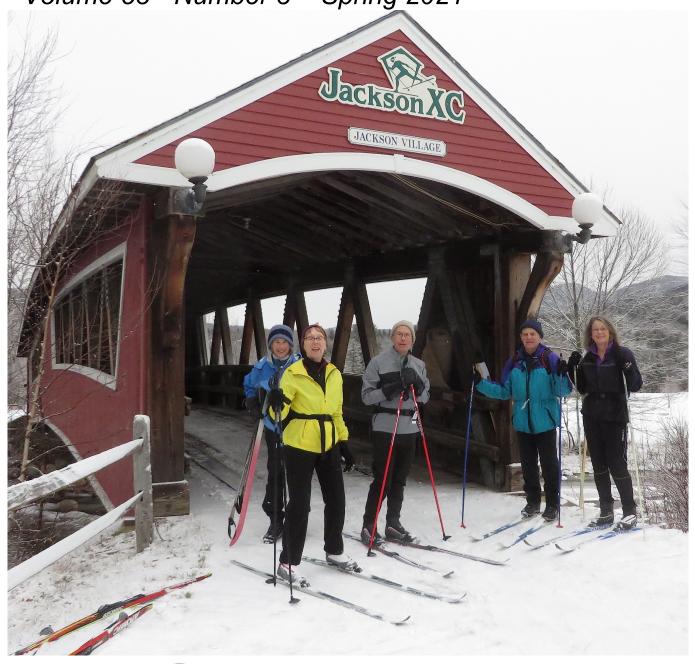
Løype

News of the North Star Ski Touring Club www.north-stars.org

Volume 53 - Number 3 - Spring 2021





LØYPE North Star Ski Touring Club

P. O. Box 4275, St. Paul, MN 55104

www.north-stars.org

NSSTC 2020-2021 Board of Directors

President: Dave Buending, 952-486-0836, club.president@north-stars.org or ad2b@arrl.net

Vice President: Jane Norman, 763-535-3096, vicepresident@north-stars.org or janeaway7@aol.com

Secretary: Ellen Watson, 763-473-4021

Treasurer and Past President: Bruce Nelson, 651-647-4326, treasurer@north-stars.org or brucen1918@gmail.com

At-Large Members: Laura Baker, 651-429-2412; Mark Lystig, 651-452-1133; Marcy Otypka, 651-447-3532; Gail Brand, 651-698-1804; Barb Wahman, 651-275-3618; Mary Becker, 612-567-2946.

Trips & Events Teams

Schedules and Trips Coordinators: Ann Rhea, 612-709-8992, acrhea@gmail.com or Trips@north-stars.org

Wednesday Wanderers: vacant

Trail Development: Jon Clark 612-275-9556

Tools Supervisor: David Siskind, 612-929-0205, dsiskind@earthlink.net

General Meeting Program Coordinator: Laura Baker, 651-429-2412, meetings@north-stars.org

Meeting Hospitality: Rita & Gerry Manninen, 612-789-2503

Safety Coordinator: Barb Wahman, 651-275-3618

Communications Teams

Løype Editor: David Siskind, 612-929-0205, loype.news.editor@north-stars.org or dsiskind@earthlink.net

Løype Mailing: Dana Siskind & Friends, 612-929-0205

e-Loype Editor: Fran Howley, 612-869-8971, eloype@north-stars.org Website Administrator: Ron Brand, webmaster2@north-stars.org

Advertising: Connie Rutledge, 612-805-1996

Membership & Publicity Teams

Membership: Sally Richards, 651-452-2247, membership@north-stars.org

Publicity: currently vacant

Administrative Teams

North Star Grant Manager: Kathy Kelly, 612-418-4668

Historian: vacant

Volunteer Coordinator: Barb Wahman, 651-483-0327 Government Liaison: Arne Stefferud, 651-332-3872

Bookkeeper: Cheryl Anderson, Bookkeeper@north-stars.org

Loype submissions (messages, articles and photos): loype.news.editor@north-stars.org

or David Siskind: dsiskind@earthlink.net

The Løype is published by seasons. Deadlines for articles are the first of the month before publication date.

