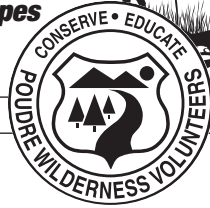


Winter Patrols
Adopt A Highway
Wilderness First Aid
A View of Trail Maintenance
Gourmet Backpacking Recipes



The Poudre Wilderness Volunteers Newsletter



Spring Training Recap

With another outstanding Spring Training in the books, we welcome 65 new volunteers into our ranks. This brings our total membership to more than 220—the largest group to date.

- The weather was near perfect. There were dozens of Lady Slipper orchids seen in Jack's Gulch (near the "troubled hikers" scenario).
- Garin VanDeMark the several intrepid souls into the backcountry to learn the actual application of the Leave No Trace principles.
- We were joined by members of the Friends of Mount Evans and Lost Creek Wildernesses. FMELCW is a start up volunteer group led by Lee Lambert. Lee promises to be back next year to help us do a better job recycling our trash.
- Scott Hapner offered a demonstration on gourmet cooking, backpack style. You may find a few of his recipes in this newsletter.
- Ralph Swain from the Rocky Mountain Region of the US Forest Service gave his wonderful presentation on the history of the Wilderness Act.
- Johnny Carinos fed us well. Very well.
- And, there was no loud music playing down the road. Only coyotes.

Our heartfelt appreciation goes to our many supporters including Johnny Carinos for a most excellent dinner, Wal-Mart Distribution center, The Cupboard, Starry Night and Ranch-Way feed for raffle prizes. Thanks also to the members of STAG (Spring Training Actors Guild)—your Oscars are in the mail. Veteran PWVs broke all previous records for involvement and support. Spring Training couldn't happen without all the people who man the gates, set up the trail, register and supply new folks, prepare meals (and great coffee!), and make new PWVs feel welcome.

The feedback was mostly positive, however, there will be one major change in training beginning next year—we have "pulled the weeds." We are working on another means of training members on noxious weeds.

Next year, we plan to introduce a walk-around lecture to trail maintenance. The first aid program may be modified to reflect our plan to create our own first aid training program. (See Dave Cantrell's article on page 3).

Far and Away

by Amanda Henderson

I love the outdoors. I have loved the outdoors since I was a kid running barefoot around my parent's farm, climbing trees like a monkey and sliding down the ropes tied in the branches. So it was with a stroke of genius that when I moved to Colorado seven years ago, I immediately took a job that confined me to a desk. With lunch and travel time, that meant I was losing about 10 hours out of a perfectly good day that could be spent outdoors. So after various expeditions into things like hunting and fishing (as taught by my friendly neighborhood taxidermist) and begging my friends to go camping just to get away from the cube farm for a few glorious hours, opportunity literally knocked at my cubicle door: Garin VanDeMark was going to be giving a presentation on a rather unknown group called the Poudre Wilderness Volunteers at my office.

A few days later, I showed up for the presentation and watched the video tape and got paperwork and listened to Garin, and before he had even finished his speech, I had completed my application and handed it in. So excited was I that now I actually had a legitimate excuse to wander off into the hills for hours or even days at a time.

I was surprised at just how long it seemed to take to get from the day I signed up in March to the Kickoff meeting night in May. And so great was my anticipation of the start of something new and different that I practically marked the days off on my calendar leading up to the Spring Training weekend later that same month.

So away we went, three days and two nights of getting to know a whole bunch of new but extremely nice and outgoing people in the greatest setting I could think of, the Colorado Rocky Mountains. Being inexperienced if not unenthusiastic about this trip, I followed the list of things to bring almost to a tee, going to the major retailers and purchasing the most expensive versions of the suggested items, later to learn from the sage volunteers at PWV that more expensive does not always mean better. I am, however, determined to wear the gaiters that I bought for so much, whether there is snow or not. Hey, there is always the excuse that they will prevent the ticks and other wildlife from crawling up my pants when I am not paying attention...not to

mention they are SO attractive.

The first morning of Spring Training brought a rousing game of Field Guide Jeopardy that my fellow Elks and I lost because of my brilliant suggestion to bet almost all of our points on the final question, which was to name a trail that met certain criteria of uphill slope and crossing two streams. We did find one trail that matched that description, but unfortunately the judges were looking for the trail that actually used the word "interminable" in the description; ours did not. After such a blow, how we survived the rest of the day, I'll never know, but we persevered and actually had the time of our lives learning to interact with strangers we might meet on the trail and how to react to their unleashed dogs or poorly placed bear-bags. Our own Chair-Elect John Paul Lumpp even allowed me the great honor of sawing a log in half as the men in our group looked on.

