

# 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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Elizabeth Martindale  
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### **Salmon Ridge Coordinators**

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Gail Garman 371-3554  
Jim Rhodes 734-8246

### **Membership**

Jim Rhodes 734-8246

### **Publicity & Hospitality Chair**

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### **Newsletter Editor**

Lynn Alderson 223-5859

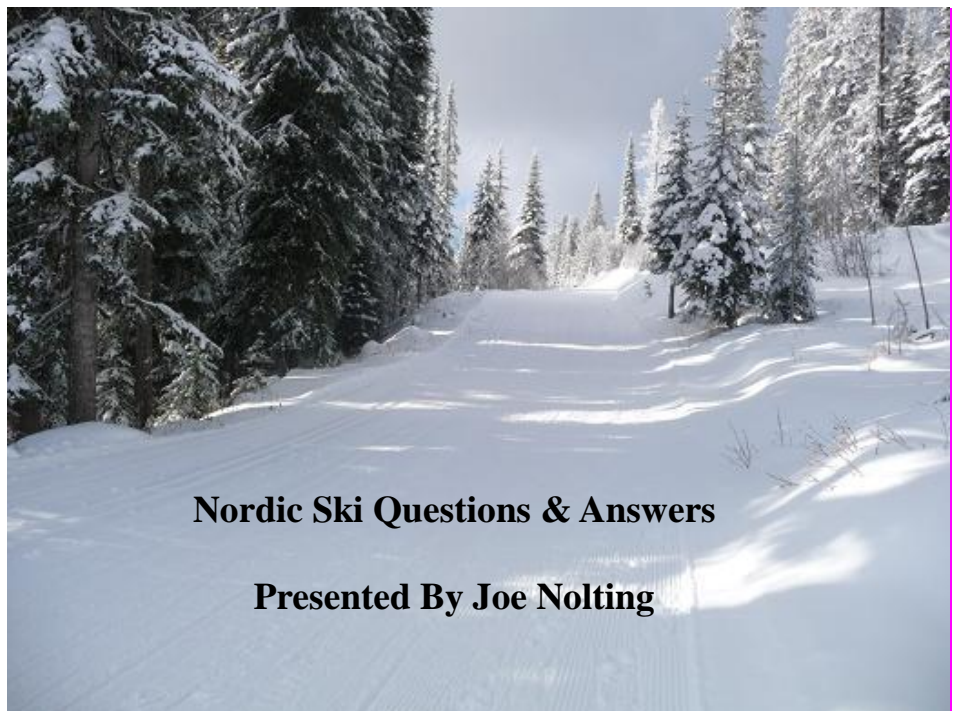
### **Webmaster**

Jackson Thomas 661-3095

### **Day Trip Coordinator**

Don Hicks 733-4815

## November 2013



## Nordic Ski Questions & Answers

Presented By Joe Nolting

### **Club Meeting**

**When** – Thursday, November 7

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.

site for the Latest Information: [www.nooksacknordicskiclub.org](http://www.nooksacknordicskiclub.org)



## PLEASE PAY YOUR MEMBERSHIP DUES

## FOR SALE

Kurt Duey has a reconditioned Nordic track that he would sell to any member for \$25. This is an excellent aerobic machine, which will help get you ready for the snow.

360-752-3328 ask for Anthony or Sonny.  
Kurt.duey@comcast.net



## NOVEMBER 7, 2013 NNSC CLUB MEETING

**Location:** WECU Community Education Center, 511 E Holly Street, Bellingham 98225.

Everyone welcome! New/prospective member orientation at 6:30 PM. Non-members are welcome. The Nooksack Nordic Ski Club will be waxing cross-country skis from 6:30 to 7:00 PM before the general meeting. Bring your skis by and get them ready for the winter season. Waxing will be on a first come/first served basis. Hope to see you there! General membership meeting is from 7:00 to 9:00 PM.

**Program:** What equipment should I buy to enjoy the sport of cross-country skiing? Nooksack Nordic Board member Joe Nolting will help you find the answers to all of your Nordic ski questions. He'll show and explain the different kinds of cross-country ski equipment including: waxless classic skis, waxable classic skis, skate skis, poles, and boots. Come on by with your questions to this free program that is open to the public.

