



# POUDRE TRAILS

WHAT WE'VE DONE • WHERE WE'VE BEEN • WHERE WE'RE GOING

## Words from the Chair

KARL RITTERS

With the respite from the summer patrols, the winter doldrums have offered opportunities for PWV members to fine tune outdoor skills, socialize, and even get out and do winter patrols that now count toward the commitment of at least six patrols per year.



*Karl Ritters  
CHAIR 2012*

a dinner dance, a silent auction, a raffle, and some notable speakers and guests.

Winter patrols have taken on a new life sparked by two kick-off training sessions and the new incentive this year of

having the patrols count toward the commitment of at least 6 patrols. From the start of winter patrols in mid January through February we have had 40 winter patrols with over 26 different members patrolling.

Now the primary focus of the Board of Directors and various supporting committees is welcoming new recruits and preparing to train them to join our ranks. As of the beginning of March, we have about 70 applications from prospective new members, have held two well attended Open House evenings, are scheduling interviews, and planning the Kick-off Night for May 2. The culmination of the training activity will of course be Spring Training at the Cub Scout Camp near Red Feather Lakes on the weekend of May 18-20. As always, we have very enthusiastic committees with supporting members planning and implementing the various activities involved in recruiting and training new members. Seasoned members can expect questionnaire emails

The Supplemental Training Committee has been active in planning and implementing classes for PWV members. Notable training opportunities that have taken place include snowshoeing, x-country skiing, winter camping, winter survival, and ultra light backpacking. Additional classes planned for the first half of the year include map & compass, GPS, SPOT, geology, wilderness survival, and first aid.

The Affiliation Gatherings scheduled for the second Monday of each month have been a hit to the point that the large turnouts are starting to exceed the capacity of the Mulligan's Pub facility. Presentations of notable wilderness topics were on wild horses, coyotes, wildlife at the urban interface, and things that go bump in the night. Another opportunity to socialize with PWV members and friends is planned for the PWV Earth Day Fundraiser on April 20 at the Drake Center which will include

## In This Issue:

<i>Words from the Chair.....</i>	<i>P 1</i>
<i>Who is Chuck Bell?.....</i>	<i>P 2</i>
<i>Mt. Margaret Trail .....</i>	<i>P 3</i>
<i>Recruiting &amp; Outreach .....</i>	<i>P 4</i>
<i>Winter Patrols .....</i>	<i>P 5</i>
<i>Cold Weather Tips .....</i>	<i>P 6</i>
<i>Singing for PWV .....</i>	<i>P 8</i>
<i>Featured Volunteers .....</i>	<i>P 8</i>
<i>Grains .....</i>	<i>P 9</i>
<i>Horse Safety and First Aid ...</i>	<i>P 10</i>
<i>Calendar of Classes .....</i>	<i>P 11</i>
<i>Leave No Trace .....</i>	<i>P 12</i>
<i>EARTH DAY EVENT!! .....</i>	<i>P 13</i>

soliciting support to help staff the many planned activities that lead up to and include Spring Training.

Thanks to every one of our members, PWV continues to thrive in the pursuit of its mission of assisting the Canyon Lakes Ranger District of the U.S. Forest Service in managing and protecting the wilderness and backcountry areas within its jurisdiction. This is being accomplished by recruiting, training, and fielding citizen volunteers to serve as wilderness rangers and hosts for the purpose of educating the public and providing support to these wild areas.

*Karl Ritters*

*– Chair, Board of Directors  
Poudre Wilderness Volunteers  
March 8, 2012*

# Who is Chuck Bell?

By JAN CREAGER

Most PWV members know who Charles, "Chuck" Bell is. But, he is way more than that. He has lived and still is living a life that is worthy of knowing about. It could take many pages to tell his story, but I will try to be brief.



Chuck retired from a federal agency, his job being with the US Information Agency. He was a skilled practitioner of foreign diplomacy. His territories were mainly countries in Africa, where he still travels from time to time. If you have ever read Wilbur Smith's books, you can compare Chuck's knowledge of Africa to his.

Being fairly young when he retired, Chuck wasn't ready for the rocking chair/porch just yet. He wanted to give back. So, being a lover of our wilderness here in northern Colorado, he went to the local Forest Service and offered to be a volunteer. He was able to mentor under the forest rangers, and thus became a back country volunteer ranger. Things went pretty well. There was an ample amount of funding, plenty of rangers to mentor with, and then, the budget cuts began. The Forest Service lost rangers, and Chuck could see the writing on the wall: no money, no rangers, meant certain degradation of his beloved Rawah Wilderness, and other places in the Canyon Lakes Ranger District as well.