I have found that the people in this organization are among the highest quality people you will find, very knowledgeable in everything from botany to computer programming, and all of them willing to dedicate their time to the cause of the great outdoors. Don't let them fool you though, they are always willing to have a good time, sometimes at the expense of the poor gullible soul who unzips the tent on the training hike and jumps three feet in the opposite direction. Though, I can't really blame them; if I had been on the other end of the trick, it would have been a pretty funny sight. (For security purposes I cannot reveal what was inside the tent.)

Through this organization, I have already learned more about the sanctity of the wilderness than I had in my first 24 years. With the help of the knowledgeable, friendly volunteers such as Joe McCarthy and Kevin Lee Hayes, I have learned to use maps and compasses to navigate (or find a road that's not really there). With the skills that I learned about Leave No Trace and the Authority of Resource, I know that I can help ensure that the outdoors that I love so much will be there for posterity. And though I have not yet taken my first official patrol, I know that I will be equipped to help any lost or injured hikers I meet, and I am looking forward to many happy years hiking the beautiful trails of the Rockies.

Winter Hiking

We have a major new program that will appeal to year-round hikers—Winter Patrols!

Poudre Wilderness Volunteers began as a summer program. Our goal is to put as many PWVs in the field as possible during the peak summer recreation period from early May to the start of hunting season. But what about the rest of the year? Are visitors hiking all year when weather permits? Can PWV's be helpful to visitors and the Forest Service all year long? Can we patrol safely under winter conditions?

Last winter, about 20 PWVs explored the possibilities of winter patrols. We were amazed at how many visitors we found on our lower trails. It was clear that there is a real need for our services.

This spring, the Board of Directors approved a Winter Patrol program. We're developing plans to train interested PWVs so we can patrol safely and effectively. The winter patrol season will start about the first of each year, after the rifle hunting seasons are over. We'll offer training each fall, after the end of the main patrol season. Winter Patrols won't "count" towards our expected six minimum patrols, but the warm glow of good service will more than make up for that.

Stay tuned for more news about this exciting new program. And if you can't wait, drop a note to Neil Sherrod, the program's new chair, and let him know you're interested: bnsherrod@msn.com.

"I would like to mention..."

By John Paul Lumppp

I swear this is true: We were on North Fork trail just past the Cheley Camp as you enter wilderness. There is, of course, the sign marking your reentry and a listing of the regulations. We noticed a man and woman hiking toward us with their two dogs off leash. We waited for them to leave private property and struck up a conversation. Mind you, I am leaning on the wilderness sign—the one with the regulations. After a few minutes of chit chat, I mention to them that they are in wilderness and the regulations state that dogs must be on leash. The man mentioned that he read the signs at the trailhead. "But," he said, "I didn't know it meant MY dogs!"

I actually started laughing, then I realized he was serious. Well, by the time I was half way through a retelling of the history of the Wilderness Act, the leashes came out and pups were secured. They got the point and actually thanked us for handling the situation in a courteous manner.

Here, kitty, kitty.

If one is overly preoccupied by the notion of possibly being 'et by a mountain lion, would this be known as an "edible complex"?

If you have a story to tell—one that is bustin' to get out, please send it in for possible inclusion in future newsletters.

Bravo! Adopt-A-Highway Volunteers

By LeAnn Davis

THANK YOU SO MUCH for all your support on this very new project. Following is the wrap-up and attached photos of our PWV AAH Saturday:

It was an intrepid group of 15 who donned the orange vests and braved, alternatively, a restless wind, brilliant sunshine, rain and hail to embark on the first ever Poudre Wilderness Volunteers Adopt-A-Highway (AAH) road cleanup Saturday, June 10, 2006.

Our particular four miles had not previously been cleaned. The Colorado Department of Transportation only declared the miles available last October and honored the PWV request to adopt them at that time. Then, the first scheduled clean-up for April 8 was cancelled due to four-foot roadside snow drifts.

Saturday's booty was impressive: 36 bags of cans, bottles, and butts; plus a headboard, enough car and motorcycle parts to build a combo-vehicle, a quaint corn cob pipe (Bob Hansen's find), construction debris, fence posts, camp stove and a full pack of cigarettes. Had someone declared to quit smoking by throwing a pack of cigarettes out of the window while driving through such a beautiful, pristine and scenic mountain area? And...can you believe the audacity of some other group who added their non-conforming bag of trash to our AAH orange trash bags?

After the one-mile-per-hour project was completed, the tired, hungry, but project-satisfied crew regrouped at the home of Ken and Kristine



Williams for a potluck picnic. The food "specialties of the day" are too numerous to list but were scrumptious!

Our group was enhanced with the inclusion of PWV member Toni Farquhar's and spouse Tom Smith's two enthusiastic and delightful preteen granddaughters.

