

Snow News IS Good News

Newsletter of the Nooksack Nordic Ski Club

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Website: www.Nooksacknordicskiclub.org



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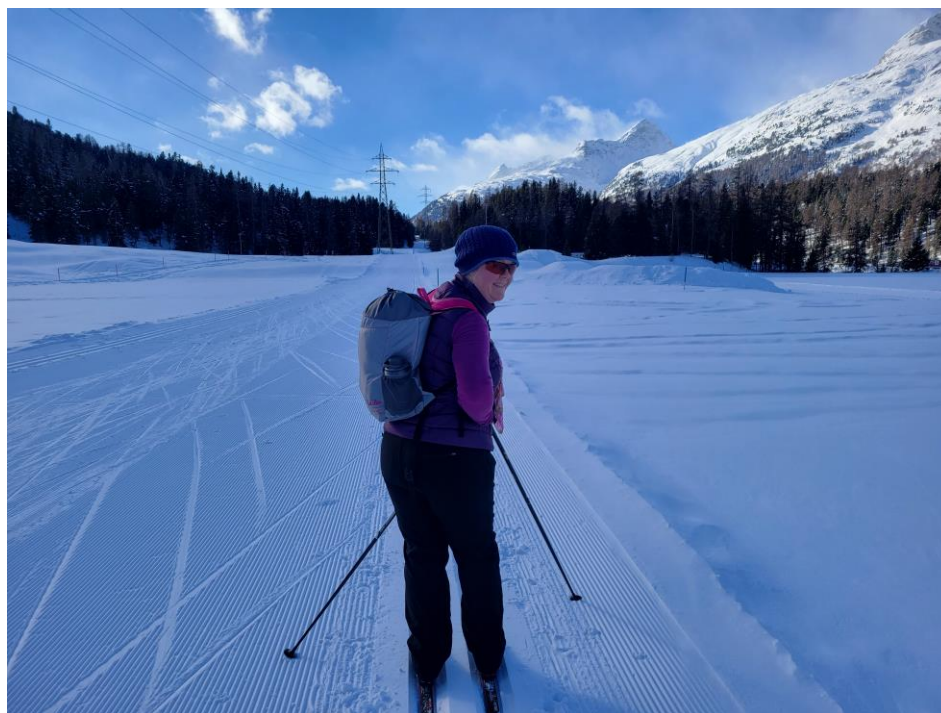
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NOVEMBER 2023



Club Meeting – Meet with NNSC on Zoom!

When – Tuesday November 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 - Anyone is welcome!

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

MONTHLY MEMBERSHIP MEETING

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

Our first general membership meeting of the year is a Zoom meeting, sitting in front of your very own computer! Meet other members of the club and hear mini-presentations about club activities this winter. Hear about our increased funding for grooming! Feel free to ask questions. (Predictions call for an El Niño winter – we can speculate on what that means for our skiing this winter.) Visitors interested in Nordic skiing in Whatcom County and the club's activities are welcome!

The meeting is by Zoom – we'll open Zoom at 6:45 to give you a chance to get connected, check your settings, and maybe chat a little before 7:00. Link:

<https://us02web.zoom.us/j/84348421524?pwd=dE5OczFHlYXhmOEQ2TTlZTE1ieUhhNdz09>

Feel free to share this link with interested friends, but please do not post it on social media – we have learned our lesson about leaving Zoom links out in the open.



PETE TRYON

NOTES FROM THE NNSC TREASURER FOR THE 2023-2024 SKI SEASON

Reminder: our fiscal year is from July 1 to June 30th. Please send in your membership dues by December 2023 for this coming ski season.

On July 1, 2023, we had \$26,686.42 in the treasury. Since all of our expenses are paid up front and we get reimbursed later for items that fall under the federal National Recreational Trails Program grant (NRTP), it is necessary to have at a minimum \$10,000 to start each new season. We do have a Voluntary Services agreement with the Forest Service to maintain all the ski and snowshoe trails associated with Salmon Ridge. This takes time and money.