So, being the industrious young man he was, he spoke with the Forest Service Supervisor and the

District Ranger about founding a volunteer organization to help them out. By using his skills as a Public Affairs Officer, he managed to create Poudre wilderness Volunteers in only a few months! Along with other key people, Chuck initiated the first organizational board meeting in December of 1995. If you have a PWV Field Guide, you will find more about its beginnings and the names of the many people who helped Chuck get the job done in the first few pages.

Because of Chuck's remarkable vision, PWV now has nearly 300 members who volunteer over 20,000 hours of service per year, now valued at \$500,000 worth of Forest Service work.

Recently, Chuck was one of ten people who were chosen as University of Phoenix volunteer leaders. Chuck chose to donate his \$10,000 award to start an endowment fund, which has already grown through generous donations

*"Great thoughts speak only to the thoughtful mind, but great actions speak to all mankind."  
-Theodore Roosevelt*

from members and others. Phoenix is a good word for how Chuck has helped our wilderness rise from the ashes of neglect.

Chuck has now scaled back a bit on his PWV work in order to pursue his other love, which is birding. He is on the Board of Directors of the Rocky Mountain Bird Observatory, and the American Birding Association. He, and his wife, Nancy, travel around the world, observing and documenting birds and their habitats. Nancy has quite a collection of pictures from all their

travels! They have recently seen their 5,000th bird, roughly half of the species in the world! But, Chuck's birding hasn't stopped him from remaining an important member of PWV. He is on the Advisory Board, and his opinions and knowledge are often solicited by members of the Board of Directors. He and Nancy still patrol and get "down and dirty," like the rest of us. They tear down illegal fire rings, cut down trees to keep trails open, pick up trash, and most importantly, educate the users of the trails on the principles of Leave No trace, and how to care for and respect our precious lands.



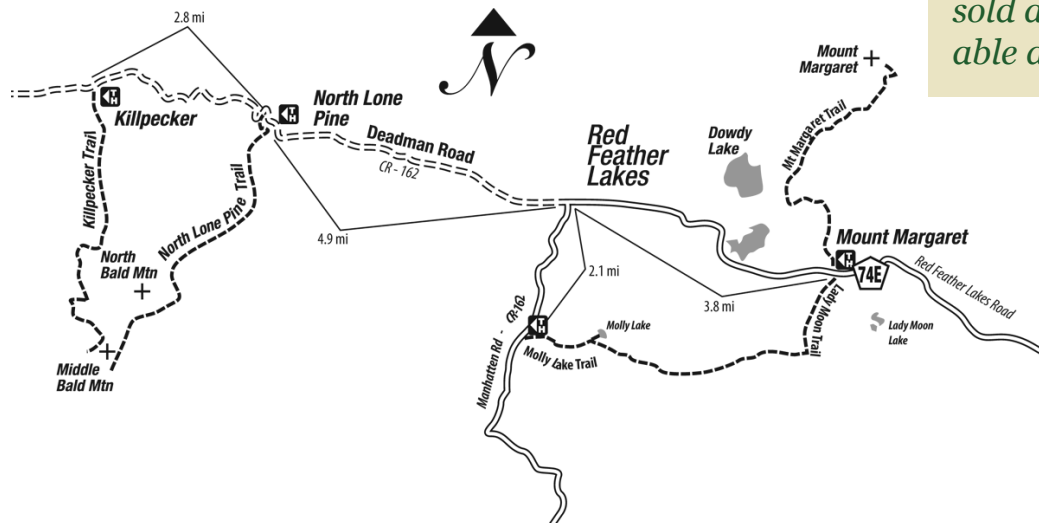
Chuck also started an annual llama trek in the wilderness for blind persons. And, yes, people who cannot see, are able to "see" up there, and derive great pleasure from their experience.

So, now you know who Charles Bell really is. If you haven't met him yet, you are in for a real treat when you do. Just shake his hand and thank him for all he has done. Oh, and think about all the things we can also do to "give back."

# The New Mt. Margaret Trail

BY MARGIE CASWELL

*Helpful PWV Trail Guides are sold at Jax, REI, and are available at New West Fest as well!*



Long-time hikers and riders on the Mt. Margaret Trails will need to learn not only a new route, but a new ending point! Yes, that means all these years the location of Mt. Margaret has been misidentified! Recent surveys and GPS technology helped identify these changes.

Soon after you go through the green gate at the newly modernized Mt. Margaret Trailhead, you will head west and then north on the new contouring trail. (DO NOT go straight ahead north down into the meadow on the former trail!) The USFS has rerouted the trail out of marshy meadows as much as possible. The trail will descend to cross the South Lone Pine Creek. At the crossing there are two newly built choices: a hardened crossing for horses and mountain bikes or a bridge.

