

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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Grooming Coordinator

Pete Tryon 922-7065

NOVEMBER 2019



HISTORY OF THE NNSC by GAIL GARMAN

Club Meeting

When – Tuesday, November 12th

New Membership Orientation at 6:30 PM
Meeting starts at 7:00 PM.

Who - Anyone is welcome!

Where – Garden Street Methodist Church
at 1326 N. Garden St. in Bellingham, WA

Visit Our Website for the Latest Information: www.nooksacknordicskiclub.org

MEMBERSHIP PRIORITIES

Note that the annual dues have decreased! We finished the last season with a healthy bank balance (needed to pay maintenance contracts while waiting for grant reimbursement) and 68 memberships, both individual and household. Membership levels have fluctuated between 56 and 77 over the last decade. This has provided us with a solid core of membership that has allowed the club to continue meeting our basic goals. However, the membership is aging and we are having trouble finding new volunteers for both trail and board work. Hence the board has identified increasing our club membership as one of our goals this winter. We see people out skiing at the SnoPark; we answer emails from those wanting to learn more about Nordic skiing; we get questions about where to take lessons, where to ski with others; we talk to interested skiers at our Nordic Ambassadors and at the Recreation NW Expo; we have people following our grooming reports. We would like to encourage these to join our club and to help make all of these things happen. We are hoping that with lower dues, we can encourage more new members to sign up (and then get involved!)

So to help us with this, after you renew your membership (<http://www.nooksacknordicskiclub.org/membership/join-renew/>), how about talking with some of your friends and encouraging them to sign up? The club supports Nordic skiing in Whatcom County through

- Maintaining ski trails at the Salmon Ridge SnoPark with groomed,

set classic tracks and a skating lane.

- Up-to-date grooming reports for our trails
- Monthly club meetings and socials
- Organizing trips to Salmon Ridge and other cross-country ski areas
- The Nordic Ambassadors – welcoming new participants to winter recreation at the SnoPark.
- Skiing and waxing clinics to help improve techniques
- A monthly (winter) newsletter, *Snow News Is Good News*

And there is an open seat on the board if you would like to be part of the discussion.

Hope to see you on the trails!

Pete Tryon
President, NNSC



SNOW PARK PERMITS

Sno-Park permits go on sale Nov. 1. Locally they are available at Backcountry Essentials in Bellingham, REI in Bellingham, Crossroads Grocery in Maple Falls, or from NNSC with your membership payment or at club meetings. We don't charge the vendor fee if paying by check. The permit is good for 1 vehicle and the

vendor needs your license plate number.

Sno-Park permits allow visitors to park in specially cleared, designated parking lots for winter sports and snow play. At Salmon Ridge Sno-Park the parking area includes the highway shoulder in front of the campground. There is no charge at White Salmon Rd. Hannegan Rd requires a USFS permit.

The rules had been different for Sno-Parks located within WA state parks. However, starting this year, the Discover Pass will no longer be required along with the daily Sno-Park permit in Sno-Parks that are on state park property. (Crystal Springs, Easton Reload, Fields Spring, Hyak, Lake Easton, Lake Wenatchee, Pearygin Lake and Mount Spokane.)

What type of permit is needed?

Daily Sno-Park Permit

This permit is valid at any Sno-Park for one, two or three consecutive days as indicated on the permit. Cost: \$20 per day. (Note: All Sno-Parks honor the one-day permit, and individuals who purchase a one-day permit are not required to purchase a Special Groomed Sticker.)

Seasonal Non-motorized Sno-Park Permit

This permit is valid for the entire winter season at all non-motorized Sno-Parks used for cross-country skiing, snowshoeing, dog sledding, fat-tire biking, etc. Some Sno-Parks require a Special Groomed Sticker to be paired with a seasonal non-motorized permit. Cost: \$40.