## NOVEMBER 23, 2013, COMMUNITY FORUM ON X-COUNTRY SKIING AND SNOWSHOEING

**Where:** Bellingham Public Library, Conference Room, downstairs

**Time:** 4:30 pm to 6:30 pm  
**Sponsors:** Nooksack Nordic Ski Club & Mount Baker Club

Join us for an educational event for beginners and those who are just getting interested

in these two winter sports. Or maybe you are new to the area and just want to know where locally to ski or snowshoe. We will have different types of X/C skis and snowshoes available to preview and discuss what equipment is best for different kinds of terrain. There will be a power point presentation on winter safety tips, trail etiquette, avalanche awareness and an orientation to Salmon Ridge Sno-Park Trail systems for cross-country skiers and snowshoe trails up at Mount Baker. There will also be a short orientation to both clubs. Sno-Park permits will also be available for sale. Everyone is invited to attend. Hope to see you there!!

## CLUB TRIP TO SILVER STAR A SUCCESS

It has bugged me, that the NNSC hasn't offered an early season trip and this season we had one. I booked a suite at the Schell Hotel Express in Vernon. It is 12 miles to Sovereign Lakes, 15 to the Silver Star Village. Our motel was downtown and walking distance from many eateries and grocery stores. Our suite had two bedrooms and a kitchen-living room with a pull-out bed; comfortable with four but room for more, with the pull-out in the living room.

Claire Hirchi, Cathy Cameron, Lynn Alderson and myself were signed up to go but Claire, a new member, sadly had the flu and couldn't make it. I hope she will sign up for another trip and we will get a chance to meet her.

Lynn drove up from her home in Wenatchee to Vernon, where we would all meet at the Schell Hotel Express. Cathy and I drove over in my car, a front-wheel drive Passat, leaving

Bellingham at 0800. The skies were cloudy, with occasional showers. I stopped for a break in Hope at the Blue Moose and at the Merritt Info. Station. I only saw one accident up at Coqahalla Summit, an up-side-down, small pick-up. We lunched at the Yellow House in downtown Kelowna. It was good food at a reasonable price but after a brief stroll I found a ticket waiting on my car! It was only \$10 but I will read the meters more carefully in the future. When we got to the motel Lynn was waiting for us. She also had a good trip. We went to the Safeway across the street to purchase our take-out and settled in for the evening.

Thursday we skied at Sovereign Lakes, which was a first for both Lynn and Cathy. It was snowing and 26F. We all three stayed on the easy trails in the morning and after lunch in the deluxe clubhouse, I skied out to the Black Prince Cabin, with a mind to take the Silver Queen Trail back but it hadn't been groomed and with 20" of snow on a long trail and no gaiters, I decided to wait. I later learned that the reason it wasn't groomed was that there wasn't enough snow lower down where the trail ran. That night we ate at my favorite Thai restaurant, whose name I forget but it was on a second floor on the south side of 30<sup>th</sup> Ave. downtown.

Friday we went to the ski village to ski the Nordic trails. Again it was snowing at 24F without much wind. We split up with Lynn going her own way and Cathy and I skiing Bridle Path and Meadow Trail back and forth to the village where we met for lunch at the Eatery. In the afternoon we skied Sidewinder Trail back and forth as well. Since it was the first ski of the

year for both ladies, we were a cautious group, not committing to difficult or long trails. That night we ate at a popular Greek restaurant, where every table was packed at 6:30.