The new trail continues northwest up the hill until it connects with the long-time Mt. Margaret Trail, about 1.25 miles from the trailhead. Now the trail is the same as in the past. The trail continues through a gate, and then curves right and down

through meadows to the “5 Points” intersection. (N40°48.275’ W105°32.309’) East Dowdy Trail will go to the left. Frog Pond Trail will be two of the points (one end replaces the named Loop A), but patrollers stay northeast on the identified Mt. Margaret Trail.



*Margie on Mount Margaret*

In about 1.5 miles further, beyond the swampy area with a pond and cross-buck fence, the trails divide. The Divide Trail (#979-1) (N40°48.527’ W105°31.734’) will take off to what we old timers would have called the Mt. Margaret Trail. That rock outcropping that never quite looked like a mountain, is not Mt. Margaret after all! Patrollers instead will want to take the left turn



*Mount Margaret Bridge*

on the identified Mt. Margaret Trail. The trail goes north and west for a mile, ending near the summit of the correctly identified Mt. Margaret. With a bit of scrambling you can get on top for a great view. N40°49.01’ W105°31.738.’

Now that the crossings are built and signs for this hike are correctly labeled and placed, the “Mt. Margaret” summit sign will be moved as resources allow.



# Recruiting & Public Outreach Committee

JERRY HANLEY



*Learning about Snowshoeing in a Supplemental Training Class*

At the end of 2011, the Recruiting Committee and the Public Outreach Committee merged, as their missions somewhat overlapped. A very active and dynamic committee has emerged. Committee Objectives: to recruit new volunteers and educate the public by speaking to local organizations and businesses about PWV and its mission and activities.

There are currently 5 members of this committee: Ken Thielen (Co-Chair), Jerry Hanley (Co-Chair), Martha Shepard, Willie Portilla, Adrian Farmer.

We have been very busy this year, working on the following activities:

- Planning the PWV New Recruit Open Houses, Jan 24 and Feb 21 at the USFS building
- Distribute PWV recruiting flyers to many, many businesses, health clubs, and non-profits
- Place ads in local newspapers

and arrange public announcements on local radio stations

- Schedule speakers for the event and arrange for snacks
- Managing the new recruit data base, and all communications
- Schedule, arrange for support, and notify new recruits of first day, second day, and make-up day of New Recruit Interviews. Coordinate with Kevin Cannon and PWV Calendar dates with Bob Manuel.

•Work with the website committee, suggesting ways to enhance the information provided and interaction with the on-line application process

- Participating on the ad hoc New Member Retention super committee
  - Researching ways to improve new member retention
  - Participating on the Survey Committee, helping to develop a new member feedback survey. The data will help us understand where PWV can improve its processes in order to better retain new members
- Participate in volunteer fairs, set up

booths, or hand out information and answer questions at businesses/ events:

- OtterCare Volunteer Fair, REI, Feb 18
- Share a table with the USFS, Feb 21
- Banff Adventure Film Festival, CSU, Feb 24 - 25
- Earth Day, Civic Center Park, April 21
- New West Fest, Old Town, in August
- Sustainable Living Fair, Legacy Park, in September

We also speak at organizations about PWV and the USFS:

- Loveland Mountain Club, March 5
- FRCC Natural & Applied Sciences classes
- Fitness, Wellness, and Retirement Expo, Senior Center

Other organizations we have spoken to in the last 12 months:

- Lion's Club
- Kiwanis Club
- Jax Sporting Goods
- New Belgium Brewery (yes it's a dirty job, but someone has to do it)

We are available to speak at any organization/function, so if you know other organizations who might be interested, please contact one of us.

As you can see, we have been and will be very busy. If you have any interest in joining our elite but friendly group, please give us a holler.

# Our Mission

*The mission of Poudre Wilderness Volunteers is to assist the Canyon Lakes Ranger District of the United States Forest Service in managing and protecting wilderness and backcountry areas within its jurisdiction. To achieve this mission, Poudre Wilderness Volunteers recruits, trains, equips, and fields citizen volunteers to serve as wilderness rangers and hosts for the purpose of educating the public, and provides other appropriate support to these wild areas.*

## Winter Patrols



*Winter Moose Sighting*

If you like to hike, why wait to patrol until late April or May? It is fun to see the National Forest trails in all seasons and the animals and birds are around all year. We get a lot of nice days on the lower trails any time of the year. There are folks out there on the trails year-round, so we should be, too. For example, on Saturday, February 19, 2011, a PWV ranger encountered 50 hikers/bikers on Hewlett Gulch Trail! As with the regular season, the purpose is to protect the forest through education of the public and maintenance of the trails, where possible. Winter patrol season

nearly doubles the days that PWV has a presence on the trails each year. And now winter patrols count toward a PWV's commitment of six patrols each year!

Where we patrol in the winter depends on conditions. Nearly all the trails in the Canyon Lakes Ranger District where access roads are not closed for the winter can be patrolled during the winter patrol season. These include Greyrock, Young and Hewlett Gulches.