Special Groomed Sticker

This sticker affixes to a seasonal Sno-Park permit. Cost: \$40. This permit, in conjunction with the seasonal permit, is required at Cabin Creek, Chiwawa, Crystal Springs, Hyak, Lake Easton, Lake Wenatchee, Mount Spokane and

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Nason Ridge. NNSC does not sell the special groomed sticker. Source: Pam McConkey, Manager Winter Recreation Program

Jim Rhodes

PARTY ON SEPTEMBER 21, 2019

The first work party of the season was most fortunate to have great weather! While prepared for rain and wet brush, we soon took off layers. Our task was to brush the River snowshoe trail. There were six of us, Nancy Hart, Mike Hilty, Valerie Jackson, Jim Rhodes, Carla Stellwagen, and leader Lynne Oliver. Jim and Mike were sent off to chain saw two downed trees and a leaner, about mid-trail, that had been marked at the time of the trail recon visit. The rest of us took two brush cutters and loppers and started on the River trail, first brushing around the entrance and signage areas. We had one downed tree that we would have to come back to after lunch. We met for lunch provided by the club. After lunch we went back to the downed tree. Interestingly, following the snowshoe signs going backward, led us to part of the original trail that hadn't been brushed in a couple of years because of a downed tree. So, the original trail is now brushed again, shortcut ignored, and, a substantial chunk was cut out of the downed tree making passage possible (see picture). The workers on this work party were go-getters and self-starters. I can't say enough about the quality of the work my crew did. Thanks to you, and thanks from all the future users of the River snowshoe trail.

Lynne Oliver



Jim Rhodes, Carla Stellwagen, Nancy Hart, Valerie Jackson and Mike Hilty

SALMON RIDGE TRAIL UPDATE

Though the work parties have been relatively small, a few volunteers persisted and made multiple trips up to the mountain to ready the trails for winter. In total, we've been out working on the trails 11 days so far this fall! Here's a recap of what we've been able to do:

- I did recon to evaluate the trails, meet with contractors, and evaluated their work,
- Randy Skillman mowed the Razor Hone road and connecting trails,
- Pete cleared some downed trees and continued pushing ahead on the Salamander Connector trail (between White Salmon road and Cougar). He hopes to have it ready for the public this winter.
- Lynne Oliver led a work party on the River snowshoe trail and got at least half of it cleared. It was heavily impacted by downed trees and brush, so if you go snowshoeing there, bring your loppers and prepare to help finish clearing it this winter.
- Doug Huddle (Citizens for Forest Roads) led a group of anonymous

'wood elves' to encourage Anderson Creek find its original stream bed, so it goes under the bridge instead of doing more damage to the road. Due to a washout at 0.9 mile, it will not be groomed.

- NNSC hired Jon Kranick, a contractor with a large excavator, to widen the Cougar (bridge) loop so it can be groomed up to either side of the bridge. This entailed clearing out several huge old growth stumps, boulders, and some old tree snags, setting them well off the trail.
- Afterwards, a small crew of two mud puppies (Lynne Oliver and I) went up to dig drainage channels and pull out chunks of woody debris and a few rocks that were left in the trail, so they won't cause a problem with skiers or snow-shoers.
- On top of all that, we were greatly surprised that the USFS graded Razor Hone road! This will make a big difference to all you skiers. When it was crowned, the blade on the groomer would sometimes hit the top of the crown and stir up gravel in the middle of the road. That presented quite a challenge for skiers to dance around as they came down hill. Now that the road has been graded, this should no longer be a problem! So, thank your USFS personnel when you see them. They have a very limited budget so for them to use some of it to

improve our trails is huge!

We've already had snow at Razor Hone road! With a neutral ENSO condition, we're thinking there could be a lot more. In 2006, with neutral ENSO conditions, we had 6' of snow on Razor Hone road and had to raise the entrance gate so it could be swung open and closed. Wouldn't that be great to have conditions like that again?

We still will have a couple more work parties so watch the NNSC website, or check for emails about other opportunities. We'll need to set up some trail signs, and the sanican base. The Salmon Ridge Trail system only exists because of the work of a few dedicated NNSC members. Without us, there would be no winter recreation program and trails would grow shut. So please support your club and community by volunteering. We need you! And what could be better than working in the forest on a beautiful fall day? It's a great way to meet others!

Gail Garman



Eiren Kranik Family (Jon Kranik was the contractor with the excavator)

THE BLUE MOOSE

My first trip with the NNSC was to Logan Lake. I had been to a few meetings, paid my dues and signed up. I was riding with Kurt Duey in his Audi. He seemed to have a command of the road derived from years as a first responder in Whatcom County.

