

PWV Schedule of Events

JUNE 2009

18 PWV Board Meeting*

JULY 2009

TBD Map/Compass/GPS Class

16 PWV Board Meeting*

AUGUST 2009

15-16 New West Fest

20 PWV Board Meeting*

28-31 Horse Patrol Campout @ Jack's Gulch (Tentative)

SEPTEMBER 2009

6 Rist Canyon Festival

17 PWV Board Meeting*

19 Weed & Trail Crews End of Season Potluck

19-20 Sustainable Living Fair

30 Last Day to Patrol

OCTOBER 2009

7 Last Day to File a Trip Report

15 PWV Board Meeting & Election of Officers*

18 End of Season Party

*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

PWV Committee Activities - Summer 2009

PWV currently has several committees that work tirelessly not just hiking or riding. Here is a current list of dates for this summer for some of those committees:

ADOPT A HIGHWAY:

(Contact: AAH@poudrewildernessvolunteers.com)
August 8

ADOPT A TRAIL - North Fork

(Contact: AAT@poudrewildernessvolunteers.com)
June 20-21
July 25-26
August 22-23

KIDS IN NATURE (KIN):

(Contact: KIN@poudrewildernessvolunteers.com)
July 18 - Loveland Brownie Troop
July 20 - Boys & Girls Club

TRAIL CREW:

(Contact: TrailCrew@poudrewildernessvolunteers.com)
June 26-29
July 9-13
August 6-10

WEED CREW:

(Contact: WeedCrew@poudrewildernessvolunteers.com)
June 20 - North Fork
June 22 - Hewlett Gulch
June 24 - Young Gulch
June 30 - Stove Prairie Rd.
July 1 - Pingree Park/Crown Point Road
July 7 - Lions Gulch
July 15 - North Fork
July 20 - Hewlett Gulch
July 24 - Lower Dadd Gulch
July 29 - Young Gulch
August 1 - Jacks Gulch
August 4 - North Fork
August 12 - Hewlett Gulch
August 15 - Lions Gulch



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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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,
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or contact us at (970) 295-6730

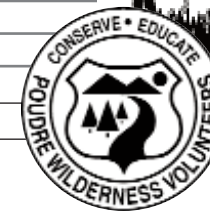
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Volume 11, Issue 2

poudrewildernessvolunteers.com

Summer 2009

Spring Training 2009

By Mary Ann Baak

Many PWVers delighted in spending May 15-17 with 216 of our closest hiking and riding pals. While most camped, filling every campsite at Jack's Gulch, there were 25 who enjoyed the soft beds and warm showers at Pingree Park. Of the 217 in attendance, 77 were new volunteers, which was the largest number of newbies ever in one year. Way to go recruiters, you rock!

With so many attending spring training, there had to be a large contingent of workers keeping things going. There were 75 volunteers. There were food volunteers, animal group leaders, donation gatherers, activity leaders, actors guild members, set-up & tear-down laborers, MCs, etcetera.

The foodies fed everyone from Friday night through Sunday morning. Friday's meal was a new twist, and it went very well. I heard people commenting on how wonderful it was to be able to come in and set-up camp without having to worry about also getting dinner together before the festivities began. As food goes, we went through a lot: over 30-gallons of chili, 130-lb of brisket and roast (G-Bar-3 B-B-Q of Loveland), and countless breakfast and snack foods. The volunteers put on a wonderful continuous spread, so if anyone went away hungry, they need to see an ENT doctor.

We had a trio from Wyoming join the party all weekend, or more appropriately, make the party. Those three guys were a real hoot. They came down to talk with those interested in working up in the Shoshone National Forest, and made it apparent that anyone who went to hike in Wyoming would definitely have a good time.

JAX sent people who taught about wilderness cooking, and REI employees

came bearing gifts. Other activities included wildflower & bird hikes, track & scat IDing, map/compass/GPS reading, and lightning awareness. Sunday morning we all came together to learn about invasive weeds, and first aid where we were schooled in the "8 Bs of Remote Care":



breathing, bleeding, brain & balance, blisters, burns, bones, beasts and bugs.

Similar to last year, Kathy Burgess entertained us with music, however this year the whole band was able to make it for the occasion. After the band finished we were entertained by Fort Collins Nature Writer, Kevin Cook. He gave a witty anecdote of his life in the outdoors. He may have a calling in comedy if the nature writing ever fails him.

There was no shortage of things to do and important lessons to learn. Of course the new members went on their jaunt through the woods encountering numerous situations, and construing the best ways to handle each condition.

A magnificent weekend spent with an equally magnificent group of people.



Thanks to everyone who made ST '09 possible!

What a terrific Spring Training we had! We had a record number of new and returning volunteers. The weather was good, the food great and the training sessions were excellent.

We couldn't have pulled off such a perfect weekend without the help of so many of you volunteering in so many ways. Special thanks go to the Animal Group Leaders, the Role Players, the class leaders and those who worked in preparing the food (especially LeAnn Davis and Kristi & Ken Williams), at check-in, monitoring the front gate and tending the trash. And thank you to those in the background that no one saw, but made sure everything ran smoothly.

With the excellent group of new volunteers and the expertise of our veterans, we are looking forward to an exciting patrol season. Again, thank you all for a successful Spring Training.

Mike Mosehauer, Chairman



A Book for Photographers ... and More

By Sharon Ruch

If you are one of those people, like me, who nearly always takes a camera along when you hike, I recommend a useful addition to your reference library. "A Guide to Colorado's Best Photography Locations" is a handy little book jam-packed with valuable information. Filled with beautiful color photos, very precise directions to many locations and lots and lots of helpful hints, it can help you create something beyond ordinary snapshots, into the realm of photos resembling the loveliest post cards.