Lower Dadd Gulch, Mt. McConnel, Big South, Roaring Creek, Crosier Mountain, North Fork, Lion Gulch, Lily Mountain, Round Mountain, Granite Ridge, Lady Moon, Mt. Margaret and Pawnee Buttes. Trails excluded from winter patrolling by PWV members are patrolled during the winter season by Cameron Pass Nordic Rangers and the Diamond Peaks Ski Patrol: Blue Lake, Montgomery Pass and Zimmerman Lake.

The season for winter patrols starts late January, when high-powered rifle hunting seasons end, and continues until the "summer" patrol season officially starts. Training and logistics will be covered at an early winter meeting, so look for a notice via email. Some special equipment and safety concerns will be discussed, as weather can be a greater hazard during this time of year.

Laura VanArsdale has done a great job chairing the winter patrols committee during the 2011 season! During this fifth season for winter patrols, 19 patrols were completed. We hope for many more in 2012. Jeanne Corbin is the new chair for 2012.



*Margaret Shaklee enjoying her winter patrol*



# Cold Weather Camping Tips

## Some Essential Tips To Keep In Mind When Your Troop Takes On Winter Camping

ARCHY ARCHULETA



Ready to hike to campsite

- Fail to Plan = Plan to Fail
- Always bring a bit more than what you think you'll need – water, food, clothes.
- Make sure that you have a good knowledge of the signs of frostbite and hypothermia. You should be able to recognize it in others and in yourself. Tell someone right away if you or another scout is showing signs of cold-related problems.
- Stay hydrated. It's easy to get dehydrated in the winter. Eat and drink plenty of carbs.
- Keep out of the wind if you can. A rain fly for a tent can be pitched to serve as a wind break. The wind chill factor can often be considerable and can result in effective temperatures being much lower than nominal.
- Bring extra WATER. It's easy to get dehydrated in the winter. You aren't visibly sweating, so you don't think to drink water, but since the air is so dry, you lose a LOT of water through breathing. Drink lots of water!
- Bring extra food that doesn't need to be heated or cooked. Granola bars, trail mix, etc.
- Keep a pot of hot water available for cocoa or Cup-a-Soup – these warm from the inside.

- Always eat hot meals (breakfast, lunch, & dinner.) Dutch ovens are the best – they keep the food hot longer. It doesn't need to be fancy Dutch Oven cooking. Meals should be 1-pot meals to keep cleanup to a minimum. Don't get too fancy with the meals - it's hard to chop onions & carrots at -10°F with gloves on. Prep all meals at home in the warmth of the kitchen.
- Shelter the cooking area from wind (walls of tarps, etc.)
- Fill coffee/cook pots with water before bed. It's hard to pour frozen water, but easy to thaw if it's already in the pot.
- Remember C O L D:
  - C Clean - dirty clothes lose their loft and get you cold.
  - O Overheat - never get sweaty, strip off layers to stay warm but not too hot.
  - L Layers - Dress in synthetic layers for easy temperature control.
  - D Dry - wet clothes (and sleeping bags) also lose their insulation.
- COTTON KILLS! Do not bring cotton. Staying dry is the key to staying warm. Air is an excellent insulator and by wearing several layers of clothes you will keep warm.
- Remember the 3 W's of layering - Wicking inside layer, Warmth middle layer(s) and Wind/Water outer layer. Wicking should be a polypropylene material as long underwear and also sock liner. Warmth layer(s) should be fleece or wool.
- The Wind/Water layer should be Gore-Tex or at least 60/40 nylon.
- If you're camping in the snow, wear snow pants over your regular clothing

- Bring extra hand covering - mittens are warmer than gloves.
- Bring 2 changes of socks per day.
- Everyone must be dry by sundown. No wet (sweaty) bodies or wet inner clothing.
- Use plastic grocery bags or bread bags over socks. This keeps your boots dry and you can easily change those wet socks.
- Keep your hands and feet warm. Your body will always protect the core, so if your hands and feet are warm, your core will also likely be warm. If your hands or feet are cold, put on more layers, and put on a hat!
- Dress right while sleeping. Change into clean, dry clothes before bed. Your body makes moisture and your clothes hold it in - by changing into dry clothes you will stay warmer and it will help keep the inside of your sleeping bag dry. Wearing wool socks and long underwear (tops and bottoms) in the sleeping bag is OK.
- Put on tomorrow's t- shirt and underwear at bedtime. That way you won't be starting with everything cold next to your skin in the morning.
- Wear a stocking cap to bed, even if you have a mummy bag.
- Put tomorrow's clothes in your bag with you. This is especially important if you're small of stature. It can be pretty hard to warm up a big bag with a little body, the clothes cut down on that work.
- Put a couple of long-lasting hand warmers into your boots after you take them off. Your boots will dry out during the night.



