

# 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)



## Board Members

### **President**

Pete Tryon

### **Vice President**

John Keates

### **Secretary**

Cleo Richard

### **Treasurer**

Lynne Oliver

### **At large**

Carla Stellwagen

Kurt Duey

Mary Beth Jaynes

Mark Smith

Cindy Joseph

## **Other Volunteers**

### **Salmon Ridge Coordinator**

Gail Garman

### **Membership**

Vacant

(Pete Tryon)

### **Publicity**

Mary Beth Jaynes

### **Lessons Coordinator**

Cindy Joseph

### **Hospitality Chair**

Vacant

### **Program Coordinator**

Mark Smith

### **Newsletter Editor**

Lynn Alderson

### **Webmaster**

Pete Tryon

### **Equipment Manager**

Jim Rhodes

### **Trip Coordinator**

Kurt Duey

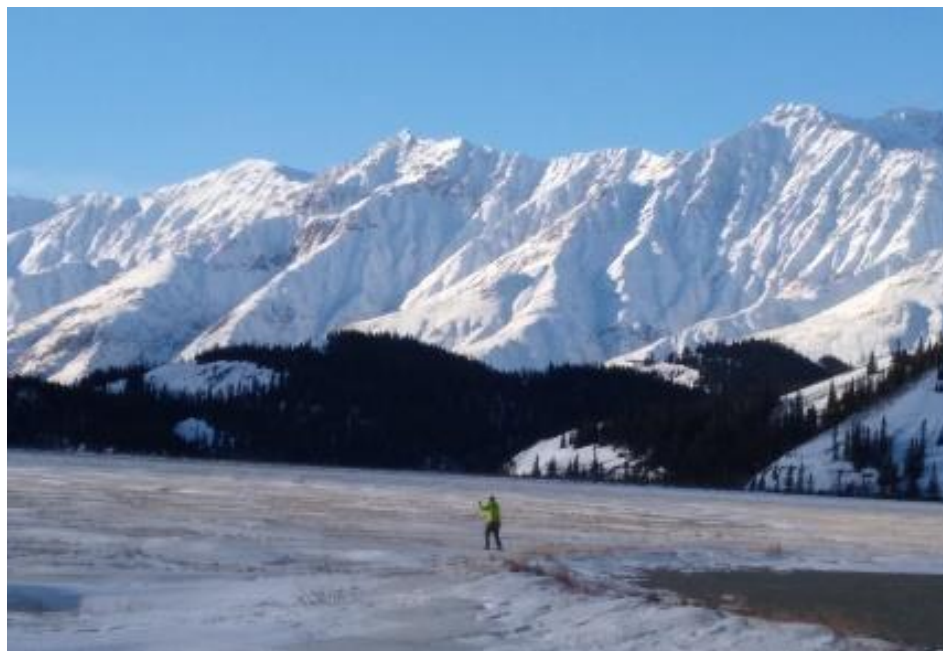
### **Day Trip Coordinator**

Pete Tryon

### **Contact emails:**

[president@nooksacknordicskiclub.org](mailto:president@nooksacknordicskiclub.org)  
[boardmembers@nooksacknordicskiclub.org](mailto:boardmembers@nooksacknordicskiclub.org)  
[newsletter@nooksacknordicskiclub.org](mailto:newsletter@nooksacknordicskiclub.org)  
[membership@nooksacknordicskiclub.org](mailto:membership@nooksacknordicskiclub.org)  
[lessons@nooksacknordicskiclub.org](mailto:lessons@nooksacknordicskiclub.org)  
[webmaster@nooksacknordicskiclub.org](mailto:webmaster@nooksacknordicskiclub.org)  
[trips@nooksacknordicskiclub.org](mailto:trips@nooksacknordicskiclub.org)

## MARCH 2023



## **Club Meeting – Meet with NNSC on Zoom!**

**When** – Tuesday March 14th

**Check your email or the NNSC website for details and an invitation.**

<http://www.nooksacknordicskiclub.org/meetings/>

Meeting starts at 7:00 PM.

**Who** - Everyone is welcome!

**Visit Our Website for the Latest Information: [www.nooksacknordicskiclub.org](http://www.nooksacknordicskiclub.org)**

## MONTHLY MEMBERSHIP MEETING

**Tuesday, March 14, 2023:  
7:00 PM**

Back by popular demand! We will have a two-part meeting, business and pleasure.

Our Annual Meeting, with the election of board members and a report on the status of the club. It's not too late to throw your name in the hat as a potential board member. If covid ever settles down, you can even join us for tea and cookies once a month during the winter to talk skiing! Meanwhile, Zoom allows us to conduct the club's business.

Cross-country skiing during the (third) Winter of Covid. A participatory slideshow! Cue up on your computer two of your favorite pictures of skiing this winter – either where you did ski – or where you wished you could have gone skiing. Be ready to share your screen as you describe your pictures. Sharing a screen with Zoom is easy – assistance will be available (and if you'd like to read about it beforehand, click <https://www.nooksacknordicskiclub.org/meetings/screen-sharing-on-zoom/>

The meeting is by Zoom – we'll open Zoom at 6:45 PM to give you a chance to get connected, check your settings, and maybe chat a little before 7:00 PM. To receive a link for the Zoom meeting, email the club at [zoom@nooksacknordicskiclub.org](mailto:zoom@nooksacknordicskiclub.org) and we'll send you one (or check your newsletter).