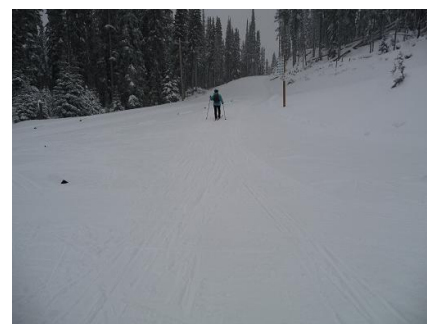
Saturday, we went back to the Ski Village and since Lynn was having trouble with her boot and didn't want to slow us up, Cathy and I skied up Paradise Trail. It was partly cloudy and windy with the temp. @ 21F. It was a brisk climb up the mountain and we turned back short of the summit, satisfied with our outing and ready for the warmth of the Ski Village. The dark came around 4:30 and the Village put on a special holiday event, with a Santa, free samples of eggnog, bonfires, sleigh-rides, etc. Cathy was really pleased to get a free maple syrup snow cone, a Canadian treat. All of us had free fruit crepes and eggnog. In a similar manner, we decided to eat at a local eatery that was pure Vernon, with the standard Canadian Dishes, tropical fish tanks and notorious local citizens being turned back at the door. At no time during our trip did we have to drive anywhere except to ski. Everything else we could desire was available in downtown Vernon. I think this is a big advantage over the B&Bs up on the mountain. The staff at the Hotel Express was helpful and the rooms were moderate but clean and functional; everything a cross-country skier on a modest budget could hope for.

We left Vernon on a snowy Sunday morning, with the possibility of snow throughout the trip but happily the road and visibility were good and we made it back to Bellingham in a little over five hours. Taking

the back roads between Sumas and Everson I passed a flock of approximately 35 Trumpeter Swans, feeding in a road-side field; pieces of the tundra, come down to announce winter is here.

Our trip to Silver Star certainly got me started this season and I hope that it happens again next year. The snow conditions were excellent and the grooming, as always was first rate, with skating lanes groomed on every trail we skied. Even in bad years or earlier, say mid-November, there are skiable trails here, even if they have to go to the top of the Silver Star to make them!

### **Kurt Duey**



**Cathy Cameron at  
Sovereign Lake, BC**

### **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).



**Lynn Alderson, Lynne Oliver  
and Don Hicks at Hollyburn,  
BC**

### **NEW PORT MANN BRIDGE NOW OPEN WITH A TOLL**

After years of construction the new Port Mann Bridge over the Fraser River has been opened as of Dec. 1, 2012, and Canada Highway 1 (the freeway) is routed over it instead of the old 4-lane bridge (one of the worst bottlenecks in BC). At 10 lanes the new bridge is the widest in the world. The old bridge will be torn down.

We discovered it suddenly on the Hollyburn trip on Dec. 16 and it is a TOLL BRIDGE! The toll for passenger cars is \$3 but they are having an introductory discount to \$1.50 through Feb. 2013. There are no toll booths! It assesses the toll electronically. We just sailed over it with no problem (but we own them \$1.50). They are reading your license plate with cameras and other sensors, and are set up for plates from all of Canada, USA, and Mexico.

The best info I have found is at [www.treo.ca/the-bridge/](http://www.treo.ca/the-bridge/) which has payment info, and alternate

routes information. We can pay the toll on this website. You do not want to be in violation of any kind in Canada as they could deny you entry at the border. With the elimination of this bottleneck the Highway 1 route will be even more desirable for our trips to Hollyburn, Whistler, etc.

### **SILVER STAR SKI RESORT & SOVEREIGN LAKE DECEMBER 6 – 10, 2013**

Start skiing early! This is one of the first areas to get snow. Over 100 KM 's of groomed trails and 6 Hours from Bellingham in British Columbia. Dates: December 6th-10th, 2013. Stay in a B & B on the way up the mountain or in Vernon. Make your own arrangements. Four members have already made arrangements at Alpine Flowers B & B. Join us for as long as you want. Checkout the following websites for accommodations: [www.deerwoodgardens.com](http://www.deerwoodgardens.com); [www.castleonthemountain.com](http://www.castleonthemountain.com), & [www.schellmotorexpressinn.com](http://www.schellmotorexpressinn.com). Also you can go to B&B's British Columbia, Canada and find others.

Please let me know if you are interested in going and I will try to coordinate arrangements. Remember you need to be a current member to go on overnight trips.

**Coordinator:** Sharon Holmes, call 360-647-8606 or email [smrconsulting98229@msn.com](mailto:smrconsulting98229@msn.com).