Karl having coffee (-5 degrees out)

- Fill a couple of Nalgene water bottles with warm water and sleep with one between your legs (warms the femoral artery) and with one at your feet. Or use toe/hand warmers. Toss them into your sleeping bag before you get in. Some of the toe/hand warmers will last 8 hours.

- Eat a high-energy snack before bed, and then brush your teeth. The extra fuel will help your body stay warm. Take a Snickers bar to bed and eat it if you wake up chilly in the night.

- Use a sleeping bag that is appropriate for the conditions. Two +20°F sleeping bags, one inside the other will work to lower the rating of both bags.

- Use a bivy sack to wrap around your sleeping bag. You can make a cheap version of this by getting an inexpensive fleece sleeping bag. It isn't much more than a blanket with a zipper but it helps lower the rating by as much as 10 degrees.

- Use a silk or fleece sleeping bag liner in your sleeping bag. They will lower your sleeping bag's rating by up to 10 degrees. Or buy an inexpensive fleece throw or blanket and wrap yourself in it inside the sleeping bag.

- Most cold weather bags are designed to trap heat. The proper way to do this is to pull the drawstrings until the sleeping bag is around your face, not around your neck. If the bag also has a draft harness make sure to use it above the shoulders and it snug's up to your neck to keep cold air from coming in and warm air from going out.

- Don't burrow in - keep your mouth and nose outside the bag. Moisture from your breath collecting in your bag is a quick way to get real cold. Keep the inside of the bag dry.

## Bivy Bag:

*A space blanket is just a piece of plastic and will conduct heat in the winter. Since it does not insulate, you can add it inside your jacket to help reflect your heat; but the Bivy gives you a little more and as long as you have a closed cell pad to sit or lay on. You are insulated from the ground so you have a better chance of surviving. I carry one in my summer patrolling pack for our day hikes just in case I end up spending the night on a day patrol.*



*Archy by snow shelter*

- Put a trash bag over the bottom half of your sleeping bag to help hold in the heat. A zipped up coat pulled over the foot of a sleeping bag makes an extra layer of insulation.

- Don't sleep directly on the ground. Get a closed cell foam pad to provide insulation between

your sleeping bag and the ground. A foam pad cushions and insulates. The air pockets are excellent in providing good insulation properties. Use more than one insulating layer below you – it's easy to slide off the first one.

- In an emergency, cardboard makes a great insulator. Old newspapers are also good insulation. A layer of foam insulation works too.

- Bring a piece of cardboard to stand on when changing clothes. This will keep any snow on your clothes off your sleeping bag, and help keep your feet warmer than standing on the cold ground.

- A space blanket or silver lined tarp on the floor of the tent or under your sleeping bag will reflect your heat back to you.

- No cots or air mattresses! Better to lay on with 30° earth instead of -10° air.

- Sleep in quinzees or igloos.

These are warmer than tents since you've got an insulating layer of snow between you and the outside air, instead of just a thin nylon layer.

- If in tents, leave the tent flaps/zippers vented a bit, it cuts down on interior frost.

- Drain your bladder before you go to bed. Having to go in the middle of the night when it is 5 degrees out chills your entire body. Drink all day, but stop one hour before bed.

# Singing for PWV

AMY WILLIAMS AND JAN CREAGER



*Mandy Fer and Dave McGraw sing for Poudre Wilderness Volunteers*

Singer/Songwriters Mandy Fer and Dave McGraw so generously gave their time and talent Thursday, March 8th at Avogadros (Avos) restaurant in Ft. Collins. We were pleased to have 71 people there-not bad for a Thursday night!

The profit for PWV came to \$560. The breakdown of funds was as follows: door/advance tickets sold came to \$1,065 (71 tickets). Avos took 20% up front for sound, lighting and venue. That was \$213. Then,

PWV and the artists split 50/50 on the remainder of the door, then, PWV received 100% after that. We had \$60 dollars in donations beyond the \$500, bringing it to our total of \$560. Not bad for an evening of fun and camaraderie!

Mandy and Dave did a great job, and even sold some CDs to some folks attending. They are a very talented duo, and we wish them well in their future endeavors!

## Featured Volunteers

*Get To Know A Little About Your Instructors For The Supplemental Training Committee*



### GERRY CASHMAN:

BS Ohio U - Teaching majors in Geology, Geography, Physical Sci. and Biology. Minor in Chemistry.

Taught 33 years

-- Utica, Michigan.

Coached Volleyball, Basketball, Football off and on for 30 years

Earth Science Trainer and Test creator for the National Science Olympics

Climber since 1972.

