

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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Jim Rhodes 734-8246

Vice President

Pete Tryon 922-7065

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Pete Tryon 922-7065

Grooming Coordinator

Pete Tryon 922-7065

November 2017



**KRIS CARLSON, PT OCS
GETTING INTO SHAPE FOR SKIING**

Club Meeting

When – Thursday, November 6th

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

Who - Anyone is welcome!

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

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UPCOMING GENERAL MEMBERSHIP MEETING!

This coming month's meeting (Thursday, November 6th at 7:30) will feature Kris Carlson, PT, OCS, at Bellingham Physical Therapy. She's also a cross country skier and will do a talk about how to get into shape for the upcoming ski season and what you can do to alleviate common ski injuries. Additionally, we will talk about the Nordic skiing opportunities this year, both local and overnight trips. This is an opportunity to promote healthy, fun, outdoor recreation in Whatcom County. Volunteers will be present to hot wax your skis with fresh glide wax. (A modest donation to the club will be appreciated for this service.)

THANK YOU VOLUNTEERS!

Volunteers have been hard at work this fall clearing brush, marking trails, cutting up fallen trees and huge logs, and filling a large sink hole on Mom's. Together we've logged nearly 278 hours this fall! We were happy that some of the MBC members came out and joined us in these efforts. Now the trails are in great shape and nearly ready for winter. So thank you to all the following volunteers: David Leppanen,

Pete Tryon, Gail Garman, Jim Rhodes, Dana Downs, Pat Downs, Lynne Oliver, Joe Garvin, Katherine Dickinson-Poteet, Donna Halwe, Ron Sawyer, Paul Scott, Hermod and Linda Bakke, Ron Sawyer, Bonnie Burns, Neil Bransfield, Angie Greig, Paul Scott, Mike Hilty, Meg Hayes, Owen Bamford, Ed Alm, Mary Beth Jaynes, Ann Boochever, Scott Miller, and Doug Huddle. And a special thanks to Tom and Lynne Oliver for rebuilding and replacing the old broken main trail head sign, near the Razor-hone gate. You should all be proud for all the work you have done to provide this community with the Salmon Ridge trail system. If not for your efforts, these trails would grow shut. Way to go!! Together we make a real difference!

If you feel you've missed out, it's not too late to volunteer. You can still help clear the new connector, Ridge road (aka Lodge road), or help put up the signs and sanican base as winter gets near. Just check out the events tab on our website for a list of work parties.

Gail Garman

IS YOUR NNSC MEMBERSHIP CURRENT?

Dues are seasonal, with the 2017-18 season starting in September.

Benefits for \$30 single or \$45 per household include:

- "Snow News is Good News" newsletter
- Super trips and other activities, including some to foreign venues (Canada)



- Connecting with other skiers and snowshoers at meetings
- Joining approximately 90 other individuals or households in supporting local Nordic skiing and snowshoeing

There are several ways to submit an application, including on-line. If you'd like to use old fashioned paper and check, you can find a [membership form](#) on the NNSC web site, the last page of this newsletter or at club meetings.

Sitting at your computer checking out the latest snow reports? While you are there, click on the NNSC web page <http://www.nooksacknordicskiclub.org> and renew your membership! From the **Membership tab**, select **Join / Renew**. Look for the link to the **Online Membership Form** and fill in all of the pertinent information.

If using the online form, you'll have an opportunity to pay by PayPal after completing the form.

Using either method, please fill out the form completely. Sign on paper or electronically. Include all of your family on household memberships. And, remember to include your license plate number if buying a Sno-Park permit.

Why not fill out a form right now while you're thinking about it? Or, come to the meeting on Monday, November 6 and pay then.

Jim Rhodes

DON'T FORGET! BUY A SNO-PARK PERMIT

Just a reminder that Sno-Park permits are required to park at the Salmon Ridge Sno-Park or across the road at the Silver Fir campground and Anderson Creek road trail head. Where do the fees go? They go into a dedicated pot to support winter recreation. They pay for snow removal, sanitation facilities, trail grooming, trail signs, mapping, education and enforcement and administration of the Winter Recreation program. The \$40 annual permit allows you access to over 40 Sno-Parks throughout the state. This year, WDFW officers will join the USFS and the County Sheriff to do more Sno-Park permit education and enforcement. So be sure you have your Sno-Park permits! The fines are steep and do nothing to help fund winter recreation.

You can buy a permit through the NNSC, or on-line at: WA State Parks & Recreation, (click on winter recreation and then purchase a Sno-Park permit on-line). Or you can buy them at: Backcountry Essentials, Crossroads Grocery and Video in Maple Falls, REI, Discover Your Northwest, (at the Glacier Ranger Station).