Summer 2021 Deadline: April 1, 2021 Publication date: May 1, 2021

Fall 2021 Deadline: August 1, 2021 Publication date: September 1, 2021 Winter 2021/2022 Deadline: October 1, 2021 Publication date: November 1, 2021 Publication date: March 1, 2022

e-Løype submissions: eloype@north-stars.org, Published weekly. Deadlines: 6 p.m. Wednesdays

Trip submissions: Submit trip info for the Master Activities Schedule via email with full event details to schedules.trips.coordinator@north-stars.org or acrhea@gmail.com

World Wide Web: http://www.north-stars.org Electronic mail: nsstc@north-stars.org

Cover: North Stars on Dave Miller's VT & NH trip, New Hampshire, 2016 Back page: Melissa at French Three Rivers Park, photo by Craig Wiklund.

CLUB NEWS AND MESSAGES

President Dave Buending

NSSTC BOARD POSITIONS TO BE FILLED.

The board has four people who have completed their time on the board: Marcy Otypka, Laura Baker, Ellen Watson, and Jane Norman. If you are willing and interested in serving on the board, please contact Dave or one of the retired members to find out what the position entails. Please give strong consideration to giving back to our club.

Openings on the North Stars Board of Directors are: VP, Secretary, Programs (see Laura's message below), and Member at Large. Please consider helping the club continue and thrive. Contact the current Board members for information on duties and, the President Dave, or Jane Norman, our current VP, if willing to serve. Another appeal is below.

Jane Norman, our VP's Message

WANTED AND NEEDED -- NORTH STAR MEMBERS

As you may have heard, four board members have completed their term on the board. This has resulted in four open positions starting in April. The following positions are needed to fill out the board by people like you: Vice President, Secretary, Programs, and Member at large.

I have volunteered on the committee to help fill these positions with assistance from other board members. That's where you come in. We need to fill these positions as soon as possible, no later than April, so we encourage you to seriously consider becoming part of our administration. I know it's easy to say, "not now, not me, I wouldn't be a good fit." We all, at one time or another think that, but it's not true, as we all have something to add to keep our club vibrant. In order for our club to survive people just like you have volunteered their

time, skills and ideas to make the North Star Club what it is today. Some of our current board, are completing their 2nd or 3rd term, myself included. We would love fresh ideas, different inputs and perspectives from those who have not participated previously or who did so a long time ago. Why not try a 2-year term now when the time is ripe for new beginnings and personal growth.

New members: we invite you to consider joining the board, it's a great way to meet new people, learn more about our club and provide new perspectives.

Please contact me, or one of our current board members, if you are interested or want to know more about a position. We look forward to hearing from you.

FOR THE FORESEEABLE FUTURE ALL OUR MEETINGS ARE CONDUCTED VIA ZOOM.

Laura Baker, Programs Chair

LIKE THE CLUB PROGRAMS? HELP KEEP THOSE PROGRAMS COMING

I need a person or two to help out and then take over the programs for our club meetings. Since things look to be on Zoom for a while this has become a pretty manageable thing to do. You contact speakers by email. They respond by email. You get the description to the Loype. You set up the Zoom, and away you go.

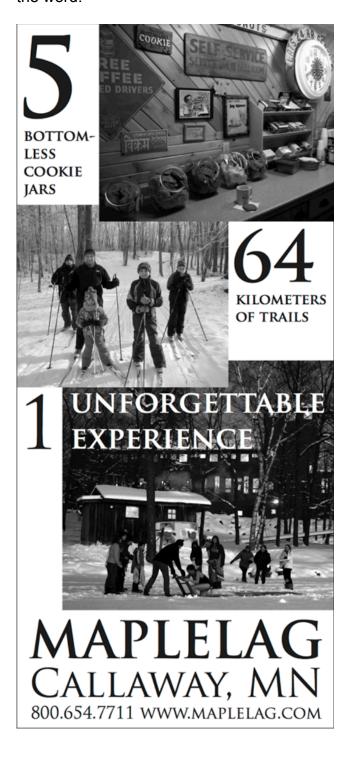
OK, there are one or two more things to it, but basically that's about it. So, if you would like to know more about this position of programs chair, contact me. You can email or call me. I am on the previous page.

