



SPECIAL EDITION

this issue

The President's Message P.1

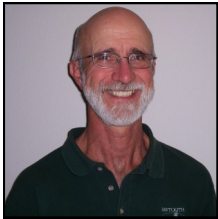
Snow, Ice and Cold... Are You Prepared? P.2

Sewer and Water District Update. P.3

Winter's Best Friend... When You're Chilly! P.4

The President's Message

Change is in the Air!



"Change" is not only a new buzz word for our nation, it is also guiding the Sacheen Betterment Association Board of Directors. The SBA is YOUR lake homeowner's association, serving your lake community for more than 50 years. The SBA Board has been meeting bi-

monthly, but will now be meeting every month to pursue a number of changes and initiatives. These include:

Lake Water Level. Local SBA members are currently building Beaver Deceivers debris collectors, for improved performance and easier maintenance. Installation is planned during ice-breakup. *(In cooperation with Sewer and Water District -S&WD- and our downstream neighbors we will keep our lake level under control.)* Working together... hopefully we can prevent further shoreline erosion.

Sewer System. Your SBA board supports the S&WD in working towards a whole lake sewer system. Our newly formed subcommittee -headed by Joanie Suttle- is focused on this initiative. *(We'll keep you in the loop with accurate, up-to-date information as things progress.)* As we enjoy our beautiful lake, given a choice... we prefer clean, clear water over the alternative.

Myers-Harter Sanctuary. SBA members are waiting for a break in the winter weather so approved "Improvements Projects" may begin. *(A special information kiosk in memory of Jan Anderson tops the list.)* Remember to enjoy the sanctuary when you visit the lake this summer.

Boating Regulations. Your SBA board is preparing poster-boards with updated Pend Oreille County Boating Regulations. *(Let's keep everyone safe as we enjoy the lake.)* Who knew... we're supposed to boat counter-clockwise around the lake?

Education And Information. Your SBA board is committed to share what we learn. *(Living on a rural mountain lake can present interesting challenges- it helps to have the facts.)* For example: That pretty purple wild-flower... is actually the noxious and highly invasive "Knapweed". When you see it, pull it out by the roots!

Transition to "Sacheen Lake Association". The Board has decided to update the organization name to Sacheen Lake Association. (This easily identifies our lake, our function, and brings us in line with other lake associations throughout the region.) We've registered the name with the State of Washington to reserve it for us once the change is approved by our membership.

Don't Be Confused

On the subject of our name, be aware that there are other similar-sounding organizations out there. They are not your Sacheen Betterment Association. Don't be confused! And while we're pursuing all these changes, let me assure you our SBA history, focus, and cooperative approach will not be forgotten. The name change and other revisions to our by-laws will be voted on by our membership in the Annual Meeting in June.

In the meantime, we will continue holding our monthly Board meetings and also plan more frequent information meetings open to our members (not just the annual General Meeting). Be sure to update your membership (see inside) to support these efforts for our community!

Visit our new website at www.SacheenLake.com

It was created for your benefit. Please contribute any articles, short stories, poems and photos of interest that reflect your Sacheen Lake experience. (See page 4.)

Watch for future (more frequent) issues of this Sacheen Scope, your source for information on upcoming events and current status of these lake community initiatives.

Meanwhile, enjoy the snow!

Don Hill

President, Sacheen Betterment Association

THERE IS NO SUCH THING AS 100% SAFE ICE

Ice Safety

General Ice Thickness Guidelines

NEW CLEAR ICE ONLY

- 2" or less - STAY OFF
- 4" - Activities on foot
- 5" - Snowmobile or ATV

Remember that these thicknesses are merely guidelines for new, clear, solid ice.

Many factors other than thickness can cause ice to be unsafe.

Always wear a personal flotation device and carry "Ice Rescue Claws, Ice Picks, or Sharpened Screwdrivers" every time you're on the ice!
(Learn more on the internet.)

Ice Color

- Clear Ice (Blue or Black Ice) is frozen lake water.
- White Ice (Snow Ice) is frozen snow.
- Snow Ice is half as strong as Clear Ice.
- 4" of Clear Ice = 8" of Snow Ice.

Ice - New vs. Old

- New ice is usually stronger than old ice.
- 4" New Clear Ice may support you, alone.
- 12" plus of Old Ice partly thawed may not.

Ice Thickness

- Ice seldom freezes uniformly
- Ice near shore can be weaker than ice that is farther out.
- Strength and thickness can vary.
- If ice is 10" thick where you stand, it may only be 2" to 3" thick a few feet away.

