

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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FEBRUARY 2020



A COACHS TIPS TO IMPROVE YOUR SKIING
by
ANGIE NEIL
XC SKI INSTRUCTOR

Club Meeting

When – Tuesday, February 11th

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

FOR SALE

Three sets of metal edged classic XC skis with bindings, boots and poles. \$150 for all or \$60 per set. Madshus skis 195 cm w/ Roteffella NNN bindings, Alpina men's boots sz 11; Madshus skis 185 cm w/ Atomic SNS Profil bindings, Salomon women's boots sz 8; and Rossignol skis 195 cm, w/ Rossignol NNN bindings, Alpina women's boots sz 7.5.

For more details contact **Sue at 360-738-0806, text 360-739-1275** or **rsw.1736@gmail.com**



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

Jim Rhodes

CLUB RECEIVES A GIFT

Our Nooksack Nordic Ski Club was the recipient of a significant charitable contribution as an unrestricted gift. This was done anonymously from a donor-advised fund. We promise to put it to good use. Thank you for thinking of us!

Pete Tryon

WHAT'S IN YOUR PACK

The program for the December general meeting of the Nooksack Nordic Ski Club featured an interesting presentation by members Lynne Oliver, Kurt Duey, and Ronald Sawyer titled "what's in your pack ". For conditions ranging from groomed trails in establish cross country ski areas to back country camping, our speakers offered suggestions based on years of experience. The presentation was well received with lively discussion and many questions. Thank you, Lynne, Kurt and Ronald!

Nancy Hart



Ron Sawyer, Lynne Oliver and Kurt Duey

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HEALTHY TIPS

Healthy tips from our friends at The Cleveland Clinic where winter can be really brutal:

- Lips are a special type of skin that is thin and delicate, yet our lips usually remain exposed to the cold temperature and wind when we venture out into the cold outdoors.
- It's natural to want to lick your lips when they feel dry, but don't do this. Licking has the opposite effect because saliva will make your lips drier. Saliva contains enzymes which are meant to digest food and are irritating to the lips.
- Use a lip balm which will lock in the moisture and help to prevent or seal cracks and splits in the lip skin which can contribute to the development of cold sores and other painful conditions. Look for a balm which contains petrolatum or glycerin, as well as sunscreen (even for winter in the Pacific Northwest). Avoid those containing camphor, eucalyptus, and menthol as these can actually dry out your lips. The most helpful lip balm is one which you will actually use routinely and one which doesn't seem to contribute to your lips' dryness (people are different).
- Avoid the temptation to pick at flaky or peeling lip skin which just makes things worse by creating sores or cracks. Instead,

increase the frequency of lip balm application and work on your fluid intake, as dehydration can lead to flaky/peeling lip skin, just as it leads to dry skin on your face and other body areas.

- Those who sleep with their mouths open may find it beneficial to apply lip balm when they go to bed because mouth breathing can cause or worsen already dry lips.
- Another uncomfortable condition which can flare up during cold dry weather involves dry eye symptoms of burning, itching, and feeling like your eyes have grit in them that just won't come out. Your eyes are not being properly lubricated, resulting in discomfort. This may happen even if you are not a contact lens wearer.
- The simplest treatment for dry eyes is over the counter artificial tears. Even if you don't like eye drops and have trouble getting the drops into your eyes, just try it. It might be easier doing this yourself, even if you use up a lot of solution before you get enough into your eye to feel the soothing benefit. Any contact lens wearer can tell you that putting stuff into your eyes takes practice, so don't give up.
- Other approaches to dry eyes include adding omega-3 fatty acids to your diet, avoiding forced air directed at your eyes (think car inside

environmental controls enroute to your ski destination), adding a humidifier to your home environment, and consulting with your ophthalmologist about prescription medications or even a procedure to improve the tear lake supply which bathes your eyes.

- Valentine's Day is coming up; think smooth lips and healthy eyes!

Reference:

<https://my.clevelandclinic.org/health>

Sue Rhodes



Lynne Oliver and Lynn Alderson at Lake Wenatchee 2013

STAKE & LOGAN LAKES TRIP 1

Just a few days prior to departure, with nothing but bright, sunny skies in the forecast, Logan Lake had not started grooming. The Overlander Ski Club at Stake Lake had set some track with snow mobiles and had not gotten their large groomer out of the garage yet. Thus, we opted to

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cancel the trip, splitting the deposit between the 9 adults.