Other members of the cleanup crew included Jan & Don Creager, LeAnn Davis, Ras & Marian Erdal, Bob Hansen, David & Rosellen Lobree, Sharon Ruch and Ken & Kristine Williams.

Contact Kristine Williams if you would like to join the crew.

Happy Hiking!

Ken Williams - Photos

Kristine Williams - PWV AAH Coordinator

Lost and Found

There are four new designated campsites (17-20) on the upper portion of the Big South trail. Also, campsite 8 which was missing is no longer missing. It's a long story. Our Field Guide lists campsite 8 as having been destroyed because it did not meet wilderness requirements. USFS crews, however, found a campsite which does meet the standards and is therefore replaces the missing campsite. We hope no other designated campsites turn up missing. It's hard on the editors of the Field Guide.

First Aid in Wilderness

by Dave Cantrell

We're planning major changes in first aid training for PWVs. Consider this: The Forest Service says we are giving "wilderness first aid" any time we can't have the victim in a hospital within an hour of the time we arrive on scene. Now picture yourself at the Greyrock trailhead. There's an accident, you're right there, you radio for help. Add up the times: emergency vehicles coming from Fort Collins, getting the victim ready to transport, getting back to the hospital. You're involved in a wilderness first aid scenario. Now imagine you're three miles in on Rawah Trail...

All PWV first aid is wilderness first aid. We need training that lets us be confident we can assess, treat, and stabilize the medical emergencies we may encounter, since we will be primary care for a good while. This training can save lives. At an estimate, perhaps 10% of us have currently had such training.

The good news is, the training we need doesn't require a huge commitment. We don't all have to go to medical school! We don't even have to have Wilderness First Aid certification. With some basic knowledge, we can be ready for most of the emergencies we'll encounter.

What training do we need? First, notice that PWVs do not require any specific, formal certification. Our protection comes from the Good Samaritan legislation, not from any specific training. So long as we stay within our training and skill, and don't abandon once we start care, we are protected. What we need is not Wilderness First Aid certification, but skills appropriate to Wilderness situations.

Several of us have started to think about what training will give the greatest number of PWVs adequate wilderness first aid skills in the most efficient possible way. Here are some of our first ideas:

- We hope to develop an eight-hour course tailored to fit the specific needs of PWVs on patrol. The course may or may not grant certification, but it will give PWVs the instruction they need most, in a format that will encourage widespread attendance. The goal is highly focused, PWV-specific training, in a manageable time frame, with minimal cost.
- The course is offered at least twice a year,

sometimes in two evening sessions, sometimes as a weekend course, in an attempt to make it available to busy schedules.

- The course is taught by qualified volunteers, and is inexpensive.
 - The goal is that a majority of PWVs, at least half of us, could give competent help in a wilderness emergency.
- What would the training teach? We don't know yet. Our next step will be to ask for help from local experts: Red Cross, Larimer County Search and Rescue, the Forest Service, private agencies, and the many experts within PWV to help us design the best possible curriculum. Here are some of the components we imagine:
- **Equipment:** Contents of a good wilderness first aid kit. Equipment needed to stay with a victim until help arrives. Improvising gear.
 - **Time-Sensitive Treatments:** Instruction in the few things you have to be ready to use without looking them up, like assessment of the scene, CPR, rescue breathing, and burns.
 - We think we may want to all carry a standard wilderness first aid text, so we can find information when we need it. For most problems, there is time to study or review before we treat. Most of us will never need most techniques, can't keep them all in our heads, and don't need to. Even for ultra-light packers, this may be weight worth carrying.
 - **Victim Contact:** how to approach victims and their companions, talk and comfort, gather information.
 - **Contact of Rescue Professionals:** radio, reporting location, marking trail, having the right info ready when you contact them.
 - **Scenarios:** As much hands-on practice as possible building skills. Much of the focus may be on assessing and stabilizing the scene, with specific practice on events like bad ankles, altitude sickness, fractures, groups in trouble, major trauma, transportation, shock, and hypothermia.
- Stay tuned for more news on this exciting project! If you'd like to be part of the planning, drop a note to cantrell@verinet.com.

A View of Trail Maintenance

By Janell Goad

This is my fifth year in Poudre Wilderness Volunteers and the first year in trail maintenance. I realized that what I really want to do is hike in the wilderness, camp out, do some backpacking and spend some time with newfound friends. The added portion that is undertaken with a different thought in mind is the trail maintenance. I know the importance of trail maintenance and have always admired the work along the trails, I've not thought of myself as being 'strong enough' to do the work, however it is a package deal so off I went. (And as it turns out, I did just fine.)

