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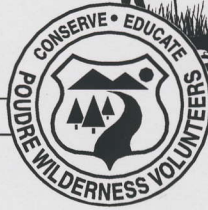
# Poudre Trails

The Poudre Wilderness Volunteers Newsletter

Volume 9, Issue 1

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Spring 2006



## Winter Patrols

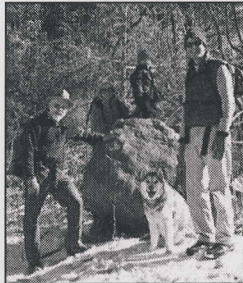
PWV winter patrols up and running, er, hiking.

A handful of PWVs met in January to discuss the possibility of creating a winter patrol program. In February that program was launched to survey the need for such patrols during the winter months. Early indications are that our trails, especially lower elevation trails, are being regularly visited.

Bob Hansen opened PWV's official winter patrols with an outing at Hewlett Gulch on Wednesday, February 8. He reported encountering 18 hikers on a weekday. Dave Cantrell and John Paul Lumppp patrolled the following Sunday and encountered 33 hikers, 4 bikers, and 18 dogs.

The purpose of this year's winter patrols was primarily to assess a need and to determine which trails would benefit by our presence during the winter months. Additionally, patrolling members took notes on special requirements for winter hikes, dangers, and other concerns which may not arise on summer patrols.

In the coming months, we will determine whether to make winter patrols a permanent part of PWV's program.



*Dave Cantrell encounters a family from Laramie on Hewlett Gulch*

## Welcome New Recruits

**Spring Training, May 19-21 at Jack's Gulch**

PWV membership is expected to exceed the magical 200 mark this spring. We will have more nearly 80 new recruits joining us at Spring Training this year. We would like to also welcome the returning volunteers. Thank you for your continued participation.

We are looking forward to an exceptional hiking season and hope you have a safe and enjoyable year.

## When a forest goes feral, it's time for volunteers

*By Richard Knight*

Wallace Stegner once wrote that the worst thing that can happen to a piece of land, short of coming into the hands of an unscrupulous developer, is to be left open to the unmanaged public.

His great fear seems to be coming true. With the downsizing of the federal workforce and the increasing mountain of unfunded federal regulations, our public lands are witnessing the kind of neglect that befell the thousands of victims of hurricane Katrina.

During a recent Senate hearing, while I was waiting to speak about the declining health of the West's public lands, I heard a Western senator berate a Forest Service staffer for failing to work with ranchers who had grazing leases on federal land. To the official's credit, he reminded the senator that his employees did not choose to spend their days in government offices grinding out federal documents. These natural resource managers, the agency official pointed out, wanted to be out on the land, exercising the stewardship skills they had learned.

That made me think about the last time I saw a Forest Service employee on a trail. I had to go back almost a decade ago, to the time when my wife and I chatted with a team of sawyers thinning a forest stand. Sure, I still see federal vehicles on paved roads, and even occasionally on gravel roads. But today's public land stewards more often park their trucks at Forest Service offices than at trailheads. Is this what happens when, in the words of an influential conservative thinker, "you shrink government down to the size where you can drown it in the bathtub?"

Today, the ideologues who have made careers of berating the government are now in charge. Paradoxically, they find themselves having downsized government so it barely works, yet denying responsibility when it doesn't work. It was not always this way. Once, we had leaders such as Teddy Roosevelt, who said proudly, "I am the steward of the public good."

I was thinking of these quirky twists of national sentiment recently, as a friend and I sawed through yet another downed lodgepole pine that blocked our horses on a trail through public land. Behind us lay the remains of the half-dozen trees

we had already sawed. Scores more loomed ahead. We'd packed into designated wilderness on the Roosevelt National Forest in northern Colorado, and by the end of our trip it had become obvious that this national forest was going feral.

The good news is that this forest won't continue to be a victim of neglect. Thanks to a group calling itself Poudre Wilderness Volunteers, 180 Colorado residents have taken up the cause of their national forest. By foot, horse, or mountain bike, volunteers patrol 43 trails on the Roosevelt National Forest, with about three-quarters of the routes through designated wilderness. They carry maps and answer questions from people they meet on the trail. They do the dirty work of picking up trash, and they take notes on trail damage. They've also trained a crew to open trails that have closed because government downsizing left no one to maintain them.

