favorite day trip for club members, it is only a 1-1/2 hour drive from Bellingham mostly on freeways.

Hollyburn is our closest premier XC-Ski area. 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 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 (\$12 for 65+) for a full day, and credit cards are accepted. Go to [www.cypressmountain.com](http://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](mailto:hicks46@netzero.net), for confirmation and more details.

## **MANNING PARK SKI TRIP JANUARY 18<sup>th</sup> -21<sup>st</sup>, 2013**

Coordinated by  
Elizabeth Martindale

5 spaces are still available.

Cost: \$165 CND per person. based on 10 adults and exchange rate at time of trip On October 18 USD for trip = 167.25

Cross Country Ski Trip to [Manning Park British Columbia](#). The number at Lodge is 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. 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.

Carpooling is preferable. We can work together at setting up carpools.

Stay in 1 chalet. The chalet has 2 double beds, 8 bunks, 3 baths, full central kitchen and dining/social area. Bedding and linens supplied with BASIC dishes and cutlery, a small microwave, a coffee pot and some cooking utensils. Washing dishes is our responsibility.



## STAKE, LOGAN LAKES & KANE VALLEY SKI TRIP

Two Trips!!

Dec. 29 - Jan. 1, 2013

(New Year's Weekend)

Coordinated by Sharon Holmes

Feb. 15 - 18, 2013

(Presidents' Day Weekend)

Coordinated by Don Hicks

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 \$253 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 EVENTS or contact Don at 360-733-4815 or [hicks46@netzero.net](mailto:hicks46@netzero.net) or Sharon at 360-647-8606 or [smrconsulting@msn.com](mailto:smrconsulting@msn.com).

These trips have been very popular in past years and fill very quickly. To hold a space send a check for the full amount made out to NNSC to the trip coordinator, Don Hicks, 1546 Hillsdale Rd., Bellingham, WA, 98226 or Sharon Holmes, 552 Rainbow Dr., Sedro Woolley, WA 98284.

## LAKE WENATCHEE TRIP FEBRUARY 1<sup>st</sup>-4<sup>th</sup>, 2013

This area offers seven different skiing locations within 16 miles of where we are staying. Accommodations are in Plain WA at Beaver Valley Lodge. Our stay is for 3 nights and 4 days of skiing. Lodging is \$200 per person. The lodge may be seen at [www.beavervalleylodge.com](http://www.beavervalleylodge.com).

The Wenatchee River bisects Lake Wenatchee State Park, thus creating the South Park and North park. The South Park has 18.6 miles of groomed trails and the North Park has 3.1 miles of groomed trails. Skate skiing is available in the North Park. South Park also offers tubing and a snow play area. There are 4.9 miles of snow shoeing trails. Another location is Nason Ridge that offers tracks and a skate lane. Additionally the trail leads to back country skiing for the more adventuresome. Total trail length is 17.9 miles of which 12 miles are groomed. Nearby is Chiwawa with the See and Ski trail groomed for track and skate skiing for 4 miles. Flying Loop and Squirrel Run are 2.9 and 2.5 miles, respectively.

A Sno Park Permit is required and also a Special Groomed Trails Permit sticker. Drivers are responsible for the Sno Park Permit. Riders will share the cost of the Special Permit. Special permit stays with the driver after the trip is completed. The Special permit cost \$40. If there are two riders this equates to \$20 each for 3 days of skiing.

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. Carpooling is encouraged and will be arranged prior to the trip.

Make checks payable to NNSC for \$200. Mail to 1514 Historic Lane, Wenatchee, WA 98801.

Coordinator is Lynn Alderson at 223-5859 or [lalder3122@hotmail.com](mailto:lalder3122@hotmail.com)

## UPCOMING MEETINGS

Monthly meetings are the first Thursday, 7-9 PM

December 6

January 3

February 7

March 7



## 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