First 14er at age 50

Hiker / camper since 1959

X-country skier since 1970

Nordic Ranger for 3 years working with the Trail crew

Volunteer with AAC and Access Fund trail crews - 6 years

Averages 140 days per year on the trail

Has worked part time at REI for the past 10 years.



### MARK SICKLES:

45 years of:

mountaineering

kayaking

ski mountaineering

-- Alaska, Washington, Canada & Europe

5 years in mountain search & rescue

-- Alaska

10 years in k9 search & rescue

-- Alaska

Just retired to Loveland, CO area a few months ago from Alaska



### ARCHY ARCHULETA:

Backpacker since 1963.

SEREs (Survival, Escape, Resist, and Evade) Instructor US Marine Corps, Camp Pendleton 1969. Attended Edwards Air Force Base Cold Weather Training in 1969.

Attended Northern Area Jungle Survival School, Okinawa 1970.

Owned a commercial Wilderness Survival School (Alpha Team) for 10 years.

Taught Scouts and other church group Wilderness Survival --1971 to the present.

Team leader and instructor with C.E.R.T. (Community Emergency Response Team) in Payson Utah -- 1993 to 1995

Rio Grande Search and Rescue tracker and diver in Del Norte Colorado--1998 to 2000

January 2011: Instructor of backpacking and wilderness survival.

Currently Chair and instructor with the Supplemental Committee.



# Grains

*A Base Worth Building On - Why Poudre Wilderness Volunteers should consider making grain the foundation of their diet.*

BY: MARY ANN BAAK, NUTRITIONIST/DIETICIAN



Grains are the small hard seeds or seed-like fruit of cereal plants. Most people are familiar with wheat, rice, oats, buckwheat, rye, and barley, but there are less common types like hominy, quinoa, millet, amaranth, and teff available as well.

In the past, grains, specifically whole grains, were the basic food at every meal, and only the wealthy made meat their main course. Although most Americans can afford an abundance of meat now, we would have a healthier diet if, like our ancestors, we eat more whole grains. Whole grains should remain one of our main food, because they provide carbohydrates for energy in our muscles and brain, fiber for digestion and cholesterol control, and key nutrients for health and growth.

Unlike our ancestors, today people don't use grains in their natural form, rather they buy them as ready made foods. Some of those foods include bread, cold cereal, pastries, and

pasta. Those more adventurous buy flour, oatmeal, cornmeal, rice, and pearly barley to use in recipes. Few, however, make use of such items as cracked wheat, bulgur, and quinoa to add variety.

When buying pre-made foods containing grains, it is important to look for foods that contain 100% whole grains. On the food label, in the ingredients section, the first item listed should be whole wheat, whole oats, or another whole grain. Often, but not always, the package front will clearly state that the item is either "100% whole wheat" or other whole grain.

The human brain works almost completely on the energy the body gets from carbohydrates. Unfortunately, this kind of energy is not stored in any large amount in the body. This makes it important to eat grains with each meal. Children especially need this kind of energy when they are in school. Kids who eat breakfast score higher on tests,

have longer attention spans, are more even-tempered, and get into less trouble on the playground.

Kids are not the extent of who needs carbohydrate energy for their brain. Adults benefit in the same fashion as children do. Since breakfast is literally a break from the overnight fast, it is important for everyone to eat breakfast in order to refuel his or her brain.

Muscles also use the energy from carbohydrates. Muscles need this sort of energy for quick actions, such as reflex reactions and short duration activities. These activities can be common tasks like reaching for a pencil or less common like running a 100m dash.

The familiar Food Guide Pyramid placed grains at the base, because they are a good foundation to support a healthy diet. Most Americans should aim to eat six to eleven servings each day, and try to make most of those servings whole grains.

# Trail Safety and First Aid for Horses

BY DEB CHEUVRONT



As our PWV trail season approaches, those of us who volunteer with our horses should take time to get ourselves and our horses prepared for riding season. In addition to making sure we get some spring physical conditioning underway, we need to review our trail safety tips and make sure we have basic first aid kits put together for our equine partners. Even though we have trained for and passed the PWV trail test with our horses, it's wise to remind ourselves what it takes to keep our horses, ourselves and other trail users safe while we are out riding.

## Early Preparation:

- Get your horse physically and mentally ready for the season by getting out on some early rides and try to expose them to everything they may encounter on PWV rides. Even if they've seen bicycles before and had no problems, it doesn't mean they'll like them this year; stop and interact with hikers and bikers just as you would on a PWV ride.
- Clean and check all of your tack and replace worn parts

- Wash your saddle pad
- Confirm your horse's saddle fit
- Be sure to keep a proper fitting halter on under the bridle
- Make sure your horse's hoofs are ready for riding season – healthy, trimmed and shod if needed.