The idea was the brainchild of Chuck Bell, a retired diplomat, who recently worked as a seasonal ranger for the Roosevelt National Forest. In his three years with the agency, Bell says he saw the wilderness and recreation staff drop from three full-time rangers and 33 seasonals, to one full-time ranger and two seasonals. He also saw wilderness areas overused and abused, which led him to join with friends in organizing the Poudre Wilderness Volunteers.

Wallace Stegner anticipated local action such as this. He wrote that "The protection by these agencies is of course imperfect. All Americans, but especially Westerners whose backyard is at stake, need to ask themselves whose bureaus these should be. Half of the West is in their hands..."

On the Roosevelt National Forest, for the time being, we've seen an answer. It is almost a new form of outdoor recreation -- people volunteering to work on the public lands, ensuring that their forests don't go feral. We can be grateful that these people are more worried about the health of our publicly owned lands than what's in it for them.

■ Richard Knight is a contributor to *Writers on the Range*, a service of *High Country News* (hcn.org). He is a professor of wildlife conservation at Colorado State University in Fort Collins, Colorado.

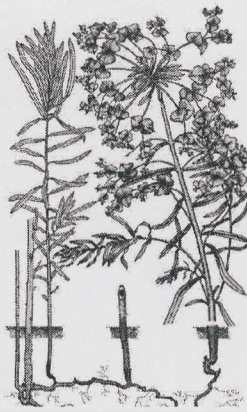
*(Reprinted with permission from the author)*



# Invasive Weeds

by Lori Wiles

Invasive weeds are a new and escalating threat to our wild lands. These are non-native plants that spread rapidly and permanently crowd out native plants. Invasive weeds are first found at trailheads and along trails and roads and at popular camping areas because these weeds are introduced and spread most rapidly by man and establish quickly in areas overused by man. Expect more and larger infestations of invasive weeds with more visitors to our forests and wilderness areas. As a PWV, you can help prevent the introduction and spread of invasive weeds by reporting new infestations and educating yourself and others about the damage caused by invasive weeds and "Leave No Weeds" practices.



## Authority of the resource:

Invasive weeds crowd out native plants that provide wildlife food and habitat. Diverse mixtures of native plants we enjoy are permanently replaced and no one likes to hike, camp or ride in dense patches of spiny or thorny invasive weeds like thistles. Invasive weeds may not hold and protect the soil the way native plants do, so erosion increases, causing sediment in streams. Infestations of invasive weeds begin small, but like wildfires, expand to huge areas if not controlled quickly.

Invasive weeds threatening areas of PWV patrols are Canada thistle, dalmatian and yellow toadflax, leafy spurge and Russian, spotted and diffuse knapweeds. Most of these weeds are found where we live and play along the Front Range.

Hand pulling invasive weeds is not recommended because many have native look-alikes, some re-establish quickly where you have disturbed soil, and hand pulling is not effective for the invasive weeds where we patrol.

## LEAVE NO WEEDS\*\*

### Be aware and prepare.

- Learn to identify invasive weeds that are a problem in the area you will visit.
- Check your clothing, boots, pets and equipment for weed seeds and soil that may contain weed seeds before and after trips, especially after visiting other areas.

*Invasive Weeds continues on page 4*

# Bravo! Rock On, Kathy Burgess!

By Sharon Ruch

If ever there was a person who fit the term Renaissance Woman, it's Kathy Burgess. She plays tennis with a passion, has her own rock band, is a CPA and has participated in endurance and competition trail rides. She founded the Volunteer Mounted Patrol in Marin County, California when she lived there. And of course we know her, and are lucky to have her, as one of our PWV horse patrol members.

Kathy was born in Hawaii and went to school at the University of California at Berkeley. She lived in California after graduation. When I asked her how she got involved with horses, she said she had always ridden, but it wasn't until her young daughter pleaded for a horse that she considered owning one. She ended up owning four, since she couldn't let her daughter ride alone, so Mom, Dad and brother all needed horses, too.