Gail Garman

SHOP AT FRED MEYER
& RAISE MONEY FOR
NNSC

FRED MEYER COMMUNITY REWARDS PROGRAM

Where Shopping & Giving Unite

Support your favorite nonprofit just by shopping at Fred Meyer with your Rewards Card. Fred Meyer is donating \$2.5 million each year to the local schools & community organizations of your choice. All you have to do is link your Rewards Card and use it when you shop at Fred Meyer.

Your Fred Meyer Rewards Card can help earn money for the Nooksack Nordic Ski Club.

- Go to www.fredmeyer.com
- Click on the red REWARDS tab at top for find the drop down menu and click on Community Rewards
- Link your Rewards Card now
- Sign in, using your personal Rewards Card information.
- Find Nooksack Nordic Ski Club #87670
- Click SAVE!

**You're done
Thank you for your support**



WHAT IS AMAZON SMILE?



AmazonSmile is a website operated by Amazon that lets customers enjoy the same wide selection of products, low prices, and convenient shopping features as on Amazon.com. When customers shop on AmazonSmile (smile.amazon.com), the AmazonSmile Foundation will donate 0.5% of the price of eligible purchases to the charitable organizations selected by customers.

How does AmazonSmile work?

When first visiting AmazonSmile, customers are prompted to select a charitable organization from almost one million eligible organizations. In order to browse or shop at AmazonSmile, customers must first select a charitable organization. For eligible purchases at AmazonSmile, the AmazonSmile Foundation will donate 0.5% of the purchase price to the customer's selected charitable organization.

How do I get started supporting NNSC?

Paste this link into your web browser and Amazon will help you link your account: <https://smile.amazon.com/ch/91-2162070>

BOARD MEETING SUMMARY



This is a summary of the August and September 2017 board meetings.

Doug Huddle and Citizens for Forest Roads repaired Anderson Creek Rd at minimal expense to the club. The board voted to allow them to spend up to the \$500 allocated on road maintenance.

The board voted not to fix Anderson again if it washes out in the same place a third time. It's been fixed twice, the first time with an \$8,000 RAC grant.

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An annual budget that looks like last year, without NRTP money, was approved. Lynne has substantially revised the financial reports so that we can see “flow through” expenses such as NRTP funds or club trips separately from the ongoing club expenses funded by dues.

NRTP grant funds were all spent on road brushing before Oct 31. Our groomer was the lowest bidder on road mowing. He mowed all of Razorhone, all of White Salmon, and part of Cougar Loop.

The WA State Parks Recreation Commission has established a Winter Recreation Strategic Plan which calls for development of Area Plans. Gail has prepared a draft plan for Salmon Ridge. The Board has been asked to read the draft and make recommendations

Gail agreed to return to the board as an appointed member. We're still short at least 1 board member.

Mary Beth is increasing the club's social media presence. So far, that means Facebook.

Speakers have been secured for the Nov, Dec and Jan meetings.

The board, as time permits, is reviewing, writing new, and modifying job descriptions for NNSC positions so that we can accurately describe to volunteers what they are being asked to do.

Pete has offered to rejuvenate and organize day trip outings.

Ask any board member if you'd like a copy of the full minutes.

Jim Rhodes



GRANT FUNDING

I have some **stunning news** to report. The total grooming budget is now: **\$23,459 to groom this coming winter!!!** That **is a 275% increase** over what we had been getting!! This is really stunning news given that most of the requests for additional grooming funds at other areas were denied. Lynne Oliver wrote the on-going Sno-Park grant application and Jim requested Supplemental grant funding to groom twice a week for 14 weeks. Jim did an excellent job presenting his grant defense to the Winter Recreation Advisory Committee. **Congratulations NNSC and Thank You Jim and Lynne!!!**

Unfortunately, we did not get any National Recreation Trails Program (NRTP) grant funding. This is not a reflection of our club, winter recreation program or the grant writer. None of the winter recreation applicants were funded this year! This federal grant provides funds to help us maintain the trail system (maintenance equipment, mowers, excavators, fuel, etc...) and provides grooming funds. So we are going to be relying heavily upon volunteers to come help us clear the trails and will be unable to groom some trails.

Gail Garman

WHAT'S NEW AT SALMON RIDGE?