Ice at Inlets and Outlets

- Ice is often dangerous at inlets & outlets.
- Caution near streams-bridges-culverts.

Ice Covered with Snow

- Snow insulates & slows freezing process.
- Snow weight reduces load ice sheet holds.

Ice Noise and Cracks

- Temperature changes cause booming, groaning & cracking as ice expands.

(continued page 3)

The life you save may just be your own.

Snow, Ice and Fire

■ Now what? A simple day of snowshoeing or cross country skiing has just become a life and death situation. You need a fire and you need it fast. In 15 minutes your frozen fingers will stop responding to your brain's commands.

To complicate matters —the temperature's dropping faster than the setting sun, everything is wet, frozen or iced-over and humidity is 100%. Although you're only 20 minutes from the warmth of your lake cabin —your twisted knee has you stopped dead in your tracks.



You're somewhat prepared, you've got a disposable lighter or waterproof matches. It's one thing to start a fire when it's dry and for fun, but it's quite another when it's wet and your life depends on it.

Here's how to increase your odds of igniting a blaze and staying warm while you wait for help.

SIMPLE STEPS TO CONSIDER:

1. Don't build your fire on top of the snow. The melting snow will douse the fire. Dig down to bare earth or construct a two layer fire platform with green, 2-3 inch thick branches, 3 feet long. You won't have a hatchet or a small saw, so snap branches off (cold weather makes it easier) the surrounding tree trunks.

Lay down the first layer of branches, then lay the second layer perpendicular and on top. Don't build your platform underneath overhanging boughs, the rising heat will melt trapped snow.

2. Collect the driest tinder, kindling and large branches to be had. (Twice as much as you think you'll need.) The smaller diameter the better for kindling, gather: pine needles, oozed pitch, inner layer of shaved bark and dead twigs from the sheltered lower branches of pines, firs, spruces or small cedars. Keep your kindling dry, don't lay it on the snow —it will absorb moisture.

Remember humidity is high. Your gathered materials will be wet, frozen and iced-over. You'll have to improvise and keep what you find DRY—use paper towel, tissue, dollar bills, pocket lint or a cut piece of clothing or top of a sock.

If luck is on your side, that dime store lighter and the matches will light, your dry tinder will flash, your kindling will ignite and your branches will dry out and burn.

SPARK AN INFERNO EVERYTIME!

Take luck out of the equation. When its wet, you need dry tinder —something that starts a fire with a spark, instant super high heat —something to dry-out wet kindling and a weatherproof backup for your lighter and matches — something that makes fire when it's wet.

You won't find it in the wet woods, so you better have it with you every time you leave the cabin. Take a fire starting kit with these essentials.

Tinder: Steel wool, real cotton balls covered in petroleum jelly, sanitizing wipes 70% alcohol, fire starter paste, dryer lint or fire starter squares.

High Heat Source: Solid magnesium bar. Magnesium is flammable, burning at a temperature of about 4000 °F. Using a knife, scrape shavings from the somewhat soft magnesium bar into a pile about the size of a nickel or quarter onto your tinder.

Weatherproof Backup: Flint and steel or Ferrocerium rod and steel. The sparks will fly and your magnesium and tinder will ignite.

Important First Step: Next time you're in the woods just for fun —put your wet weather fire building skills to the test. You're guaranteed to be surprised!

"IN THE END, our society will be defined not only by what WE CREATE, but by what WE REFUSE TO DESTROY." - John C. Sawhill



Sacheen Lake — Winter 2008. View from the ridge near the old Ski Resort. East of HWY 211 looking Southwest to the narrows.

Sewer and Water District Update

Submitted by Sheila Pearman, S&WD Managing Secretary

Income Survey

We want to thank all of you who responded to the income survey. Joe Mitschelen from Rural Community Assistance Corporation was very impressed with the number of returns he received. Unfortunately, the median income for us was around \$60,000. The threshold needed for grant purposes is around \$43,000. We knew it was unlikely that we could qualify for grant money based on income levels, but this confirmed it. Thank you again to all who took the time to complete the survey and return it.

Treatment Site Property

Stimson Lumber has agreed to sell the District an 160 acre parcel along Rocky Gorge for a wastewater treatment site, contingent on the formation of a whole lake Local Improvement District, (LID). This was very exciting news as finding suitable property has been a major stumbling block for any sewer project that we have been looking at.