Even if you don't generally hike with a pack full of lenses, filters and a tripod, you will still find information about composition and lighting that can improve the photos of anyone using any sort of camera, like me and my little digital model.

The book has sections on shooting wildflowers and autumn color, as well as specific locations in Rocky Mountain National Park and many other mountain areas. It has driving directions, mileage, road conditions, lodging and hiking information. The best time of day to shoot and the best time of year to probably see the most spectacular dis-

plays – anyone who lives here knows it's impossible to pinpoint exactly when the aspen colors will peak – are included.

Most of the specific locations are not in the PWV designated hiking area. But the information contained is useful regardless of where you are taking wilderness photographs. And the book is small enough to fit easily in a daypack, or in the glove compartment of your car. Take it along on your next trip, even if you are only sightseeing, and you might discover yet another of Colorado's gorgeous landscapes.

A Guide to Colorado's Best Photography Locations

(Also Great for Sightseeing)

ISBN: 0-9760893-0-0

Published by Rocky Mountain Reflections Photography, Inc.

www.rockymountainreflections.com

2004

Paperback: 144 pages



Hiking with Kids

By Dan Seeber

I had always hoped my kids would be willing to hike. I love hiking and had my first child on a trail by the time she was 8 weeks old. So far - both of my kids seem to love it and have already been on a trail of some sort 6 times this year.

Having hiked as much as I have now with them, I thought I have how you should hike with kids down pat. That is, until we recently hiked the Horsetooth Falls Trail. It was supposed to be a "quick" hike for us until it seemed to take forever to get there, get on the trail and get them moving. Suddenly, the

1/4 mile. Literally, a running fight ... they were trying to get in front of each other to be the 'leader' and we let them go because it was one less quarter mile for us to cajole, carry or drag them along. It is not a recommended 'technique', but does demonstrate one of the keys to getting kids to hike: flexibility.

Another key is being prepared, but not in the sense most people would think. Sure, you need to bring the right food, water, first aid, etc. But being mentally prepared for the hike to me, is understanding that the hike might be to the top of the mountain or may be just a few feet up the trail. Understanding that getting your kids out and enjoying being out there is probably more important towards building to longer hikes.

This spring I hiked Young Gulch with my daughters and we got as far as the second stream crossing. Not too far at all. Then we spent a good hour splashing in the cold water. They loved it and want to go again. This hike was followed by a hike in



Moab, Utah. That hike also had a stream, but this time we hiked over 4 miles. Again we splashed in water, but we got further and had as much fun.

When choosing the trail, being prepared, mentally, will make a big difference as well. Most of our hikes are the more easy to moderate, but we do not limit ourselves. We have hiked steep trails too. It actually seems we get farther on those because there are now goals to reach - like the next 'summit' or next overlook. Rather than limit yourself to a short, or less interesting hike, go for one that will offer a reward of a view or a nice drive and let the child know where you are going and what to expect.

(See Kids continued on page 3)



quick hike with just a few snacks became long. And we went from 2 eager hikers to 2 hungry, tired girls. One 'technique' we used was to let them have a running fight for a

Secrets of Happy Hikers and Riders

By Sharon Ruch

Several weeks ago we asked you to reveal your tips for making patrols easier, safer, or just more pleasant. The responses were remarkably varied – no two people sent in the same tip. Here they are, without any credit attached, but you know who you are ... and I thank you for taking the time to share with everyone:

- The plastic wrappers from newspapers or some foods are good for picking up unsanitary stuff along the trail.
- A roll of duct tape can come in handy for all sorts of things.
- Individual packets of honey are instant energizers, and packets of sugar will give someone suffering a



diabetic or hypoglycemic incident the quick sugar boost they need.

- When loading your flashlight, turn one battery the wrong way around. Then, if the on switch gets accidentally triggered, you won't be wasting the energy.
- Soak or coat a cotton ball in petroleum jelly. Store it in a 35mm film canister or a similar container. Use it to start a fire, spreading it out to get the maximum effective area. This will light in any weather.

- Always take a camera. You never know when you might need a photo, or just want a memory.

- Always wear a hat.

- Take lip balm!

Preferably the kind with sunscreen.

- "Sports Beans" come in one ounce bags and have electrolytes, carbs, and vitamins B and C. They provide a boost to prevent weakness.

- Dryer lint is a great, lightweight campfire starter.

- For women – wearing a panty liner catches those annoying

drips after taking a bathroom break along the trail, and keeps you from having to find a way to dispose of toilet tissue.

- A one-foot-square closed cell foam pad weighs only one ounce. You can sit on it in damp or hard spots, kneel on it, pad your daypack, or use it to



extend a sleeping pad.

- An all-weather pen and notebook that hang around your neck are easy to get to when you want to take notes.

Kids (Continued from Page 2)

Of course, there is the other 'be prepared' part. Our first hike with our first daughter was great for her. We had plenty of water and food for her - but not for us. Preparing for all involved gets a little hard, but is doable. One thing we do use are "sharkies" or 'sports beans' - energy foods you can find at hiking/camping stores. They are fun and do give the kids some needed energy. And they will need it - they burn a lot of energy. As far as patrolling for PWV goes, engaging a child on the trail or their parent can be a real opportunity for positive reinforcement of hiking and enjoying the trail. Seeing the uniform and knowing how we help out are all things children eagerly engage in.

It is important to note that I am not an expert in hiking with kids. I do have experi-

ence, but I can't say I could "write the book." However, there are many books out there if you need a reference. Start with the library and build from there. Also, if you are looking for a hike with kids but have none of your own, contact the Kids in Nature (KIN) committee (KIN@poudrewildernessvolunteers.com)