As always with a new experience, I was a little anxious. Would the skiing be beyond my capabilities? Would I fit in? Three days with a new group of people seemed like a long time.

As we hit the road, Kurt said "of course we will be stopping at the Blue Moose in Hope." This seemed encouraging since I had not had time to eat breakfast and I wasn't sure how long the drive would be.

We pulled into Hope and it reminded me of an old lumber town in Washington. We climbed over snow piled up over the curb and onto the sidewalk and walked into The Blue Moose. People were lounging around drinking espressos and enjoying beautiful scones. I realized all of a sudden how hungry I was. The

display case was packed with scones in a variety from sweet to savory. The staff competently were creating coffee drinks and making hot chocolate. The soup of the day was Lobster Bisque. I was fully aware we were many miles from anywhere a lobster could be found, but I will go out of my way for lobster bisque anytime.

A hot bowl of soup, a warm scone and a latte and I was in culinary heaven. Everyone seemed to enjoy Blue Moose and had their own favorites. Food, chatting and new friends. Things were looking up. I believe I got an oatmeal cookie to go.

The Blue Moose is not only a regular stop for NNSC but an institution in Hope. They have a devoted clientele and even a play area for toddlers who don't have their ski legs yet. Although popular and crowded, it seems there is always room for a few more skiers from Bellingham.

I have been to the Moose a number of times now and taken family members there when we have passed through. Still for some reason they never have had Lobster Bisque again. Was it the spirit of the Moose saying here, Carla, this is just for you? But good news, they always seem to have French onion soup with a toasted slice of bread crusty with melted cheese. I am ready to be a happy skier upon leaving the Moose. Also, I recommend the oatmeal cookies.

Oh, and my first trip to Logan Lake was delightful, people were friendly and encouraging. No one seemed to care that I am afraid of going fast down the hills. I felt that old feeling that things just get better and better the farther north you go.

Thank you NNSC. My life has been enriched by my participation with the club. But don't let anyone suggest we skip that special stop in Hope at the Blue Moose.

Carla Stellwagen

READY, SET, GO FOR THE SNOW !

Frighteningly Simple Tips to Prepare for Ski Season

- Renew your annual club membership
- Get your Sno-Park permit
- Plan to attend the monthly club meetings
- Find your gear from last year and make sure it still fits and works right

Avoid the Woes of Winter Illness

- Clean your hands often (use soap & water or hand sanitizer)
- Keep your hands away from your face (Items you touch between hand cleanings can contaminate your hands with germs which enter the body through mucus membranes in the nostrils, mouth and eyes when your contaminated hands touch those areas. Respiratory viruses are especially fond of this travel mode.)
- Limit exposure to sick people, keep stress in check, eat healthy, and get enough sleep
- Get vaccinated against the flu (influenza) Remember, flu isn't just a bad cold.



Flu or cold? It's miserable either way, but one is deadlier.

<https://www.cdc.gov/flu/symptoms/coldflu.htm>

<https://www.webmd.com/cold-and-flu/flu-season-what-to-know-this-year>

Sue Rhodes

OVER-NIGHT TRIPS

The Nooksack Nordic Ski Club offers several over-night cross-country ski trips every season for members only. These trips give our members the opportunity to get in several days skiing at destinations that are consistently skiable, along with the company of other members. This coming season we have five overnights. We have two trips to the Highland House in Logan Lake. One led by Jim Rhodes on 12-27, 28, 29-2019 and the other by myself on 2-14,15,16-2020. This season we will return to our traditional cabins at Manning Park in B.C. on 1-17,18,19-2020. Carla Stellwagen will be our first-time leader and deserves our thanks for leading this popular destination. Lynn Alderson is leading two trips this coming season. The first trip will be to Mt. Spokane (five hours from Bellingham via interstate) on 1-31-2019 & 2-1,2-2020. The second trip she is organizing is to Nickel Plate (near Penticton, B.C.) is on 3-2,3,4-20.

These trips are spaced throughout the season and offer a wide variety of options. For more details about these trips, check in the trips section of our newsletter. I myself, plan on going on as many as possible, since I love to ski. I will see you on the snow, if you decide to come on one of these trips. Happy skiing!

Kurt Duey

STAKE & LOGAN LAKES TRIP 1

DECEMBER 27-30, 2019

Four days of skiing, staying 3 nights at a cost of \$280 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 4 luxury bedrooms with 2 beds and private full bathrooms. 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 .