You'll may notice a few changes at the Salmon Ridge Trail System this year. Here is the latest:

- **Razorhone Road (3070) system and Anderson Crk road (3071)**, the roads adjacent to the SR Sno-Park, **will be groomed twice a week** as long as there is adequate snow pack to support the big PB100 groomer.
- Unfortunately, without NRTP funding, there will be **no grooming of the White Salmon road (3075) or the Hannegan Pass road (32) road this winter.** Since these roads don't require a Sno-Park permit, they can't be groomed with Sno-Park grant funds.
- White Salmon road (3075) and Razorhone roads have been mowed. However, this is the last mowing unless we can obtain additional funding.
- Crews cleared brush from much of the snowshoe and multi-use trails: River (Elk), Huckleberry, Cougar and Mom's trails. Also additional trail markers have been installed on the snowshoe trails so they will be easy to navigate.
- Anderson Creek road has again suffered road damage at the 0.9 mile culvert. However, **thanks to Doug Huddle**, he got volunteers from Citizens for Forest Roads to use their

excavator and haul truck to rebuild it, and re armor the ditch line to prevent further erosion. Since the creek is mostly back in its original stream bed we hope that is the last of that problem.

- **A new 2.8 mile Salamander connector trail is in the works!** It will link the upper White Salmon road with the Cougar trail below. **Thank you Pete Tryon** for dedicating countless hours to this project, laying out the trail, marking it, providing GPS coordinates, and leading work parties to start clearing it. There is still quite a bit to do, so it's not too late to come join Pete and see if you can help.

Though the connector won't be a groomed trail, it will allow us to resume grooming the White Salmon road with the Sno-Park grant funds (note: a Sno-Park permit will then be required to park at the White Salmon parking area). Without grooming, snowshoers often have to add tips and tails to their snowshoes so they can traverse the deep snow there without post holing – that's with snowshoes on! Once the upper and lower trails are connected, you will be able to back-country ski, or snowshoe, from the White Salmon road all the way down to Cougar and out the Razorhone road. This will be an exciting, fun new route! Once it is completely cleared and has trail

markers, it will be added to the map. Right now the only way to find it is to join Pete and help clear the way.

Gail Garman



LOGAN LAKE TRIP 2

The second trip this past season to Logan Lake was very different. Aside from me, the other seven members were ladies. The weather was also different. Our trip found that a week of warmer temperatures had caused the snow to melt during the days and then freeze at night. This caused a great deal of ice to form upon the snow. The skiing on Friday and Saturday was icy and demanding; hardly a condition to promote relaxed skiing! On a positive note, the warmer temperatures made for a spring-like ambiance and we didn't have to bundle up quite so much. Due to the icy conditions, we decided to mostly ski at Stake Lake, where races were being held. Unfortunately most of the overnight grooming was done on the race course and the other trails were frozen and rutted from skate skiers. We had to maintain good form, as anything less would cause us to fall down.

Saturday night brought a few inches of new snow. The temperatures stayed below freezing, so it didn't melt. Sunday also had more trails

groomed and these two facts made for much better skiing. Two of our party went to ski the trails at Logan Lake and saw eight wild horses tromping around on the trails. Two others of our party saw a moose on the trails at Stake Lake.

Monday offered good skiing also but we were so tired after three days of skiing that we were ready to come home. Still, I considered the trip a success in spite of the difficult first two days, due to the flexibility of the members. They made the most of the situation and spent a lot of time conversing and hanging out with each other. We definitely made the most of the trip and I believe everyone had a good time.

This trip is so popular that we do it twice each ski season. Just after Christmas and during February's three-day weekend. This season is no different and I urge you to try it.

Kurt Duey

STAKE AND LOGAN LAKE TRIP 1

December 29, 2017 thru January 1, 2018

4 days of skiing, staying 3 nights at a cost of \$250 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 5 luxury bedrooms with 2 beds and private full

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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 \$7. They have 2 km of night-lit groomed trails. On the web go to www.loganlake.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. 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 \$7. 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](tel:3603408417) or james.c.rhodes@gmail.com.

This trip has been very popular in past years and fills very quickly. There is currently just one space still available You must be a member to participate in any overnight trip.

For an additional 3 days of adventure with Kurt, see the [Larch Hills/Silver Star](#) .



Silver Star

LARCH HILLS & SILVER STAR

January 1 thru 4, 2018

Kurt Duey plans to continue skiing for 3 more days after the December Logan Lake trip. Those who wish may continue on to Larch Hills for a day of skiing and then ski Silver Star.

Stay in downtown Vernon at the Schell Motel, phone 250-545-1351, for the nights of Jan. 1 – 3. After taxes the rooms go for 74USD/night for two beds and kitchenette and 60USD/night for a room with one bed. Rates are contingent on currency exchange rate.