Last season NNSC membership dues brought in \$2,745.00. So, it is obvious we survive because of grants and donations. Thanks to Lynne Oliver (snow park grant) and John Keats (NRTP grant) for their grant writing work. NNSC applies for a snow park grant from the State of Washington Parks and Recreation Commission for the snow grooming of our ski trails. None of the funds go through our treasury. The groomer has this grant money to groom our trails for the season and he bills the state of WA for his services, and they pay him out of those funds. Our Sno-Park Grant application is due by June of each year for the following season. When the Recreation Commission met this past summer, they approved our regular grant and also gave a

percentage increase. In addition, this year at the urging of Jim Rhodes, NNSC applied for a supplemental grant in order to get twice a week grooming that would include Hannegan Pass Road (because for the past 2 years the dog friendly trail was seldom if ever groomed). The Commission approved this supplemental grant for this coming grooming season. NNSC also receives a Shell grant for \$500 curtesy of Jim Rhodes.

Every 2 years NNSC applies for a federal National Recreational Trails Program (NRTP) grant. NRTP money is used for maintenance of 15 miles of ski trails and 5 miles of snowshoe trails in the Salmon Ridge trail system. What is not used by the end of the grant time is lost. This grant covers items such as road grading and mowing of the roadsides on Razor Hone, Mom's, Gerbil Loop, Hamster Run, Cougar Loop, Anderson Creek Road, and White Salmon Road. (Example -The average expense for mowing Razor Hone & Mom's is @\$4,000.00). The grant can also be used for snow grooming if the season goes long, and the snow park grant has run out. Also, this grant supports volunteer work parties and equipment. The NRTP grant for the 21-23 season was not approved until April 2022 and has to be used up by October 30, 2023. As of July 1, 2023, the amount of grant remaining to be used by October 31, 2023, was \$17,641.12. While we were hoping to use the money for the repair of Anderson Creek Road, the Forest Service has determined that the repair work needed is greater than

either entity can afford currently. So, the NNSC board will use the remaining NRTP funds to cover mowing of the roadsides on all of our trails as well as opening up the canopy on Mom's and maybe some of Cougar loop. Which means, work parties will be needed to pick up all the debris before it snows.

We do sell Snow Park permits. This is basically a service we provide for the convenience of the members. It is mostly a pass through in our financials. We would love to hear from you for any suggestions for this season.

LYNNE OLIVER



**BEFORE AND AFTER ON
MOM'S OCTOBER 14, 2023**



TROUBLED BY YELLOWJACKETS OCTOBER 16, 2023

We thought we'd pass on lessons learnt the hard way during a recent informal work party.

Last summer, Lynne Oliver and her husband Tom put in serious work to reestablish the old River Trail Extension snowshoe trail. (Many thanks, Lynne and Tom, for your efforts!) When finished, this separate trail will connect the far end of River Trail with the near end of Huckleberry without having to follow Razor Hone all the way beyond Mom's. We hope it will get more snowshoers off the groomed trails and into the woods.

A few weeks ago, Lynne, Pete, I, and our dog Windy were scoping out a difficult portion of the trail. We had turned around at the crux where the route became a choice of "adventure trails": a high-water route going steeply up to the road or a low-water route going steeply down to the river.

I was innocently removing the root ball of a small stump in the middle of the trail and must have disturbed a yellowjacket nest. I was immediately attacked by a swarm of the angry yellowjackets. I tripped trying to escape and fell, which of course, only irritated them more. Pete rushed in to get me on my feet and sent me back toward the car. Lynne was, luckily, already past the initial attack zone. After checking that I was basically okay, Pete bravely went back

to pick-up the tools, water bottles, gloves, jackets etc.

We regrouped where we had parked the cars. I had more than a dozen stings, Pete more than I. Luckily, we had some sting relief remedies along, but no oral antihistamine. Lynne helped apply gels and wipes to our faces, hands, arms, and backs. We could tell Windy had been stung, but couldn't see where. We applied relief where we could and got her paws into the cool river water. I was worried about her because her body mass is so much less than ours. We decided to forgo eating lunch and the short exploratory hike we had planned. Instead, we pointed the car toward town to see if we could get a vet to check Windy.

I asked Pete if he wanted me to drive. He said he was fine and declined my offer. Pete started the drive to town, but shortly pulled over and asked me to switch. I got out and left my car door open for him. Just as I settled in the driver's seat, I saw Pete stumble and gradually sink to the ground. I rushed around to help him into the passenger seat. He kept saying "I'm fine, but then slumped over in the seat.