It was during this time the idea of a mounted patrol germinated. Kathy realized she and her riding buddies were using all the facilities offered in the surrounding national forests, but not helping in any way to maintain the quality of those facilities. The officials in Marin County were very receptive to the idea of volunteers, since they had very little money to do all the maintenance and education needed. (Sounds familiar, doesn't it?) Kathy created the basic creed for the new group: "The purpose of the Patrol is to aid the Agency in the management of its land, promote proper use, further good public relations, create an inter-relationship between different user groups, to provide the general public with an information source made up of community members, to hold land management costs to a minimum, and to foster and encourage the philosophy and spirit of distance riding."

The patrol met four times a year with Forest Service officials, and was given general guidelines to follow. But in essence they were on their own, and decided what needed doing through experience and common sense.

One year, after touring extensively with her rock group, the Kathy Connolly Band, Kathy got burned out. She decided she needed a change from California, someplace quiet and restful, and after seeing the movie "Centennial," thought Colorado looked like a great place to look into.

Almost as soon as she arrived, she saw the need for a Volunteer Mounted Patrol existed here, as well, and wasted no time creating one. The Forest Service people here were a little more cautious about using volunteers, since it had never been done before. They required a stringent program of control, and included CPR and first aid

courses as mandatory for volunteers. Riders were obligated to assist in any situation they came across. The group Kathy founded volunteered not only for the U.S. Forest Service, but also for the State Forests and Larimer County Parks.

The horse patrols quickly proved their worth, packing supplies and drinking water to groups building trails or doing controlled burns in the wilderness areas, maintaining and in some cases rerouting trails. And when all the local rangers were sent to Yellowstone to battle the big fire, the patrol was available as the only official presence left in the local National Forest.

The public responds favorably to horses, and the mere presence of a horse - with its rider - makes it easier to gain the attention of hikers and campers, educating and creating good will almost effortlessly.

After PWV was founded, it was suggested to Kathy that her group could meld with the new organization. Since the purpose of PWV is very similar to the purpose of the Volunteer Mounted Patrol that Kathy established, she agreed. Volunteers are integral to the success of any such undertaking, and Kathy is very positive about PWV and pleased there are so many people who are willing to give whatever time they can to make PWV such a remarkable achievement.

She believes everyone has a place in the national forests, from bikers and hikers to riders, and no one group should take precedence over another. She said, "I'm hoping to give some notoriety to the horse folk, both the Volunteer Mounted Patrol and the Northern Colorado Horse Association, which was the spin-off from the VMP, who spent so many years actively volunteering for the USFS, the State of Colorado and Larimer County, from 1985 to date, continuously."

It would please her to see more interaction between the hikers and the riders in PWV. "However," she added, "I want to emphasize the positive efforts of the PWV in combining both the hiker and the horseperson into joint volunteer efforts to support the maintenance and management of our public lands." Horse people, she said, are generally very sociable, and she feels the entire PWV organization could use a bit more social interaction. And Kathy, being the go-getter that she is, is attempting to initiate a weekend of mutual mingling of riders and hikers, with the idea of bringing a new respect and understanding between both groups.

And here's to her success, since energy and enthusiasm and willingness to get involved are what keep PWV flourishing.



# The Threat to the Wilderness in a Different Perspective

By Henry Weisser

When I was born, the United States had less than half the population that lives in this nation today, which is estimated by the census bureau to be 293,655,404. Our nation is heading towards a population of a third of a billion in this century. As everyone must know, the growth of population in Colorado is actually at a considerably faster rate than that for the nation. From 2000 to 2004, Colorado grew at the rate of 7%, while the nation increased its population by only 4.3%

The growth of Fort Collins has been particularly rapid. When I moved to Fort Collins in 1965, there were only around thirty-five thousand people in the city. Stover and Drake comprised the limits of expansion in my area, South College Heights, which was at that time one of the frontiers of the city. Woodward Governor stood out amid the cornfields and beet fields. Since then, over 100,000 other people have come to call this city their home.

One of the most important reasons why the Poudre Wilderness Volunteers came into existence was to counteract the impact of the increased use of the trails in our ranger district by this growing regional population. One of the most notable successes of the organization has been to check and counteract the negative effects on the environment of more people using the outdoors.

