

Seeley Lake ROCKS' 2017 Peter Hale Race



Sponsors Include: The Trail Head & The Lolo National Forest



Ski with the Best!
Including Olympian John Morton

SATURDAY, FEBRUARY 4
RICH RANCH, SEELEY LAKE, MONTANA

- 22K Classic Ski: 9:15 a.m.
- 22K Skate Ski: 10 a.m.
- 10K Classic/Skate Ski: 11 a.m.
- 1K Kids Race: 1:00 p.m.

Free Meal for Racers!
Local Big Sky Brewery Beer available!

Register before February 1st and SAVE!



Register: Peter Hale Race at RaceWire.com
Or Mail in Registration to: Seeley Lake ROCKS
PO Box 53, Seeley Lake, MT 59868

— PLUS a Talk by John Morton
7 pm Friday Feb. 3
Rich Ranch

Ecosystems • Culture • Economics

A Place for All



The Story of the American Marten

by Mark Ruby
Swan Lake Ranger District

The American marten is a very charismatic creature despite its small size. The house-cat sized member of the weasel family has short legs, pointed ears and a well-furred tail that extends to about a third of its total body length. Perhaps best characterized by a pale buff or orange patch on the throat or breast, the marten is typically 21-26 inches long and weighs about 1.5 to 2.75 pounds.

Marten select for mesic closed-canopy stand types characterized by large tree diameters, plentiful coarse woody debris, snags and with a high degree of forest structure including tall trees and some degree of understory tree

presence. Research has shown the marten are highly selective of habitats that have the presence of large diameter coarse woody debris on the forest floor or hollow snags that provide areas to rest between hunting bouts or to provide cover when taking a well-earned nap. In Glacier National Park, average daily movement rates for marten have been estimated to be 0.4 miles a day, ranging to 0.2-1.7 miles a day.

Anyone who has observed a weasel in the woods can easily picture these movements as a series of sprints as the marten darts in and out of downed logs or through the canopy of the trees chasing prey or avoiding predation. Marten prey on a variety of small mammals including voles, snowshoe hares, tree squirrels, flying squirrels, mice and shrews. These prey species use all the small spaces created by understory vegetation, root wads, hollow logs or other down woody debris for their own security from predators like marten or goshawk.

Based on this foraging activity, it is not surprising that the hind limbs of a marten can rotate to allow the animal to descend a tree face first. The same understory structure that marten itself use to forage for prey also provide security from hawks, owls or other animals that might predate on marten.

Based on a marten's small home range size, dependence on small mammalian prey and avoidance of other more mobile predators, marten often avoid forest openings

warm up. While the fishing was better in the morning, the women still caught fish throughout the day. Some of the women were coming back Sunday to fishing on Seeley Lake for northern pike.

Pam Arroues from Helena, Mont. has been a volunteer instructor with BOW for the past four years and been a BOW participant for eleven years. Her first BOW ice fishing class was from Driscoll She feels that the BOW program is the best thing for women who were not raised by "hunter, fishers" or are from the inner city.

"There is no better way to learn because too often husbands are not the best people to learn from," said Arroues. "I always encourage newcomers to Montana to get out and do it. It's just an amazing program."

Arroues chose to use salmon eggs. She avoided the maggots

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Becoming an Outdoors-Woman Takes to Ice Fishing on Placid Lake

Story & photos by Andi Bourne
Pathfinder

SEELEY LAKE – Women from around Montana came to Seeley Lake this weekend to learn how to ice fish with the Montana Fish, Wildlife & Parks (FWP) Becoming an Outdoors-Woman (BOW) program. Leader Kim Driscoll of Potomac said it is all about having fun and catching fish.

The BOW program provides participants with information, encouragement and hands-on instruction in outdoor skills such as fishing, shooting, archery, map & compass, survival, canoeing and outdoor cooking. Driscoll said BOW is designed for women because it is often hard for women to learn from the men who are close to them.