## At the Trailhead:

- Allow plenty of time to tack up properly
- Clean your horse's feet with a hoof pick
- Thoroughly groom your horse, making sure all areas in contact with tack are clean
- Be sure the saddle pad and saddle are properly placed
- Make sure bridle and bit are adjusted properly
- Have a lead rope coiled around the horn or fastened to your saddle
- Give horses the chance to drink before leaving and along the trail
- Apply fly spray

## Along the Trail:

- Be aware of your surroundings at all times so that you can minimize the risk of your horse spooking
- If necessary, ask approaching hikers/bikers to say hello to your horse so that your horse knows they are there
- If you hear hikers/bikers coming up behind you, take your horse off the trail and turn it to face the people who are approaching
- When taking a break, loosen your horse's cinch and lift up the back of the saddle and pad to let air get to his back to cool it
- Re-apply fly spray if needed (a small roll-on container works great for this)
- If tying your horse, be sure to tie with the halter and lead rope, not the reins; tie the horse at a level even with his back or higher and use a quick-release knot

It's also a good time to sort through your first aid items for horses and make sure that all ointments and medications that may be old or expired are thrown out. Even for a day ride, it's important to have basic first aid items along on the trail in case your horse or a visitor's horse is injured or becomes ill. The following items are recommended and can easily fit in a saddle or cantele bag:

## First Aid Items for Horses:

- First aid cream/ointment for minor wounds
- Nolvasan, Furacin, Corona or Wound Powder – these antiseptic ointments or powders are to be applied to full thickness wounds (the skin edges can be moved separately) that will not be seen by a veterinarian within the first 4 to 8 hours.
- Knife for making splints, cutting bandaging materials, cutting your horse free from a tangled rope, etc .
- Hoof pick to clean out the bottom of the foot to search for punctures, bruising or other foot problems.
- Fly lotion, Swat, etc – use around the outside of a wound to keep flies away
- Bandaging materials – cotton padding, Telfas (non-stick gauze); baby diapers work well; Vet Wrap
- Duct tape-any color will do
- 6-inch brown roll gauze
- Electrolytes, powder or paste for dehydration
- Banamine (in case of colic) and Bute (for pain)
- 12-inch piece of clear plastic hose (small in diameter)
- Easy Boot

These tips, among others, should help us all have a safe and healthy season on the trails!

# Calendar of Classes

Be Sure To Check Out What's Going On With PWV!



April 16 - Map/Compass at REI from 6:30 - 8:30.

April 21 - Map/Compass at REI from 12:00 - 2:00

April 23 - GPS/SPOT/RADIO at REI from 6:30 - 8:30

## May 19 -**SPRING TRAINING**

Morning - Field training - Map/Compass and Afternoon GPS/SPOT/RADIO.

Morning - Introduction to Wilderness Survival

Afternoon - Forest Service Law Enforcement covering dangers and safety while patrolling; Lightening Awareness (with Tim Gaines); Trail Crew Training.

## May 20 -**SPRING TRAINING**

Morning - Noxious weeds; First Aid (with Mark Rosoff).

May 26 - Introduction to Wilderness Survival (for volunteers that could not attend at Spring Training - a repeat of the same class).

June 20 - Geology at Harmony Library (Time to be announced).

June 23 - Geology field trip (location and time to be announced).

July 20 - 22 - Wilderness Survival field training - Elk Horn trail head.

October 27 - Introduction to Winter Survival at Harmony Library (time to be announced).

November 5 - X-Country Skiing at REI 6:30 - 8:30.

November 12 - Snow shoeing at REI 6:30 - 8:30.

December 8 - Introduction to Winter Camping at the Harmony Library (time to be announced).

## The Board

Karl Ritters  
Chair (2012)

Bob Manuel  
Co-Chair (2012)

Jim Shaklee  
Most Recent Past Chair (2012)

### Board of Directors

Scott Ackerman	Gene Packer
Archy Archuleta	Kathy Burgess
Mike Corbin	Meg Parmer
Don Creager	Sandy Erskine
Jerry Hanley	Bob Manuel
Karl Ritters	Mike Shaddy
Martha Shepard	Jim Shaklee
Kevin Cannon	Cathy Trout

### Advisory Board

Fred Allen	Jacques Rieux
Chuck Bell	Margaret Shaklee
Art Bunn	Kristy Wumkes
Ken Thielen	Dave Cantrell
Jan Creager	Cheri Van Ackern
Bob Hansen	Nancy Flippin
Frank Lilley	George Wallace
Lori Wiles	Garin VanDemark
Mark Snyder	Betsy Mosehauer
	Mike Mosehauer

### Newsletter Committee

Jan Creager- chair  
Deb Chevront- co-chair  
Richard Clopper  
Frank Schwende  
Kathy Schwende  
Gail Blande  
Larry Caswell  
Margie Caswell  
Mary Ann Baak  
Mike Corbin  
Roxanna Soloman  
Sandy Erksine  
Toni Farquhar