**Cost:** \$256 USD per person.

### **STAKE & LOGAN LAKES & KANE VALLEY SKI TRIP DECEMBER 27 – 29, 2013**

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 place is really nice! The cost includes meals (hardy 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 [Highland House](#).

For several years club members have enjoyed great skiing because of the three xc-ski areas to choose from: 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 \$7. They have 2k of night-lit groomed trails. On the web go to [Logan Lake](#). 20 min. from our B&B, Stake Lake at 1315 meters (base) has 60 kilometers of skate and classic track. Trail fee is \$13. It features a large warming hut. On the web go to [Overlander Ski Club](#). 1 hour from our B&B, Kane Valley at 1160 meters (base) has 50 kilometers of classic and un-groomed trails. Trail fee is \$7. It can be skied on the way up and/or on the way back. On the web go to [Kane Valley](#). All three areas are unique and enjoyable. For more details click [here](#).

**Coordinator:** Sharon Holmes

**Cost:** \$256 USD per person. Includes 4 days of skiing, staying 3 nights, including meals.

To hold a space on this trip send a check for the full amount made out to NNSC to the trip coordinator: Sharon Holmes, 552 Rainbow Dr., Sedro Woolley, WA 98284. Sharon can be reached for questions at (360) 647-8606 or [smrconsulting98229@msn.com](mailto:smrconsulting98229@msn.com). You must be a member to go on this trip.

### **MANNING PARK SKI TRIP JANUARY 17 - 20, 2014**

\*New in 2014\* The resort has changed ownership and the winter section of their website is not up to date. Troy, who is in charge of the winter ski area emailed me that there will be no change in trail prices (\$20 before 12:30, \$15 after; For 65+ it is \$12 before 12:30, \$9 after). He also wrote, "I am pleased to tell you that we have purchased two new snowcats, which will give us a total of four. More than we have ever had before. The exciting thing about having these new snowcats is that we will be able to meet our commitment to having the best grooming possible.

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 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.

**Coordinator:** Elizabeth Martindale

[emartindale@comcast.net](mailto:emartindale@comcast.net)

**Cost:** \$157 USD per person. Based on 10 adults and exchange rate at time of trip. Please make checks payable to NNSC, and they can be mailed to 103 Morey Avenue, Bellingham WA, 68225 or given to Elizabeth at the November or December meetings.

**Cross Country Ski Trip to  
[Manning Park British Columbia](#). The number at  
Lodge is 1-800-330-3321.**

### **LAKE WENATCHEE TRIP JANUARY 31 – FEBRUARY 4, 2014**

This area offers seven different skiing locations within 16 miles of where we are staying. Accommodations are in Plain WA at Beaver Valley Lodge. Stay is for 3 nights and 4 days of skiing. The lodge may be seen at the [Beaver Valley Lodge](#) website.

The Wenatchee River bisects Lake Wenatchee State Park, thus creating the South Park and North park. The South Park has 18.6 miles 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.

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.

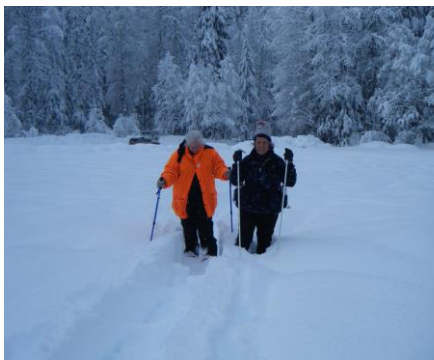
**Coordinator:** Lynn Alderson at 223-5859 or [lalder3122@yahoo.com](mailto:lalder3122@yahoo.com)

**Cost:** \$200 USD per person for lodging. Make checks payable to NNSC for \$200. Mail to 3310 Burch Mountain Road, Wenatchee, WA 98801.

## UPCOMING MEETINGS

Monthly meetings are the first Thursday, 7-9 PM

December 5  
January 2  
February 6  
March 6



**Linda Bakke and Sharon  
Robinson Holmes  
Snowshoeing at Salmon  
Ridge**

## Nooksack Nordic Ski Club Membership Application and Sno~Park Order For

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

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