"Women learn different than men and we gear towards that. There is no competition or intimidation," said Driscoll.

The statewide BOW three-day program is held at Lubrecht the first weekend in August.

"I highly encourage any woman to go to that. You learn so much about any kind of outdoor skills. The ice fishing class this weekend is just an extension of the larger program," said Driscoll.

Driscoll has been volunteering

with BOW for 12 years. She had led several ice fishing workshops from a one to three day adventure. The longer the adventure the more opportunities to learn different techniques, try out different lakes and learn how to clean and cook fish not just catch them.

"It is empowering for a female to know that she can do this. They can go out with a group of women and don't have to go with their partner. It's great camaraderie," said Driscoll.

The workshop started Friday night. The 25 participants met for nearly four hours and learned about ice safety, proper clothing, huts and heaters, and ice fishing gear and techniques. They also tied their own jigs and had the famous maggot races.

"Ice safety is the most important and one of the biggest fears for women who have never done this before or not been around it," said Driscoll.

Saturday morning at 8 a.m. they headed to Placid Lake with their four instructors. Women fished in water that was three-18 feet deep using a variety of jigs, white and red maggots and salmon eggs. Instructors brought their own equipment and provided equipment from the FWP "Hooked on Fishing Program." They taught the women how to drill the hole, different fishing techniques and fish identification.



Shelby Lang from Missoula, Mont. runs the ice auger like a pro. She has ice fished before when she was young with her dad. "I just wanted to get out and have fun. I don't know anyone in Missoula that would take me ice fishing," said Lang.

Volunteers had a hot soup lunch ready for the fishing crew at the Seeley Lake Community Hall where they had time to visit and



Carol Brooker of Plains, Mont. with the largest of the several perch she caught on Saturday at Placid Lake.



Olesia Drozdova of Great Falls proudly holds a cutthroat trout, the first fish she had ever caught through the ice. She called the day a success.

or young forest stands. Marten have been documented in crossing forest openings such as burns from wildfire or clearcuts, however these movements are likely not common.

At larger scales, marten presence is positively correlated with larger patches of late seral dense canopy forest. Martens appear closely associated with these interior forest conditions and tend to avoid edges where they may be at increased risk from predators. However, in southwestern Montana, it was found that marten traverse clearcuts to access mature forest. Some research has postulated that some forest openings may be beneficial to marten foraging due to increase in small mammal species produced by clearcuts. Yet the research did not conclusively document a response to increased abundance and diversity of small mammal species from regeneration harvest.

Marten are known to be sensitive to forest management. An assessment by the Forest Service in the Northern Rockies Region, evaluated ratio of existing marten habitat and compared it against the historic range of variability (HRV) to determine if there had been any substantial change from historic periods. The assessment concluded the level of existing habitat was very near the mean range of historic variability.

At a broad scale, the amount of existing marten habitat is estimated to be close to what was available during mean historic periods. However, at smaller scales, forest management for marten includes consideration of opening sizes, connectivity and maintaining a mosaic or diversity of habitat conditions that provide both present habitat suitable for marten as well as unsuitable habitats that have been put on a healthy trajectory to provide quality marten habitats in the future.

In the forests of the Northern Rocky Mountains, wildfire has been the historic disturbance agent. However, over the past century, fire suppression has altered the structure and distribution of forests in the Northern Rockies.

Research indicates that suppression of wildfire has likely resulted a larger proportion of dense forest conditions than existed when wildfire burned through forests unchallenged. With hotter summers on the horizon and additional density within forests, wildfires will likely burn at larger scales and in a more severe manner across the landscape.

On National Forest lands, managers and the public must take all these considerations into account when planning forest management projects. These considerations include best available science for not just wildlife habitat but also sound science and management from silviculture and fire management as well. Good decisions are predicated, collaborative work between the stakeholders. The Seeley-Swan has been exemplary in the collaboration interested groups, agencies and private citizens coming together to create forest management strategies that provide for viable wildlife diversity, fuels reduction for wildfire protection, forest management and restoration for healthy, sustainable forest lands.