Contact info for Dave Buending and other Board Members is on Page 2.

FROM JONATHAN WIESEL, CCSAA

There's a new, **free** online Nordic magazine, The Nordic Approach, that I thought would be fun for your members. It's another Cross Country Ski Areas Association-related project (https://xcski.org, https://xcski.org, https://xcsaa.org). You can get a subscription at

<u>https://thenordicapproach.com/</u>. Please pass the word!



ACTIVITY SCHEDULE

March 2021

March 9, Tues - North Star Zoom Meeting. 7:00 p.m. Program: "The Superior Hiking Trail"

Rudi Hargesheimer's book, "The Superior Hiking Trail Story," was published last spring. Rudi will highlight some aspects of the book. which is now a must for every Minnesota trail enthusiast. The book tells the story of how the trail came to be, starting from nothing in 1986 and growing to 310 miles long today. Many success stories, plus a few big failure tales that most hikers have no idea occurred, are included. Over 400 color photos and many "Sentiment from the Heart" hiker quotations enhance the text. Of course, this presentation will only share a taste of the book and the trail experience. But you will be ready to hit the trail with a new understanding of why Backpacker magazine has rated it the "second best long trail in the nation." Join Zoom Meeting: https://zoom.us/j/99974665520

March 12 20 Oala Sinaigan 9 Vans

March 13-28, Oslo, Sjusjøen & Venabu Norway. Cancelled. Blame COVID

April 2021

NS Banquet: Unknown. Probably not happening. Eat at home and/or possibly request someone set up a Zoom dinner.

Fall 2021

Biking 4 countries with Chip Treen and Laura Baker is still "a go" as of this date (2-6-21). Chip says the trip is full but waiting list sign-ups are welcomed. Check with Chip and watch the eLøype for updates. 651-429-2412

Other activities: check the weekly eLøype and hopefully the Summer Løype. Things will get better.

USEFUL APPS FOR NORTH STARS

By Craig Wiklund

After our January North Stars meeting, the discussion about animal track identification phone apps got us thinking about all the other apps we like to use to enhance our outdoor experiences. Here are several of our favorite apps for use when cross country skiing, hiking, biking, kayaking, and otherwise enjoying the outdoors. Some will help you plan your outings. Some will help you navigate during your outings. Some will help you learn more about nature, including identifying and telling you more about what you are seeing outdoors.

Maps 3D Pro

Download free topographical maps for offline use. This includes several types of topographical maps, such as USGS maps and OpenCycle topographic maps with hiking paths, contour lines. Once downloaded, you can use the maps even in remote areas with no cell coverage or Wi-Fi. When you open the app, the GPS built into your phone shows your position on the map. If desired, you can also record your path to be able to review distance travelled, elevation gained, etc. It is especially interesting to look at maps or tracks in 3D mode for places with lots of vertical relief. I have really enjoyed this capability during and after hikes and climbs in the Grand Canyon, North Cascades, Utah, Denali, and Nepal. But the 2D topo maps are useful even in non-mountainous areas.

Cost = \$3.99 in the Apple App Store (This is the one-time cost of the app. Once you have the app, the maps are free to download.) iPhone only

Avenza Maps

Download a variety of maps, including state parks, county parks, national parks, topographical maps, etc. that will work with the GPS in your phone to show your position on the map. Once downloaded, the maps are available even when you are out of range of cell towers and Wi-Fi. If desired, you can also record your path to be able to review distance travelled, elevation gained, etc. Many of the downloadable maps are free, while some charge a fee. For example, we have downloaded the free official park maps for ski trails in Lebanon Hills, Hyland Lake, Afton State Park, Root River Bike Trail, and many others. We have also purchased

and downloaded several National Geographic Trails Illustrated maps including the BWCA, Apostle Islands in Wisconsin, and Grand Staircase Escalante in Utah. Avenza has nearly a million free and paid maps available on their store.