Last year the snow at Stake Lake was also marginal, although the ski club knows how to set track on practically nothing. Perhaps global warming doesn't exist, but I'm not risking a \$500 non-refundable deposit at Highland House for late 2020. I believe this to still be a fantastic place to ski once snow arrives later in the season.

Most of us opted for hotel lodging in Vernon, BC and skied at Sovereign Lake for a couple days. The parking lots were full but the snow and grooming were great. The crowds diminish not too far out, resulting in a quiet winter wonderland. The 3-year-old has already graduated from Snow Pups to "real skis". No "sticks" though. Older sister gets to practice skiing with her "sticks", AKA poles, when out of sight.

Jim Rhodes

LOGAN LAKE TRIP DIVERTED TO SOVEREIGN LAKES DUE TO ICY CONDITION

Our club has been going to ski the Logan Lake area for several years and several of those years have featured refrozen snow and icy tracks. This year trip leader Jim Rhodes decided to go to the Vernon area and ski Sovereign Lakes in order to avoid less than ideal conditions.

After some consultations amongst ourselves, we went as two distinct parties, Noriko and Lynne driving with me and the three of us staying at the Schell Motel while the Rhode's family

stayed in a different motel on the strip.

I picked up Noriko and Lynne at their homes and we crossed the border without waiting or incidence before 0900. The Blue Moose in Hope was a welcome break and full of local color and noise. Fog, coming down into the Okanogan Valley, was the only problem. Otherwise, we arrived in Vernon in less than 5.5 hours; something of a record for me. We checked into the Schnell Motel in downtown Vernon and immediately set out to eat at our favorite Thai Restaurant. The food seemed off and they didn't give us what we asked for. It was a less than ideal meal but it was quiet enough to talk, which the next night's eatery would not be. Afterward, we were tired and retired to our rooms.

The next day I forgot the key to the ski box, so Lynne and Noriko had to wait, while I drove back to my room at the Schnell to get the key.

Happily, the ski conditions were ideal. I went up the mountain to where the Silver Star trails start and then skied down to the Black Prince Cabin. By then I was ready for an easy return to the rendezvous at the Sovereign Lakes Cabin. When I arrived, Lynne was already there waiting and Noriko soon arrived. We were ready to head back down the mountain to Vernon. At 1800 we went to a rakus night at the Nepalese café. Noriko and I both ordered the Nepalese dish, Lamb and Naan. It was delicious though we could barely hear each other, due to a boisterous party nearby.

The next day we again went to Sovereign Lakes, due to the combination of great ski conditions and perfect snow. I

skied over to Black Prince Cabin again, to find it full of other skiers! I had never seen it so crowded!

Word in the cabin was that bad ski conditions in other areas were bringing skiers to Silver Star, Sovereign Lakes and Vernon. In any case there was no arguing with the great skiing we had those two days. Back at the warming hut at Sovereign Lakes, Sue Rhodes was waiting for the men of her party. We chatted awhile and then went back to town.

We decided on the Italian Option for our final supper and went to a busy restaurant for some excellent food. Unfortunately, the walls were festooned with disturbing works of art; not exactly reassuring. Again, it was too noisy for me, due to the brick walls and crowd but I have heard that some places encourage this type of ambiance. If so, I will have to remember to bring ear plugs to future dining opportunities!

Our return to Bellingham was happily without incident, with the exception of a 45-minute wait at the border. We got some close views of Trumpeter Swans and Canadian Geese feeding and I was amazed how little the geese looked in front of the swans!

I cannot help but think that we should keep this option open in the future. When conditions are bad at the Highland House this is a better option than skiing on dangerous icy trails or staying at home. Jim has shown himself adaptable, an essential skill for a trip leader. He has found us another option. One to keep in mind, when conditions suck.

Kurt Duey

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. 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.

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. OS gives a discount for AAA membership.

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

STAKE & LOGAN LAKES TRIP 2

FEBRUARY 14-17, 2020

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 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: Kurt Duey**, 2601 North Park Drive, Bellingham, WA. 98225. Kurt can be reached for questions at 360-820-4174 or kurt.duey@comcast.net.

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



Group Breakfast 2015

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. 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:

March 10

Enjoy skiing and the outdoors



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

Deposit Date
Sno Park #