Tanned and Happy at Minx Beauty Bar

Story & photo by Andi Bourne
Pathfinder

SEELEY LAKE – Minx Beauty Bar is holding its Grand Opening Jan. 28-29 in the Lazy Pine Mall. It offers sunless tanning, full body waxing, facials, eye lash extensions and lash lifts. Owner Jenifer Flannery and co-worker Krisy Stout look forward to bringing services to the community that are not currently available and making clients feel good about themselves.

Flannery is from Vancouver, British Columbia, Canada. As a teenager she worked with her mother who owned a salon. Later Flannery went into the business herself. She has owned her own salon for the past 20 years.

“I’ve always worked for myself and I love giving back,” said Flannery. “It’s nice when people leave with a smile on their face. Giving someone a tan [even just a light glow] that has a sun allergy and is as white as the walls just peeps them up.”

Stout is a licensed aesthetician. She graduated from the Southwest Institute of Natural Aesthetics in Tempe, Ariz. She is trained in several skin modalities with additional training in advanced exfoliation techniques, corrective peels and has advanced training from Skin Script, an Arizona-based skin care company. Born and raised in Montana, Stout currently lives in Missoula, Mont. with her husband and children.

Last year, Flannery and her husband were looking for log homes and their searches kept bringing them back to the Seeley Lake area.

“We were just driving through on our way up to Canada,” said Flannery. “We were visiting friends in Missoula and [we] thought, oh, we should go check out this little town. We were driving through in August and decided to sell everything and move here [in October]. We fell in love with it.”

Flannery quickly realized that services in her industry were lacking in Seeley Lake.

“I wanted to cater to a need and be a part of the community and give back,” said Flannery. “I’m passionate about it. It’s what I love to do.”

Sunless tanning is the basis of Minx Beauty Bar. Flannery started doing spray tanning in 2002. She has eight different shades so she can custom color anyone, any skin tone and any ethnicity. The tan lasts seven-12 days, is non-toxic, hyper allergic, oil and alcohol free, unscented and dermatologist tested.

“Sunless tanning is healthier than a bed and in the summer if people don’t like to go in the sun, they can still get a nice glow,” said Flannery. “Also those coming in for the summer for their vacation may still be pretty pale. Bring them in for a couple of services and they can still look really good out on the water or whatever event that they’ve got.”

Flannery said she provides sunless tanning for men, women, fitness competitors, weight-loss groups, golfers, wedding parties, tattoo and scar cover-ups, cheerleaders, dance classes, stage performances and Halloween costumes.

“I’ve done it all,” said Flannery. “We pretty much cater to everyone.”

Stout will be offering facials, waxing and eye lashes. Her goal is to help her clients meet their skin care needs while providing them a relaxing and rejuvenating experience.



Owner of Minx Beauty Bar Jenifer Flannery is excited to provide services not currently available in Seeley Lake including spray tanning, full body waxing, facials, eye lash extensions and lash lifts. The Minx Beauty Bar is located in the Lazy Pine Mall and will be hosting their Grand Opening Jan. 28 and 29.

Stout specializes in results oriented skin care and her passion for knowledge in the ever changing industry ensures that she stays informed of the latest technologies and cutting edge ingredients in skin care, which she loves sharing with her clients.

Flannery and her husband have been working with local carpenter Michael Triplett for the past two months renovating their new office in the Lazy Pine Mall next to the Moose River Bar & Grill. Many of the furnishings and decorations she purchased at the Seeley Lake Second Hand Store since she strongly believes in supporting other local businesses.

“We want to keep the prices where they are still fair but profitable. We want people to be able to afford it, stay in town and keep those dollars in the town with the small businesses,” said Flannery.