There is no end in sight for the growth in the region as neighboring cities, Timnath, Windsor, Wellington and Greeley expand in that broad sprawl so characteristic of development in the United States. Meanwhile Fort Collins continues to enlarge with annexations to the south and housing developments rising east of I-25. Understandably, never ending growth and exploitative federal policies have caused considerable anxiety among many who are deeply concerned to preserve the wilderness and national forests.

Some solace can be found by gaining perspective though comparing our situation to that which prevails in the United Kingdom. Britain is a place familiar to me. I've hiked in north Yorkshire approaching the Penine chain, along the coasts of Cornwall and through the Shakespeare country of the Midlands. All of these hikes were very pleasant but populated to the extent that could make Greyrock on a summer weekend seem modestly used. People were almost always within sight, sometimes in considerable numbers, and houses, inns and tea shops appeared regularly along the way. Nevertheless, these were always pleasant and interesting excursions.

The reason for this extensive use of hiking trails is easy to understand. The United Kingdom

has a grand total of 59,600,000 people, just 400,000 short of 60 million, and all of them are crammed into an area of 94,251 square miles. That means that all of England, Scotland, Wales and Northern Ireland can fit into the single state of Colorado, which has 103,718 square miles and 4,601,403 people, according to a Census Bureau estimate for 2004. The comparative populations per square mile yield the most astounding statistics of all: The United States has an average of 79.6 per square mile; Colorado a mere 44.3 per square mile and the United Kingdom has a grand total of 632 people per square mile!

When most Americans in other States think of Colorado, they envision snow capped mountains, rushing streams and charming valleys. In reality, an overwhelming majority of Coloradoans do not live in those places. Instead, they are urbanites and suburbanites who live in or near cities along the Front Range. Our urbanization is similar to that of Australia, and when we think of that nation, our minds conjure the huge outback with its dusty little ramshackle towns and gigantic open areas. Yet nearly all Australians live in or near just a few cities. We are so fortunate in Colorado that we can easily get to all of those places which conjure those beautiful images in the minds of tourists. Through the Poudre Wilderness Volunteers, we can help to preserve part of this richness as we try to keep our apprehensions about population growth in perspective.

*Editor's Note:* In a recent letter to the Board of Directors, Henry announced he would not return as a PWV volunteer. He says that, although his health is good, at 71 he thinks it is time for him to retire his boots, at least as a PWV.

In his letter, Henry writes,

"I enjoyed my time with PWV immensely. I met a number of great people and learned lots about the outdoors and many other topics from this experience.

I am pleased that I met all of the hiking requirements every year that I participated and that I never, ever cancelled out on any hiking partner or failed to do a scheduled hike.

I thank the organization and the people in it for many happy experience these past five years."

We thank you, Henry, for the many years you have given PWV, your dedication, and, more importantly, your friendship and warm smile.

## Gear Review

By Jeremiah Kost

### First Aid Kits

**What should I carry in my first aid kit?** A first aid kit should contain those items that I have been trained to use in a first aid emergency, or that I might need based on my own personal experience (e.g., blister care products). The best way to assemble a first aid kit is by taking a first aid class. It is through our knowledge of first aid practices that we understand what kind of situations we are capable of handling, and what the appropriate materials and equipment might be, based on our practice with those items.

A first aid kit is only as good as the person using it. A skilled first aid responder is capable of improvising some of what is needed from gear commonly carried in a backpack with the exception of certain types of medications.

My most basic first aid kit is assembled to address the most common situations that I might experience in the field: simple cuts, scrapes, burns, blisters, and sprains plus over-the-counter (OTC) medications for pain, allergy, and diarrhea. A large triangular bandage is so versatile that I always carry at least one of these.

**Who should carry a first aid kit?** At a minimum, everyone who ventures into the backcountry should be carrying a personalized kit that is oriented toward his or her own personal needs and conditions. If I have any known medical conditions requiring any special medications, then I cannot rely on friends or strangers to provide those for me. This is absolutely true for any type of prescription medication. Even OTC medications can be tricky given possible allergic reactions and/or medicine interactions. A group kit can supplement and go beyond the personal kits to provide the materials for situations of increased complexity.

