

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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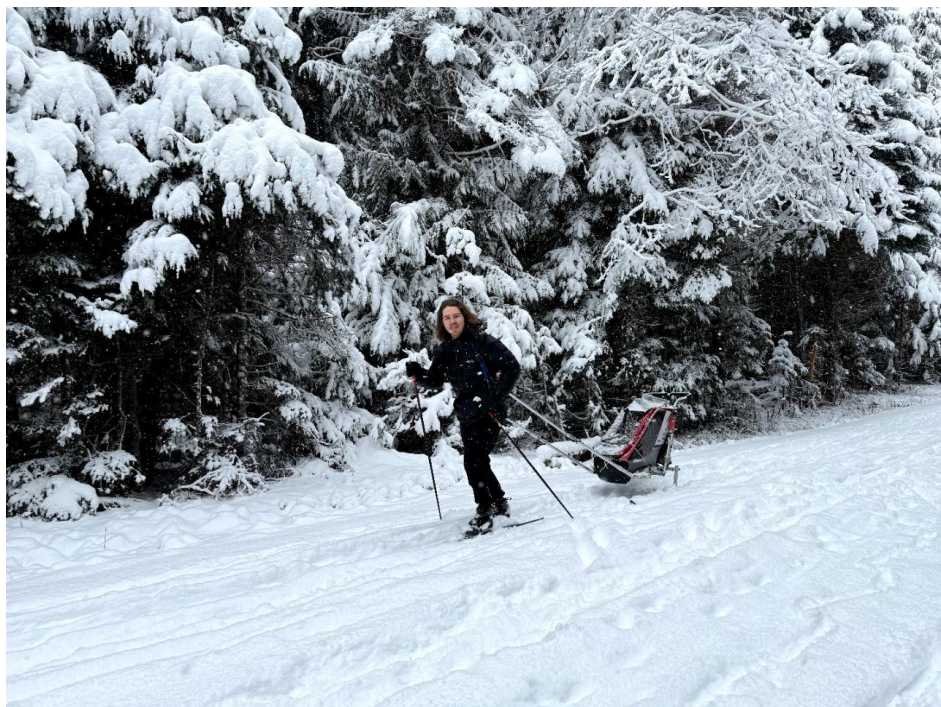
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FEBRUARY 2025



FROSTBITE AND HYPOTHERMIA Club meeting at the American Alpine Institute

When – Tuesday February 11

Meeting starts at 7:00 PM.

Who - Everyone is welcome!

Where - American Alpine Institute
4101 Home St. (off Northwest Ave. – just south
of Bakerview Rd.)

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

MONTHLY MEMBERSHIP MEETING

Club Meeting – American Alpine Institute

When – Tuesday
February 11th Meeting starts at 7:00 PM.

Who - Everyone is welcome!

Where – In-Person at the American Alpine Institute

4101 Home St. (off Northwest Ave. – just south of Bakerview Rd.)

FROSTBITE AND HYPOTHERMIA

Jason Martin, Executive Director of the American Alpine Institute discussing two conditions we would like to avoid – frostbite and hypothermia. How to recognize them. How to treat them. What not to do. And, most importantly, being prepared to prevent them. Best treatment practices change over time. You want to stay current. We all enjoyed Jason's excellent presentation on outdoor electronics in December and look forward to another great talk.

Our last general meeting of the season will be on Tuesday, March 11 at 7:00 pm at the Restore Store. We will enjoy a potluck dinner, share pictures of our Nordic adventures, and discuss future club activities.

MARK SMITH, PROGRAM CHAIR

SNOWFLAKES ON GROUNDHOG DAY - SIX MORE WEEKS OF WINTER?

We are right on the cusp! We have had 4 inches of snow at Razor Hone on the 1st of February and I believe that snow is falling as I type. Predictions call for another 6-10" today. That could be enough for grooming Monday or Tuesday!



It's been a discouraging year for local Nordic skiing so far, but we are hoping for skiing in February. So what should you do to make the most of it?

Keep up on current conditions: We post all the information that we have on snow levels and grooming on our club website: <https://www.nooksacknordics.kiclub.org/trails/grooming-and-conditions/>.

We also have an email list where grooming news is 'pushed out' to your inbox whenever we have fresh grooming news. If you would like to be included, send Pete an email at

ski@tryonhayes.com or any of his other email addresses. Note: if you don't seem to be getting any reports, check your spam folder.

Listen to your fellow skiers:

There has been quite the email discussion this winter among club members about other 'semi-local' trails that they have been skiing with more snow than ours. These emails should be coming to your account – learn from your fellow skiers. Some information from them has been posted on our website: <https://www.nooksacknordics.kiclub.org/trails/where-to-ski/day-trips-other-than-salmon-ridge/>

Plan a ski vacation: Have a few vacation days? Travel to snow! Some ideas are posted: <https://www.nooksacknordics.kiclub.org/trails/where-to-ski/if-i-had-three-days/>

Think snow!



PETE TRYON

LOGAN LAKE RECAP

There was a surprise birthday during the trip celebrated with a gift of Chocolate wine (wow!) and a card that said, "Celebrate your birthday armadillo style and just roll with it". And roll with it we did on this trip!

Notes by the Overlander Ski Club on the snow and grooming conditions at Stake Lake were perused daily

before the trip. Last-minute changes in participants and drivers were dealt with. The roads were mostly clear except for some slush on 97C. On Friday, a portion of the participants gathered in the rain at Lynne's house and left their cars there. The caravan started. We picked up another participant in Sumas and drove BC 1 to the Blue Moose Café in Hope where we met up with 2 more participants. Then on to Kane Valley where we found snow and grooming! The main trail was groomed and tracks set. Other trails had been groomed but there were dips and valleys that would challenge any novice skiers. While there, 2 more participants met up with us. From there it was on to the Highland House B&B where the driveway was plowed. Jill met us at the door with "new instructions" and stories about evacuating for the big fire and horse whispering.