We camped out at Sleeping Elephant Campground about 45 miles up Poudre Canyon. Hiking and camping out with people is the best way to become well acquainted real quickly. In the mornings, we loaded up in a couple of cars with all our own gear for the day as well as tools to work with. The first day we all went up the Blue Lake Trail in separate groups doing work as we went in a 'leap frog' type of plan. We hiked to the snow where we turned around and headed back to camp while taking notes for further repairs. Each day after this we would split up in groups and take different trails, hiking during the day, doing trail maintenance along the way like cutting down trees that blocked the trail, making drainage routes for water other than down the trail, reworking already established drainage that needs some upkeep, etc.

By dinner time we had all returned to camp where we all changed into more comfortable camp gear, ate and sat around the camp enjoying each other and our surroundings.

Over the four days, we covered many trails, saw some moose, worked hard, accomplished a great deal and slept soundly in the cool temperature those high mountains have to offer. Trail maintenance only happens like this, I understand, this time of year. There are three different outings scheduled taking place every other weekend. I plan on being at each one. It is a great opportunity to hike trails I have not hiked before, return to trails I like and to experience a great time while doing so. I'm especially looking forward to our last outing, which will be a backpacking trip into the Rawahs with horses along to carry the heavy gear.

I do not want to leave out a big part of this past weekend and that is my utmost gratitude and thanks to Garin Van Der Mark, our fearless leader, for his exceptional easy going disposition as well as his pleasantly enjoyable hiking style. He set a tone that made being there definitely worth our time. He thinks he has slowed down and perhaps he has yet I for one think his gate is perfect.

It doesn't get much better than this.

No, Thank You!

"One never knows what they will discover while doing a patrol in our wondrous backcountry," reports Joe McCarthy. "Well as I was sitting in the car getting ready to leave, Jim (Shafer) said there is something under my windshield wiper. I thought 'now who is trying to sell insurance or promote a garage sale up here of all places.' Well

lo and behold it was a thank you note from Ellen L. Hodges District Ranger. And, Ellen, all I can say is you're welcome, 'tis a blessing to be able to visit some of the backcountry around here."

(June 12, 2006, Crosier Mountain, Garden Gate with partner Jim Shafer).

PWV Schedule of Events

AUGUST 2006

- 17 PWV Board Meeting*
19-20 New West Fest

SEPTEMBER 2006

- 14 Affiliate & Education Meeting at Avo's
21 PWV Board Meeting*

OCTOBER 2006

- 12 Affiliate & Education Meeting at Avo's
19 PWV Board Meeting*
22 End-of-Season Party, Sylvan Dale Guest Ranch, Loveland

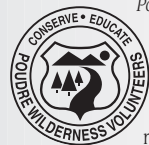
* PWV Board Meetings are open to all members and are held at the USFS Office Building at 2150 Centre Ave., Building E, Fort Collins.



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

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**



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Gourmet Recipes for Backpackers

By Scott Hapner (from the PWV Spring Training cooking demo)

Monkey Bread (great recipe for kids)

- Pillsbury pizza dough, crescent roll, or similar dough
- Dots of butter
- Sprinkle of cinnamon
- Few T of brown sugar

Tear dough in small pieces, toss with rest of ingredients. Bake in 400° Dutch Oven (8-10 coals on bottom, 24-30 coals on top). Check after 20 minutes.

Sheppard's Pie

- 1 - 2 lbs ground meat (turkey, pork, lamb, beef, or mix of any)
- 4 c mix veggies (frozen, dried, or canned)
- 2 - 3 c instant mashed potatoes (mixed with warm water in zip-loc)
- 2 c shredded cheese

-Brown meat in Dutch Oven, drain if desired. Layer with mixed veggies, then mashed potatoes, and top with cheese. Bake at 350° (8 or 9 coals on bottom, 20-24 coals on top) for 20 minutes.

Cream Sauce Mix

- 1 c powdered milk
- 1 c nondairy creamer
- 1/4 c cornstarch
- 1 T salt

* For pesto cream sauce combine 1/2 cup pesto sauce mix with 1/4 cup cream sauce mix. Boil noodles and pour off all but 3/4 cup water, add pesto cream sauce mix and return to boil. Stir and enjoy.

Peach Cobbler

- One #10 can of fruit
- One box yellow cake mix

-Pour canned fruit into Dutch Oven. Mix one cup cake mix with one cup fruit juice from can, and pour mixture into fruit (do not stir in). Sprinkle rest of cake mix on top of fruit mixture. Swirl two times. Cover and bake 350°, check at 20 minutes

Pesto Sauce Mix

- 1 c pine nuts
- 5 T dried basil
- 2 t garlic powder
- 1 t salt
- 1 c grated parmesan cheese
- A dash of black pepper
- 1/2 c sundried tomatoes- diced

-Combine in food processor leaving a bit of texture. Can be mixed with equal parts oil in camp or sprinkled as a seasoning

(More recipes to come!)