### The Dope on Bug Dope

Repel® Lemon Eucalyptus® Insect Repellent Lotion is an alternative to using products that contain N, N-diethyl-m-toluamide (deet). It is a plant-based repellent that uses oil of Lemon Eucalyptus (p-Menthane-3,8-diol) as the active ingredient. I've been using it for about three years now, and I'm definitely sold on this product. The advantages for me are: no damage to my synthetic gear (watchband, camera, GPS, shirt, jacket, pants, etc), repels mosquitoes, and smells pleasant. The only drawback is that I need to re-apply the lotion more frequently than my buddies wearing a deet formulation, but that is minor considering the negative experiences I've had with deet like having my watchband and watch face damaged as well as the unpleasant smell. There is no doubt that deet is effective, but I have several hiking companions who have made the switch after trying Repel® Lemon Eucalyptus® Insect Repellent Lotion for themselves. Those who have preference for deet seem to really like Ultrathon by 3M.



## PWV Schedule of Events

### APRIL

20 Board Meeting\*

### MAY

3 Meeting for Stock People  
6 Horse Training  
10 Kick-Off Night  
19-21 Spring Training, Jack's Gulch

### JUNE

8 Education & Affiliation Meeting  
10 Adopt-A-Highway  
15 Board Meeting\*

### JULY

13 Education & Affiliation Meeting  
20 Board Meeting\*

### AUGUST

10 Education & Affiliation Meeting  
12 Adopt-A-Highway  
17 Board Meeting\*

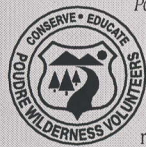
\* PWV Board Meetings are open to all members and are held at the USFS Office Building at 2150 Centre Ave., Building E, Fort Collins.

If you like what you see in this newsletter and want to join the **Poudre Wilderness Volunteers** or support our cause, please mail us at:

**P.O. Box 271921,  
Fort Collins, CO 80527**  
or contact us at (970) 295-6730



Canyon Lakes Ranger District  
Arapaho-Roosevelt NF & Pawnee NG  
2150 Centre Avenue, Building E  
Fort Collins, CO 80526



*Poudre Trails* is a quarterly publication of the Poudre Wilderness Volunteers, a non-profit corporation organized to assist the United States Forest Service in managing and protecting wilderness and other backcountry areas.

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### Invasive Weeds continued

- Feed stock certified weed-free feed several days before and during your trip.

#### Camp and travel carefully.

- Stay on designated trails and roads.
- Only camp at existing campsites.
- Avoid hiking and camping in areas with invasive weeds.

#### DON'T pack it out.

- Report rather than remove small infestations.
- Provide an exact location of infestations (GPS coordinates and a picture would be ideal).

Adapted from, "Leave No Weeds," Andy Kulla, USFS Nola National Forest, MT

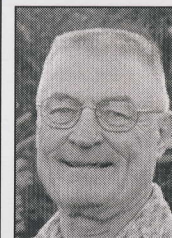
#### Useful Websites:

Pictures and descriptions of invasive weeds:  
The Nature Conservancy Global Invasive Species Initiative: [tncweeds.ucdavis.edu/esadocs.html#](http://tncweeds.ucdavis.edu/esadocs.html#)  
The Weed Web: [extension.usu.edu/weedweb/](http://extension.usu.edu/weedweb/)  
Weed Free Forage Program and where to purchase weed free forage:  
State of Colorado Department of Agriculture  
[www.ag.state.co.us/DPI/WeedFreeForage/weedfree.html](http://www.ag.state.co.us/DPI/WeedFreeForage/weedfree.html)

#### General information:

Colorado Weed Management Association:  
[www.cwma.org/weed.htm](http://www.cwma.org/weed.htm)  
Montana War on Weeds: [www.mtwow.org/FAQ.htm](http://www.mtwow.org/FAQ.htm)

## A Friend Remembered



October of 2004. His friendship and leadership will be missed.

We were saddened by the news that our friend and colleague Ken Curtis had passed away in January. A private service was held by the family. Ken joined PWV 2002 and was elected to the Board of Directors in

## Winter Newsletter

In case you were wondering why you didn't get a winter edition of *Poudre Trails*, you were not alone. We did not publish a winter edition. Not that there was nothing to report, just that this editor was busy with his other life. We anticipate being able to produce a summer edition and, instead of a fall edition, we are publishing an annual report. As always, your contributions and suggestions are gratefully accepted.