Next Steps

Before the Board can propose the LID we will need to revise the District's sewer comprehensive plan to include this property as well as prepare a facility plan to fine tune the costs for the project. The Board has requested Eric Eldenburg of James A. Sewell Engineers to move forward with these objectives by applying for a loan from Public Works Trust Fund that will cover the costs for these activities.

Once the revisions are made and the facility plan is complete, we will present the information and numbers in one or two informational meetings, most likely in May. It will be after that that the formal letters requesting a hearing and formation of the LID will be sent out. Each property owner will receive a letter that will include the cost to them.

Ice Safety

(continued from page 2)

- Booming, harmonic groans and cracking ice isn't necessarily dangerous.
- Dry cracks (non-penetrating) are usually of no concern.
- Wet cracks (penetrating) double the ice thickness for listed activities. Caution

Ice and Air Temperature

- Rapid large drop in air temperature may make ice brittle and unsafe for more than 24-hours after change.
- Air temperatures above freezing for 6 or more hours in a 24-hour period can weaken the ice.
- Air temperatures above freezing for 24 hours or more will reduce ice strength to the point where the conditions may no longer be safe. Stay off the ice if this has occurred.
- Think in terms of the thermometer rather than the calendar.
- The date you first walked on the ice last year & has no bearing on the date you'll walk on the ice this year.

Ice and Your Neighbor

- Check with your resident neighbor about any known unsafe areas or newly identified danger spots or aeration systems before heading out on the ice.

Ice and Footprints on the Snow

- Don't assume it's safe to walk on the ice if you see freshly made boot prints.
- Always verify the thickness & condition of the ice before venturing out on the ice.

Survival - If You Break Through!

1. Don't panic — remain calm.
2. Keep your heavy winter clothing ON, it can trap air to provide floatation and warmth.
3. Turn back towards where you entered the water. The strongest ice is probably there.
4. Lay both arms on the unbroken ice and kick your feet hard as you pull yourself out. This action will lift you up and out. (Use your "Ice Rescue Claws or Ice Picks" to provide extra traction.)
5. Once you're back on top of the ice, lie flat and roll away from the hole. Don't stand up until you're on solid ice or ground.
6. Get warm immediately. Seek medical attention.

Submitted by Virginia Hill

TURKEY & BLACK BEAN CHILI



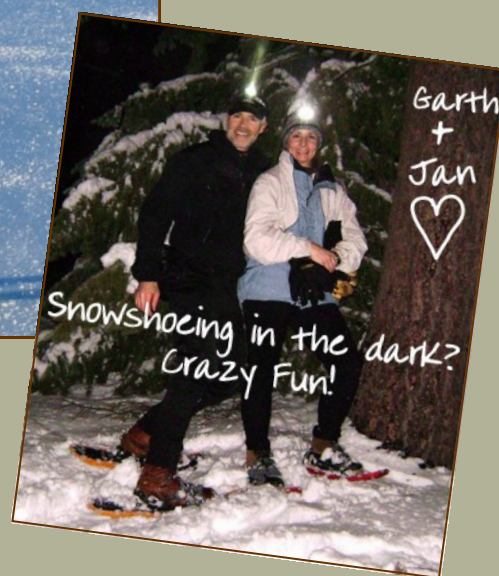
Ingredients

- 10 oz ground Turkey
- 1 medium Onion, diced
- 2 28-oz cans diced Tomatoes
- 2 medium Zucchini, diced
- 2 medium Yellow Squash, diced
- 2 15-oz cans Black Beans, drained and rinsed
- 4 stalks Celery, diced
- 2 Green Peppers, diced
- 1 package dry chili seasoning (1 1/4 oz)

Method

- #1 In a medium Dutch Oven or heavy sauce pot, brown the Turkey and Onion, about 5 minutes.
- #2 Add remaining ingredients and simmer over medium heat until veggies are tender — about 30 to 60 minutes.
- #3 Taste, then add any additional spices or salt and pepper if you prefer.
- #4 Best topped with fresh shredded Parmesan Cheese or pile it high with shredded Cheddar Cheese, chopped Red Onion, Sour Cream for a tongue tantalizing option.

Serve alone or with Corn Bread. Delicious!



We want to hear from you!

Please submit your favorite recipe, photos of you and your family enjoying our beautiful lake and any articles of interest. Include any details about item submitted, also include your contact information.

Email to: editor@SacheenLake.com

Mail to: SBA—P.O. Box 401, Newport WA 99156-9238