Christine, Paula, Gail & Debra at Stake Lake

Covid brought multiple new rules to the B&B; some of which are still in effect. During Covid they were only able to have "emergency workers" use the B&B. Those visitors had to stay in their rooms only coming out to get food. The TV had to be removed from the common area. A 'Dutch

door effect' to the kitchen is how breakfast was handed out. All other meals were the responsibility of the visitors. Plates and utensils were returned to trays at the kitchen door. There is a refrigerator and microwave near the kitchen door and bar-b-que units out back for visitor use.

The big TV is still gone, and we do still have to bring plates and utensils to the trays at the kitchen door. However, we had all our meals prepared by the B&B, the common room is open, and the big fireplace draws us in. And conversation – Wow! People can talk to each other with the TV gone. We gathered well before and stayed talking at the table for more than an hour after dinner. Laughter and conversation abounded!

When we woke up Saturday morning, it was 25 degrees F, cloudy and it had snowed a small amount. We were eager to see what Stake Lake had to offer. All the trails had been groomed and sharp tracks set. It was wonderful! The snow was not as deep as it had been in some past years, but it was deep enough and gave us a great day of skiing. There were plenty of trails for every skill level. Some made it to the high point and others stayed on the green level of trails. The afternoon temperature made it to 32 degrees F. Afterward I needed to check on the 'low tire pressure warning' for my car. FYI, only the Esso station in Logan Lake offers free access to air for tires. The attendant said normal happening for tires in the cold and Welcome to Canada! We went on to the small shopping area for wine and books.

Sunday temperatures started at 24 and ended at 31. We all had good skiing again and were ready for hot chocolate and the hot tub.



Carla at Kane Valley

The cast of characters on ski trips never ceases to amaze me. There is always conversation on various interesting topics, laughter and a willingness to impart skiing information. The estimated trip fee was \$350 and there was a small refund after all expenses were settled.

LYNNE OLIVER

JACKRABBIT JOHANSSON (1875 – 1987) NORTH AMERICAN X – COUNTRY SKI LEGEND

Our December newsletter raised the discussion of how old is too old to continue to cross-country skiing. Jackrabbit Johannsen is a man whose memory reminds us that skiing is more of a way of life rather than a sporting pursuit. Herman Smith Johannsen, better known as "Jackrabbit Johannsen" was born in 1875 near Oslo, Norway. He is considered as one of the great ski pioneers, credited with popularizing cross-country skiing in

Canada and North America. On business trips to northern Ontario Herman often brought his skis to traverse the inaccessible terrain. It was on these trips that he encountered Cree Indians that endearingly started to call him "Okamacum Wapooes", the Cree word for "Chief Rabbit", due to his superior ability to quickly and effectively navigate the dense forest, and to move at a quicker pace on his skis than they could on their snowshoes. He eventually became known as "Jackrabbit".

Over the years beginning in the 1930s, he cut through rugged bush to establish hundreds of miles of cross country ski trails in Quebec's Laurentian Mountain region to link the then isolated communities. Later he would ski up to 1800 kms in a season to maintain those same trails love the outdoor life, constantly breaking new ground to create ski trails (such as the entire Maple Leaf Trail network), advised on the development of ski areas, designed and built ski jumps, laid out the first ever slalom downhill course in Canada, and trained Canada's Olympic ski team. For his efforts he was awarded the Order of Canada, one of the highest civilian Canadian honors.

Jackrabbit knew eight languages, including Cree. He continued to cross-country ski well into his 90s and was the oldest living human at the time of his death in 1987 at the age of 111. Jackrabbit has been both an inspiration and an outstanding example of what a healthy and active life can bring in terms of well being. Thousands have benefited

from his love of cross-country skiing.

There are many articles and stories about his amazing life reminding us that cross-country skiing is more than worrying about the fastest wax, the proper ski camber, or having the best technique. In the late 1980s I had the privilege to hear him interviewed about his love for the outdoors and cross-country skiing when he visited Wisconsin for the American Birkebeiner. For more about his life, check out this 30 minute documentary on [YouTube](https://www.youtube.com/watch?v=xCerKQU9SN0) (<https://www.youtube.com/watch?v=xCerKQU9SN0>).

Though much has changed in the progression of cross-country skiing and ourselves as we age, Jackrabbit himself said in his hundredth year, "I live in the present...I think of the old days with pleasure and thankfulness... but the best thing I can do is get all I can of our present day of living."

Deb Gordon

**NICKEL PLATE TRIP
MONDAY MARCH 3rd
TO THURSDAY MARCH
6th, 2025**

Nickel Plate Nordic Centre 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. The 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 Best Western Inn in Penticton, BC. We will drive to the Nickel Plate Nordic Center from the hotel. Rooms have 2 queen beds and single beds. Make reservations with Best Western Inn at (833) 372-5731.

Meals – Breakfast is served at the hotel. For lunch bring your own food. Dinner will be at a restaurant. We will meet in the lobby at 5:30PM and decide what restaurant we wish to go too.

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. Hope to see you there!

Coordinator Lynn Alderson
lalder3122@yahoo.com

FUTURE MEETINGS

March 11

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

<u>Deposit Date</u>
<u>Sno Park #</u>