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

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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. 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. 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: Jim Rhodes**, 2605 Jensen Road, Bellingham 98226. Jim can be reached for questions at (360) 340-8417 or james.c.rhodes@gmail.com.

This trip has been very popular in past years and fills very quickly. You must be a member to participate in any overnight trip.

STAKE & LOGAN LAKES TRIP 2

FEBRUARY 14-17, 2020

See description above for Stake and Logan Lake Trip 1

To hold a space on this trip, send a check for the full amount made out to NNSC to the trip **coordinator: Kurt Duey**, 2601 North Park Drive, Bellingham, WA. 98225. Kurt can be reached for questions at 360-820-4174 or kurt.duey@comcast.net.

MANNING PARK TRIP

JANUARY 17-20, 2020

We have a trip scheduled to Manning Park, BC in mid-January arriving Friday January 17 and departing on Monday the 20th, 2020. Manning Park is a nearby destination with groomed trails, snowshoe trails, hot tub, swimming pool and other resort amenities. Downhill opportunities are also available. We were not able to reserve space last year for this trip so many are looking forward to another visit to this beautiful area. Check out the website www.manningpark.com if you are unfamiliar with the resort.

We will have three dinners and three breakfasts. Preparation and costs will be shared amongst all participants. There are two spacious bedrooms each holding five people with three bathrooms total and a central living/dining area. There are two bunk beds and a queen-sized bed in each bedroom.

Cost per person is \$150.00. This may be subject to change as the exchange rate fluctuates. It is very low right now. Please make the check payable to NNSC. Spaces are assigned based on the payment received date. Bedding and linens are supplied and a minimally outfitted kitchen will meet our needs.

I will be able to accept checks at our monthly meetings or mail them to my home (address below). We will arrange carpooling and meals closer to January. This will be my first outing as a trip leader and I am glad to help the club in a new role.

Coordinator - Carla Stellwagen
108 N 34th, Bellingham, WA
98225 or 805-452-3026
carlastellwagen@gmail.com

MOUNT SPOKANE TRIP

JANUARY 31 TO FEBRUARY 3, 2020

The Mount 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 contributes 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. Reservations can be made by calling the hotel directly at (509) 847-1000 and mentioning Lynn Alderson Ski Group in order to obtain the negotiated group rate.

Rate includes room and taxes for \$375.60. All reservations are due by Friday, 1/1/2020, after which rooms that are not reserved will be returned to general inventory and the discounted group rate will no longer be offered. Cancellations must be made 48 hours before arrival. Ski Group guests must secure a cancellation number from the reservations agent or Oxford Suites cannot guarantee a credit will be issued.

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 and/or a light meal is offered during OS nightly reception.

Coordinator – Lynn Alderson
at 509-885-6342 or
lalder3122@yahoo.com

Please advise me if you plan to attend this trip and I will try to connect people with each other if you would like to share a room or would like to car pool.

NICKEL PLATE TRIP

**MONDAY MARCH 2 TO
THURSDAY MARCH 5, 2020**

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.

Housing - We will be staying at the Days Inn in Penticton, BC. We will drive to the Nickel Plate Nordic Center from the hotel. Rooms have 2 queen beds. Cost is \$320.98 for the room, tax recovery charges and service fees/charges. I have booked four rooms. Send \$320.98 to Lynn Alderson to secure a room. If you cancel, I need 72 hours' notice to allow me adequate time to cancel the room so there are no charges. Or you may make your own reservations with Days Inn at (844) 589-5941. If you decide to book your own room do not delay, as of October, most of the rooms are booked for March 2020.

Meals – Breakfast is served at the hotel. For lunch bring your own food. Dinner will be at a restaurant.

Please advise me if you plan to attend this trip and I will try to connect people with each other if you would like to share a room or a ride.

Coordinator Lynn Alderson at
509-885-6342 or
lalder3122@yahoo.com

UPCOMING MEETINGS

Monthly meetings at 7:00 pm, as follows:

December 10
January 14
February 11
March 10



Happy Skiing

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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: \$20 Individual _____ \$35 Household _____ 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

<u>Deposit Date</u>
<u>Sno Park #</u>

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