For more information, contact **Kurt Duey** at 360-820-4174 or kurt.duey@comcast.net.

You must be a member to participate in any overnight trip.



MANNING PARK

January 1 thru 4, 2018

Cross Country Ski Trip to Manning Park British Columbia Martin Luther King weekend

Ski four days (stay three nights): groomed trails, snowshoe trails, hot tub, sauna, steam room, swimming pool. This is always a great trip. We stay in 1 chalet which has 2 bedrooms, 3 full bathrooms, and a central living room, kitchen, Dining/social area.

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. This trip provides a great opportunity for group camaraderie as there can be up to 5 people in each bedroom and up to 10 of us sharing meals that we prepare.

Website: www.manningpark.com

Lodge number is 1-800-330-3321

Cost per person and deposit to hold your place and pay for your trip is \$156.00 as of 10/05/2017 (This may change depending on the Canadian exchange rate at the time of the trip and the number of participants that we have.)

Payable to NNSC. This may change as the exchange rate fluctuates. It is low right now. Spaces are assigned based on payment date. Elizabeth will be at the November, December meetings to accept deposits or they can be mailed to her (made

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out to NNSC) at 103 Morey Ave. Bellingham, WA 98225

Contact **Elizabeth** at emartindale@comcast.net or 360-393-4732 Carpooling is preferable. We will work together re setting up carpools. Bedding and linens are supplied with BASIC dishes and cutlery, a small microwave, coffee pot, and some cooking utensils.



Kurt Duey, Cindy Hassell, Sharon Holmes, Lynne Oliver and Elizabeth Martindale at Lake Wenatchee

LAKE WENATCHEE

February 2 thru 5, 2018

This trip is being offered 2 weeks earlier than in the past.

This area offers six different skiing locations within 16 miles of where we are staying. 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. 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. Nason Ridge is now open to XC skiing thanks to Weyerhaeuser, who purchased the land last year. Lower and Upper Nason Ridge offers approximately 4 miles and 8 miles of groomed trails, respectively. There is also backcountry trails in the area.

A Sno Park Permit and a Special Groomed Trails Permit sticker are required. Drivers are responsible for the Sno Park Permit. Riders will share the cost of the Special Permit. The Special Permit will stay with the driver after the trip is completed.

Welcome (or willkommen) to the River Vista Haus! We invite you to escape to our private riverfront retreat, situated on the incredibly beautiful Wenatchee River, you will enjoy the serenity and bliss of a home-away-from-home vacation. Relax in the warm, cozy comforts of our home while enjoying amazing wildlife, and riverfront views with sounds of rushing water from almost every room. This listing has been available for rent since 2010 and has a 4.9 Star rating.

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.

Cost is \$175 USD per person for lodging. Make checks payable to NNSC for \$175. Mail to 1363 W Lakeside Dr Apt B, Moses Lake, WA 98837.

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

STAKE AND LOGAN LAKE TRIP 2

February 16 thru 19, 2018

4 days of skiing, staying 3 nights at a cost of \$250 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 5 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 website 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 \$7. They have 2 km of night-lit groomed trails. On the web go to www.loganlake.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. 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 \$7. It can be skied on the way up and/or on the way back. On the

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To hold a space on this trip send a check for the full amount made out to NNSC to the trip coordinator: **Kurt Duey** at 360-820-4174 or kurt.duey@comcast.net.

These trips have been very popular in past years and fill very quickly. You must be a member to participate in any overnight trip.

NICKEL PLATE

March 2 thru 5, 2018

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.

We will be staying in a Rustic Ski Condo near Apex Ski Resort. It will be a 15 minute drive to the Nickel Plate Nordic Center from the condo. The condo is called Rustic Ski Condo at Keremeos, BC. It can be seen at www.airbnb.com. The exposed log beams and stamped concrete flooring give this condo a true mountain

lodge feel. The loft has 3 beds side by side, a TV area, a bathroom and an unobstructed view of treetops and sky. The main floor has 2 private bedrooms, a kitchen/dining area, a bathroom and another seating area just off the deck. The best part is relaxing in the hot tub overlooking the Grandfather Run, the drifting snow or the starry skies.

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.

Cost is \$210 USD per person for lodging. Make checks payable to NNSC for \$210. Mail to 1363 W Lakeside Dr Apt B, Moses Lake, WA 98837

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

UPCOMING MEETINGS

Monthly meetings at 7:30 pm, as follows:

November 6
December 4
January 8
February 5
March 5



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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: \$30 Individual ____ \$45 Household ____ \$15 Student ____ 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: _____

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 #

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