# Leave No Trace

Promote And Inspire Responsible Outdoor Recreation



## 7 Principles of LNT

- 1) Plan Ahead and Prepare
- 2) Travel and Camp on Durable Surfaces
- 3) Dispose of Waste Properly
- 4) Leave What You Find
- 5) Minimize Campfire Impacts
- 6) Respect Wildlife
- 7) Be Considerate of Other Visitors

Leave No Trace (LNT) is a set of practical principles to protect wilderness and an educational program to teach the principles and increase awareness of them. The program is described on the LNT web site at [www.LNT.org](http://www.LNT.org). The mission of the LNT program is to promote and inspire responsible outdoor recreation through education, research and partnerships.

LNT principles are an integral part of PWV goals. Knowing the principles and acting on the principles is basic to enjoyable and successful PWV patrols.

New recruits receive instruction in LNT principles as part of Spring Training. The field guide contains a section that presents the seven LNT principles in detail. The LNT web site offers more in-depth training opportunities. LNT Trainer courses are designed to help you better understand and teach LNT skills and ethics. There is also a

Master Educator course designed for people who are actively teaching others outdoor skills or providing recreation information to the public. PWV has both LNT Trainers and LNT Master Educators among our ranks.

Day hikes, overnight backpacking trips, day stock outings and overnight pack trips are opportunities to employ LNT principles. These are opportunities to enjoy the wilderness resource and leave it so the next person can enjoy it as you have. There will be instances in which you will meet people who are not familiar with the principles: they may be camping near water building a large fire ring. This is your opportunity to employ the authority of the resource and your knowledge of LNT to share information and ideas. Encouraging others to leave no trace can benefit all wilderness users.

The seven LNT principles detailed in the field guide include:

1. Plan Ahead and Prepare
2. Travel and Camp on Durable Surfaces

3. Dispose of Waste Properly
4. Leave What You Find
5. Minimize Campfire Impacts
6. Respect Wildlife
7. Be Considerate of Other Visitors

The National Park Service has a 10-minute video on the LNT web site that is worth a look ([www.LNT.org](http://www.LNT.org)) click on training, click on Educational and Training Resources. This video helps answer the question of why PWV embraces LNT.

PWV has three tools to achieve our educational efforts: Authority of the Resource, LNT and the USFS regulations. The Authority of the Resource technique and philosophy gives us a way to talk to people. The LNT principles give us guidelines that can help us teach individuals how to minimize their impact on wilderness. The USFS regulations provide specific rules developed to protect wilderness.

# SAVE THE DATE

## CELEBRATE EARTH DAY

& KICK OFF THE "WILDERNESS EDUCATION PROGRAM"

F O R T C O L L I N S

[WWW.POUDREWILDERNESSVOLUNTEERS.ORG](http://WWW.POUDREWILDERNESSVOLUNTEERS.ORG)



FRIDAY

# APRIL 20, 2012

DINNER, DANCE & FUNDRAISER 6 PM - 11 PM

THE DRAKE EVENT CENTER - 802 W DRAKE RD - FORT COLLINS, CO 80526

### Guest Speakers

Natural Resources policy Advisor for US Senator Mark Udall - Jill Ozarski

Larimer County Commissioner Lew Gaiter III

Regional Representative for Senator Michael Bennet - James Thompson

Join us for a night with **door prizes, silent auction, & raffle.**

**TICKETS ARE \$30 PER PERSON AND A PORTION IS TAX DEDUCTIBLE.**

To reserve your tickets send your check to:

**PWV TICKETS - P.O. Box 1485 • Laporte, CO 80535**

**This event WILL BE A SELL OUT so get your check in the mail today!**

ONLY A LIMITED NUMBER TICKETS WILL BE MADE AVAILABLE – SO ORDER YOURS TODAY!

## Special Thanks To:

Want to learn more? Visit  
[www.PoudreWildernessVolunteers.com](http://www.PoudreWildernessVolunteers.com)  
for all the latest news and information.

### **This issue was designed by Graphic Design students:**

Allegra Lyon (FRCC)  
&  
Alex Thompson (FRCC)

*Wal-Mart*  
*Whole Foods Market*  
*REI*  
*Jax Mercantile*  
*Ranchway Feed Mills*  
*Odell Brewing Co*  
*New Belgium Brewing Co*  
*Larimer County Small Grants Award*  
*Larimer County Open Lands*  
*MicroMotion*  
*The National Forestry Foundation*  
*Pulling for Colorado*  
*The Clinton Family Fund*

Poudre Wilderness Volunteers  
PO Box 271921  
Fort Collins, CO 80527