Minx Beauty Bar will offer an organic body care line called Love My Scrub and Skin Script. Flannery hopes to bring in other products including makeup, hair care and swim wear as well as anything else that is requested by her clients.

When Flannery is not working she loves spending time with her husband, exploring the town and going on adventures. She enjoys the outdoors, her two dogs a Chihuahua and a Puggle, travelling and engaging with people.

Minx Beauty Bar’s Grand Opening is Saturday and Sunday Jan. 28 and 29 from 12-6 p.m. Flannery and Stout will be giving \$5 spray tans and \$5 eye brow, upper lip or under arm waxing. Attendees can also enjoy refreshments, a goodie bag and prize drawings.

Minx Beauty Bar is fully licensed and open by appointment only. Call 406-404-MINX [6469]. There will also be online booking available soon on the business website: www.minxbeautybar.info Minx Beauty Bar can also be found on Facebook.

SEELEY LAKE LIONS

SKATING PARTY



SUNDAY JAN.29

1 TILL 3 P.M.

CHILI, HOT DOGS, COCOA & CANDY
Fun for all ages!!

Lions Club Skating Park – Cedar Lane & Elm Dr.
Provided by the Lions Club



Klaire Kovatch, Emily Howard and Lexi Sunderland’s machine built anticipation as the marbles slowly rolled down the incline and dropped into the red cup. When the cup dropped it hit the mousetrap that moved the hand offering a piece of candy.

Final Projects Demonstrate Creativity

Story & photos by Andi Bourne
Pathfinder

SEELEY LAKE – Seeley Lake Elementary (SLE) junior high students shared their final science projects Wednesday, Jan. 18 at the SLE Science Fair.

Eighth grade students built Rube Goldberg machines to demonstrate their understanding of forces and motion. The seventh grade students each researched and presented on one plant and one animal that lives in the Morrell Creek ecosystem.

The eighth-graders built Rube Goldberg machines, a contraption, invention, device, or apparatus that is deliberately over-engineered to perform a simple task in a complicated fashion, generally including a chain reaction. The machine had to successfully

complete a task in eight steps using five or more levers, wheel and axles, pulley, inclined planes, wedges and screws, all simple machines. Each student explained how Newton’s three Laws of Motion applied to his or her project.

Junior High Science Teacher Patti Bartlett used the Rube Goldberg Build as the final project for the semester because she wanted a hands-on project where the students show mastery of simple machines. Students designed their project, engineered it and built it making several adjustments to complete the task.

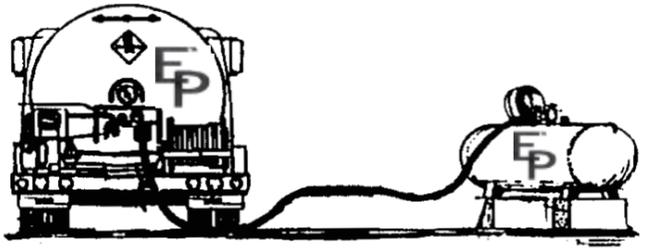
Students had the choice to either work in a group or by themselves. Jordan Johnson and Shannon Haworth’s machine started with a
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Eric Lorentz’s machine sliced a banana. Lorentz worked by himself, instead of with a partner. His father Chris said he spent the better part of two days building the machine.



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BOW Ice Fishing (continued from pg. 4)

because her two older brothers would chase her with “everything icky. It made me really hate icky.” Carol Brooker from Plains, Mont. caught several perch on Saturday. She has ice fished before with her husband and enjoys the quietness and solitude.

Brooker said, “I just wanted to celebrate the outdoors with other women.”

Olesia Drozdova from Great Falls, Mont. tried ice fishing for the first time. She took the workshop because she thought it would be fun and she wanted to learn more about ice fishing.

“It’s also great experience to try something new. There were very nice people. The instructors pay attention to us, are so kind and were just great,” said Drozdova.