Pete stayed unresponsive for several minutes as I was driving. I thought I was losing him and kept saying "Stay with me, Pete! You're fine! Stay with me, Pete!" as I drove with one hand and shook him with the other. Of course, cell phone coverage is spotty on Mt. Baker at best. I did not want to take the time to stop, find cell service, and call emergency services. I frantically tried to figure out

the location of the closest medical help. I decided it was at the fire station in Kendall about 25 miles away.

After several minutes, Pete startled back into consciousness. He made wild gestures and loud unintelligible noises, eerily similar to our recently-departed dog Kata after her stroke. Gradually he regained his equanimity and could make conversation. I kept him talking as we drove back, finally deciding that he had simply fainted. He was, in fact, "fine." We drove on to our new vet's office where they examined Windy and suggested antihistamine as a therapy.

We doctored ourselves with antihistamine, pain relief patches, and hydrocortisone gels. The next day, Pete was feeling better, but his hands remained swollen for several more days. Pete was stoic about it all, but I did not sleep well for several nights.



**PETE'S HANDS AFTER
BEING STUNG**

We were lucky: no one in our small party had anaphylaxis, a severe allergic reaction to yellowjacket venom. But this was the third time someone had been stung on as many work parties. Even though we carry a first aid kit, we found it lacking essential materials. I didn't think to stop and use Pete's InReach to get medical help.

Later, Ryan Porterhawk at the Kendall Fire Station helped me brainstorm the following suggestions.

Lessons learned:

- Let the work party leader know if you are susceptible to a severe allergic reaction to stinging insects. Tell them where you keep your EpiPens and be sure they know how to use them.
- Pete carries a Garmin InReach for emergency use in the forest.
- Review first aid kits and add or replace therapies, such as antihistamine tablets and topical gels, that might be needed in the woods.
- The Kendall Fire Station is the closest reliable EMT location for the Salmon Ridge SnoPark. Glacier Fire Station is closer, but it is all volunteer and not usually staffed. There is an emergency use phone at the Glacier Fire Station to alert

EMTs in Kendall if someone can stop long enough to do that.

- Depending on the emergency, keep moving toward Kendall. Put on your emergency light flashers. EMTs will meet you on the road if someone can alert them.
- Yellowjackets do not die after stinging...they can regroup and go in again, so get out of the area as quickly as possible after attack. Theoretical advice is to do so slowly...but that wasn't practical in our case!
- Wear thicker, sting-proof layers of clothing and leather gloves if possible.
- Yellowjackets prefer to attack people wearing orange. (Pete and I commonly wear orange when we are working, but not before frost anymore! Lynne, that smarty pants, was wearing yellow.)
- Check for yellowjackets before chopping or digging in the dirt.
- Consider waiting until after the first hard freeze for larger work parties.
- Ryan Porterhawk at the Kendall Fire Station offered his direct number in case

of emergency. Check with Pete if you think you may need it.

MEG HAYES

THREE SKI TRIPS LAST SEASON!

For the last 30 days, I have been on three ski trips, for a total of eight days of skiing. I went with friends from our club and although they were not official trips, we went to our usual lodgings, The Bunkhouse in Winthrop, Highland House in Logan Lake B.C. and Schell Motel in Vernon, B.C. Covid restrictions are still in place but we were still able to enjoy our old haunts. Conditions were good for all three trips, though on the last day of skiing at Larch Hills, I fell and hurt my left knee getting up. I couldn't put any weight on my left leg, so my companions alerted the clubhouse and a snowmobile was dispatched to bring me back to my car. The skiers at Larch Hills are the most obliging I have ever met.

Reviewing my mishap, I had ignored the correct routine for getting up, which is important to avoid injury. "To get up from a fall, roll over onto your side so that your skis are parallel, downhill from you and across the fall line of the slope, so that they will not slide forward or back. Then simply move forward onto your knees. Rock back onto your feet and stand up. No thrashing necessary." I was able to drive us back to the Schell Motel in Vernon but needed help getting up the stairs and into our room. We

treated the knee with 20 minutes of cold pack alternated with 20 minutes of heating pad. After four hours, I was able to walk again. What a relief!

It reminded me how important it is to be careful getting up. I also want to emphasize that we can and should offer overnight ski trips for our members. There are few restrictions to services now that the pandemic is officially over. Our members can get back up from this period of isolation to once again go on trips together, as we did before.

KURT DUEY

UPCOMING MEETINGS

December 12
January 9
February 13
March 12



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 #