

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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Other Volunteers

Salmon Ridge

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Gail Garman 371-3554

Membership

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Pete Tryon(temp)922-7065

Publicity

M B Jaynes 907-347-0413

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Program Coordinator

Nancy Hart 303-9368

Newsletter Editor

Lynn Alderson

509-885-6342

Webmaster

Pete Tryon

ski@tryonhayes.com

Equipment Manager

Jim Rhodes 734-8246

Trip Coordinator

Kurt Duey 820-4174

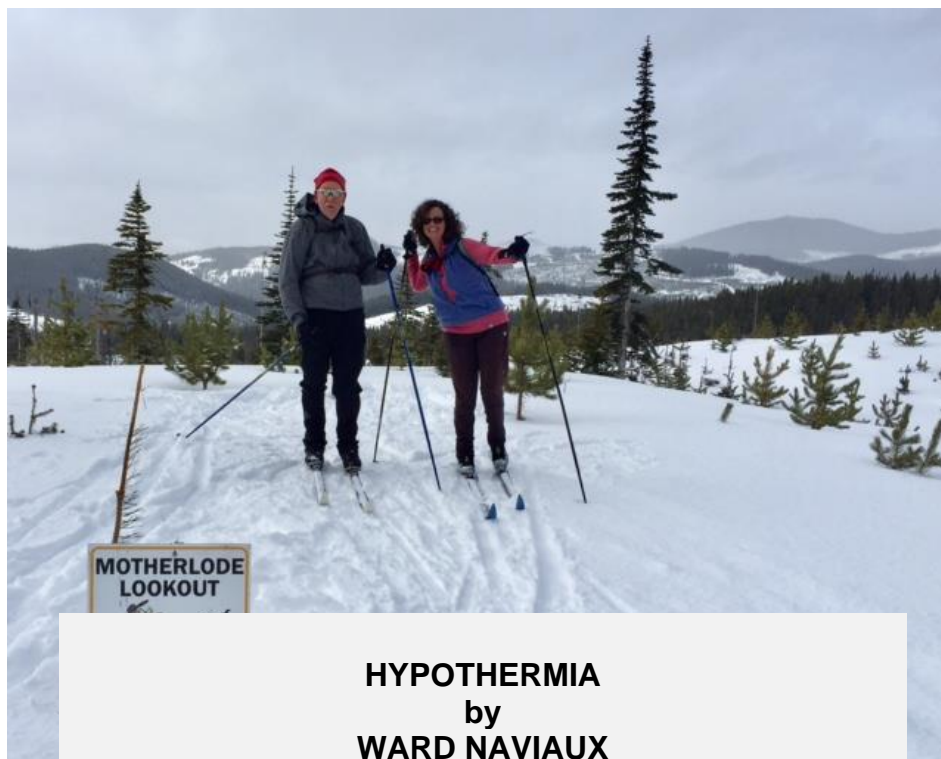
Day Trip Coordinator

Pete Tryon 922-7065

Grooming Coordinator

Pete Tryon 922-7065

JANUARY 2020



HYPOTHERMIA by WARD NAVIAUX

Club Meeting

When – Tuesday, January 14th

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

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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



SNOW BEGINS TO FLY

As the snow finally begins to fly and the temperatures drop, be sure to pay attention to your skin to prevent even minor skin breakdown. Overly dry skin leads to tiny breaks in the skin which provide ways for pesky

viruses, such as influenza, to travel along with you wherever you go.

- Pay attention to keeping hydrated; your skin will thank you
- Use mild temperature water to rinse soap off completely when hand washing
- Dry hands thoroughly after washing, especially between the fingers
- When using hand sanitizer, be sure to allow it to air dry completely
- Use a moisturizer before heading outdoors and after hand washing; daddies and grandpa's too
- Wear gloves or mittens when venturing outdoors in the cold (Santa does!)

Sue Rhodes

TO SKI OR NOT TO SKI

At 69 years of age, every season I get to ask myself, if this will be my last year skiing. Have the year's new aches and pains risen to a level that will make me stay at home? While it has not happened yet, I have seen many an avid cross-country skier retire, due to physical limitations. I do not like to think that it might happen to me as well. As a result, I exercise and try to stay active throughout the year. Still, we all age and may find previous activities no longer prudent or possible.

To my fellow skiers, who may be wrestling with the same issue, I would note that this activity is not for the weak, uncoordinated or timid. If you can get up the

energy to cross-country ski, do so, as every season could be your last.

Kurt Duey

Manning Trip Canceled

Carla Stellwagen has canceled the Manning Park Trip scheduled for Jan 17,18,19, due to lack of interest on our part. This was a surprise to me, as this has been a popular trip and one of the closest overnights we take. As a result, the MLK weekend is now open. If any of the members has an idea or destination to offer to the club on that weekend, please let me know.

I know that for my part, I want to try skiing in the McCall, Idaho area. Perhaps this cancellation is just the opportunity I need to explore a new ski destination. Anyone interested in skiing in Idaho?

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 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.



**Noriko Lao and John Hausz
at Lake Wenatchee 2018**

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,

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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.

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.

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:

February 11
March 10

Happy
New
Year

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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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