Cost = Free (The app and many of the downloadable maps are free. There is a fee for some of the maps.) iPhone & Android

Hiking Project

This allows you to download maps of most of the hiking trails in all the states and many foreign countries. Many of them include useful route information, campsite suggestions, comments on difficulty, etc. The trail maps are crowd-sourced, meaning that they are based on GPS tracks submitted by users. They are curated and published by REI. We found this app extremely helpful when we were choosing a backpacking route in Grand Staircase-Escalante in Utah. We had many routes to choose from several paper guidebooks, but this app had very helpful suggestions, including places to camp along the route. It includes downloadable shaded relief topographical maps that show your location on the map using the GPS built into your phone, even when you don't have cell service or Wi-Fi. The shaded relief maps help to visualize the hilliness of the terrain, but you can also change the view to show a satellite map. If you click on a route, the app shows you the total distance and a graph of the elevation change profile. They have over 238,000 miles of hiking trails, with ratings, reviews, and photographs of many of them.

Cost = Free iPhone & Android

iNaturalist

Identify plants (trees, flowers, weeds, etc.), animals (mammals/birds/fish/insects/reptiles/amphibians/ etc.), fungi, based on photos you take with your phone. We have been amazed by the versatility and accuracy of this app. It has a lot of built-in intelligence to automatically give you a list of suggestions to ID what you saw, based on your photo(s). And once you submit your observation, other users (including many experienced experts) will provide their suggestions about what you saw. I first used this app when I took photos of some otters swimming in the Pacific near Deception Pass

in Washington state. I thought I had been watching sea otters (because they were in the sea!), but another user told me they were actually river otters. When I asked him (through the app) how he knew they were river otters, he gave me several pointers on how to tell the difference and sent me a link to a website that showed comparative pictures and descriptions. Since then, I have used it to identify everything from a Cooper's Hawk at Lebanon Hills Park, to Swamp Laurel flowers in the Apostle Islands, to Ebony Jewelwing damselflies in Bloomington, to Black Spruce trees on the Gunflint Trail. iNaturalist is a joint initiative of the California Academy of Sciences and National Geographic Society. It has been able to identify a bird (Northern Flicker) based on a photograph of feathers found on the ground, and a tree (Black Cherry) based on a photo of the bark in winter when no leaves were available.

Cost = Free iPhone & Android

Merlin

This helps you identify birds based on your answers to 5 simple questions (date, location, size, habitat, colors). It gives you a list of suggestions, and provides lots of photos, range maps, behavior notes, recorded calls, etc. The ease-of-use and accuracy of this app are amazing! It can also do life list recording and can also show a list of likely birds in a given area on a given date. Finally, it can identify birds based on your photographs. Published by the highly regarded Cornell University Lab of Ornithology.

Cost = Free iPhone & Android

Sibley Birds 2nd Edition—Birds of North America

Excellent bird guide. It includes everything that is in the acclaimed paper book, plus recorded bird calls, ability to compare similar birds, and more. There are 6600 images of 810 species.

Cost = \$19.99 iPhone & Android

Minnesota Wildflowers

This is an excellent flower identification guide. It includes a lot of photos and information on each

plant, and a lot of details about the parts of the flowers and leaves to help distinguish them. It includes thousands of images of over 1700 species, allows you to search by common or scientific name, filter by flower color, leaf traits, blooming months, etc.

Cost = \$19.99 iPhone & Android

Lakefinder

This is not a phone app, per se, but a website published by the Minnesota DNR to give you access to information on Minnesota lakes. You can search by lake name or by location on an interactive state map. Clicking on a specific lake lets you see depth maps, fish survey results, stocking reports, water clarity, public access locations, etc.

You can find it here:

https://maps1.dnr.state.mn.us/lakefinder/mo

Star Walk 2

bile/

This uses the accelerometer and compass in your phone to display an interactive map of the night sky, which, when held out in front of you, makes it easier to identify stars, constellations, planets, satellites (International Space Station, etc.). It was especially useful this summer in helping to find Comet Neowise.