**PETE TRYON**

### CONTRACTED WORK ON SALMON RIDGE TRAILS

At the last board meeting, it was decided to establish a committee to develop a plan for contracted work on trail improvements this summer. The club has sufficient money available from grants to potentially make a difference! Possible projects include mowing brush, clearing overhead branches to allow more snow to reach the trails, and grading the roadbed for better grooming with limited snow cover. We will need to prioritize needs, develop a budget, coordinate with the Forest Service, and organize contractors. Interested in being part of the process?

Email Pete Tryon at [president@nooksacknordicskiclub.org](mailto:president@nooksacknordicskiclub.org) (or any of his other addresses) or Lynne Oliver for an invite to the committee.

**PETE TRYON**

## WASHINGTON'S SNO PARK PROGRAM IN THE NEWS

### Washington's Sno-Park Program in the News

Your \$50 sno-park pass is part of a two-million-dollar budget, which has been in the news. Read an article from the Feb. 12<sup>th</sup> issue of the Seattle Times about how the money is collected and how decisions are made about where it is spent.

<https://www.seattletimes.com/life/outdoors/washingtonians-buy-sno-park-permits-in-droves-who-decides-how-the-money-is-spent/>

### THE VALUE OF HELMETS

I was recently reminded of the value of my helmet, when going for our first ski of the season at Razor Hone. A large icy tree-avalanche whacked me on the head and shoulder. It hit hard enough to be quite painful -- I screamed! It knocked me flat onto my back. The main hit was directly on the top of my sturdy ski helmet.

I have been glad to have that helmet protection. I encourage you to join me in the helmet habit. My helmet makes me feel more secure; it may help your confidence to wear one. You might feel more at ease on a downhill. You will find it becomes quite comfortable. For me, skiing without a helmet just feels odd, like being in a car without a seatbelt. And you will set a nice example for others.

My helmet habit first came from ice skating in Canada. In winter I go to the 'Silver Blades' adult skate sessions at the rinks, where folks wear helmets. One of the skaters said to me "consider that your head is the one part that doesn't heal well". That simple statement did it for me.

The helmets for ski and skate are not bicycle helmets, by the way. I measured my head and ordered online from Wildhorn. I've left the ear covers in place for warmth and added Giro goggles because of the better eye protection, but you might prefer to go lighter. Or maybe you want to add bright stickers, lights, and Bluetooth helmet-headphones!

So if you pass a couple on the trail wearing helmets, say "hello" to the O'Connor's.

### **DEBORAH O'CONNOR**



### **THE O'CONNOR'S ON THE TRAIL**

### **TRIP OF A LIFETIME**

Just a small trip! For several years now my daughter and I have gone on a Nordic ski trip together (mother-daughter time). This year the trip was

twofold. One, the foreign exchange student that stayed with my daughter's family is all grown up and has a new baby. Of course, my daughter wanted to visit and see the baby. Oh, that means, Germany! Two, she wanted a traveling companion, and I have a bucket list. Oh, that means, Switzerland!

So, off we went on a one-week guided tour of Switzerland with one free day to Nordic ski in St. Moritz. On that day we rented our skis, poles, and boots. Um, I was used to my Evo fish scale skis. These skis were Fisher, narrow and had 'skins' on them. Adapt, oldster! We were told to go out the door and straight on. (wasn't that a similar line in some movie?) So, we did. There was a clear path to a nice, groomed trail and a big arched opening labeled Nordic Arena. This was a low snow year for Switzerland but there was still a lot of snow.

Confident, we glided along. Where were the trail signs? Ummmm. There had been a sign at the entrance, and we had seen a lot of flat trails along the river as the bus came into town. There were some poles sticking up that had broad yellow and black bands. No trail names, no signs with 'you are here'. Foreign country and we forgot



to ask for a map to take with us and ask what kind of markers they used. Oh well, it was a nice day, and we were having fun. We did quite well for our 1<sup>st</sup> day of skiing this season. We even went up and down a couple of hills. There was a groomed dog and walk trail right next to our groomed ski trail for a while.

Eventually at the top of a long slow hill we looked at where the groomed trail continued and decided to turn around, otherwise it was going to be an OMG very steep downward trail that we were not ready to tackle on a 1<sup>st</sup> day out. We did enjoy a couple of hours of exercise. That is my daughter, Jennifer, in the picture.



### **JENNIFER HARRINGTON**

That same day we walked halfway around the lake there at St. Moritz where they were getting ready to have polo matches. Can you imagine horses galloping on an icy lake? They do this every year. The groomer was out there already and some skiers. How had we missed those directions when we were out skiing?

### **LYNNE OLIVER**

# 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: \_\_\_\_\_ \$50 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 #