Cost = Free (with ads) or \$2.99 (without ads) iPhone & Android

Relive

Create a video of a "flyover" of your recorded GPS track on a satellite photo, showing your selected photos and videos along the way. Here is an example of one I created in December 2020 after one of our ski outings:

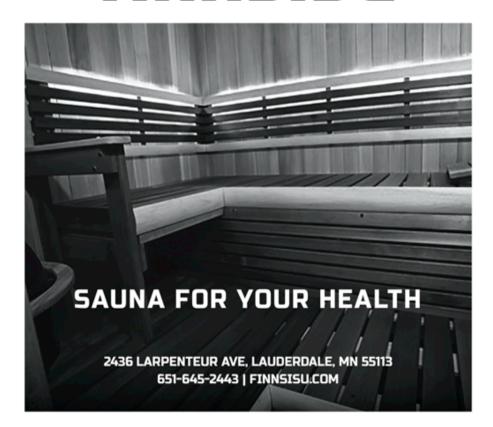
https://www.relive.cc/view/v8qkdREoLKv

Cost = Free (limited version) or \$6.99/month (more music selections and more photos per activity) iPhone & Android

EDITOR'S NOTE: I have a PDF of Craig's Apps article above. It has the same info but also includes photo examples for each app. I can supply this upon request. I don't know how to include a link in this Loype to directly do that. dsiskind@earthlink.net



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Remember Windy Lake? Inez and Dana, 1989



Our Joey Dittrich with the Minnesota Youth Ski League (MYSL), 1-26-20



North Star Ski Touring Club

Membership Form

Name	:		I'm Interested in:						
Additio	onal Name (s)		Singles Lead Trips						
Addre	SS		Assist Trip Leaders						
City			State	Zip	Trail Work				
E-mail					Family/Kids Volunteer for Special Projects				
Teleph	none (-			Lead Day Hike/Bike/Ski				
Cell Ph	none (-			Other: Specify				
I do not want my phone # listed in the printed membership									
roster			I already receive the weekly e-Loype, or						
I already receive the Wednesday Wanderers weekly e-mail, or									
I wish to receive the Wednesday Wanderers weekly e-mail									
How did you learn about the North Star Ski Touring Club?									
Memb	ership Type	e (please select o	ne)	(1/1/2020)	Payment Information				
	Newsletter v	ia online only	Newsletter	via 1 st Class Mail	Membership Amount \$				
	\$20	Family/Household \$20	\$30 \[\]	s \$30	Trail Fund Donation \$				
1 year					Total Amount Enclosed \$				
2 years	\$38	\$38	\$58	\$58	We encourage a donation of \$5 or more to help				
3 years	\$56	\$56	\$86	\$86	support trail improvements.				
o years	750			700 Ш	We encourage you to register and pay membership dues online at www.north-stars.org				
					You can also mail this form and a check to:				
		sletter (Loype) is a	NSSTC, Inc.						
		members. Onlinal individuals at one	P.O. Box 4275 St. Paul, MN 55104-0275						

NSSTC Trip Reservation and Waiver Form – for scheduled multiday club trips

Trip date(s)	Destination	Number o	Number of places		
Membership expiration date	(Check the	address label on your Lo	ess label on your Loype.)		
Deposit enclosed only if the cancelled reservation or refunds will be made after the trip	(Make checks p can be filled and no additi	ayable to the trip leader.) NOTE: Trip deposits rip leaders or other pa	rticipants. Any	
Name		Name			
Home phone	Day phone	This is my (our)	_		
Street address		This is a new m			
City, state, zip		E-mail		_	
Emergency Contact: Name		Relationship	Phone		
successors, executors and subro child or ward of mine the North S to defend and indemnify NSSTC Members of this party have the foof:	tar Ski Touring Club (NSS from any claim or injuries	STC), its members, trip le to said minor child or wa	aders and officers, and of mine.	nd further agree	
signature, and date are required	for adult member(s) of pa	rty.		Name,	
Name	Signed		Date		
Name	Signed		_ Date		
Name(s) of minor children					
(Minors must have parent or guar	rdian sign				
Signed			Date		
Leaders: After trip, mail complete	d forms to NSSTC Safety	Coordinator, P.O. Box 4	275, St. Paul, MN 55	104.	
Rev 1/14/12					
Additional forms are available fro	m the club's website www	w north-stars ord Click o	n "Resources" tah and	d then on	

"Document Library."



Hiking at Sunfish Lake, 2020. Photo by Sally Richards



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