

THE HUNGRY BEAVER

The Journal of the Kekekabic Trail Club



Volume 15, Issue 2

February 2004

Go to www.kek.org/MWTA2004.html for a copy of this years
Clearing Schedule

Saw Training 2004

by Derrick Passe

I have been asked to let KTC Members what Saw training is all about. This year we have scheduled Crosscut saw training, Refresher training for Crosscut saws AND Chainsaw Training for the weekend of April 17th and 18th. Although the date is set, we are still working to find a location that can accommodate both classroom and field facilities. This is our 4th Annual Crosscut saw training and 3rd year for the refresher, so we should have them figured out. This will be our 1st year to offer Chainsaw training, so that may encounter a few bumps in the road. First of all, let me explain a little about all of these and who should attend.

Crosscut saw Training – This is training required by the USFS for all people who will use a crosscut saw in the National Forest (be it Superior, Chippewa or Chequamegon). It consists of classroom training and field testing conducted by USFS personnel. The Forest Service will teach you how to maintain and use the crosscut saw safely. They will also discuss how to keep yourself and the rest of your crew out of harms way. It may sound like a dry subject but after the class you will have picked up valuable information that you can and will use in the woods. The majority of past participants agree that it was worthwhile training. As a matter of fact, those that were at Wilder Forest the first year will have to return again this year since **RECERTIFICATION IS REQUIRED AFTER 3 YEARS.** Certification also requires that you become certified in CPR and first aid (available through the American Red Cross or possibly the Minnesota Canoe Association).

Saw Refresher – A refresher course is required to keep your saw certification up to date. It is a 1- 2 hour session to get together and brush up on what to look for when you are in the woods working with saws. It is also a chance to ask questions and share your experiences with others. Contact your trip leader for other dates if you are unable to attend.

Chainsaw Training - This is the first year that MWTA is offering Chainsaw Training. Why do

we want it? Approximately 10 miles out of the 100 miles of Trail that the KTC maintains is not in the BWCAW. With adequate training and a chainsaw, a volunteer can quickly clear these sections of the trail. Having completed this training last year, I can honestly say that it also makes cutting up firewood at my cabin a lot safer. What you need to bring for this class is: Chainsaw, Chaps, Ear Protection, Gloves, safety glasses and hardhat. As I said earlier, this class may cause a few problems. One of the biggest concerns is the field testing. The USFS is only able to observe one person at a time so the everyone may not be able to complete the field testing in one day. If you are really interested in becoming certified with a chainsaw, I would recommend signing up for the Saturday Class and give yourself the ability to come back Sunday Morning for the field test. Certification for the chainsaw is also valid for three years and requires an annual refresher, CPR and First Aid training.

The cost for the saw training is set at \$20 and will go to cover the cost for the host facility. Please let me know if you know of a potential location for the saw training event or would like to help out with planning it.

Hopefully this explanation of saw training is helpful to you. Contact Liisa Beckman to sign up for the training or indicate the same on your trip registration.

Trip Leaders

by Derrick Passe

A big round of thanks goes out to Fred Base, Mark Stange, Terry Bernhardt, Jerry Swanson, Bruce Anderson, Bruce Wheelwright, Jason Johnson, Lowell Jaeger, Bill Burt and Terry Serres. These gentleman (almost unsolicited) stepped forward and volunteered to lead on of the clearing trips. But, not to worry, they only filled up half of the trips and we still have 7 to go. There are still 3,4 and 5 day trips available on the Kek, Pow Wow and Snowbank Trails. There are hike-in and canoe-in trips available. Give me a call at 715 386-8348 or send me an email at dpasse@spacestar.net if you want more information on which trips are still available.

New Members of the Board of Directors

The following members have agreed to serve on the Board of Directors.

Fred Base:

I have been a member of the “Kek” club since its beginning. However, I must admit, although my heart and soul is in the BWCAW, on a day to day basis the rest of me resides in Eau Claire, WI. (Yes, a “cheese head”!). My interest in the club has several facets: group dynamics, hiking and the use of hand powered forestry tools. I work as a naturalist in Fall Creek, WI. I also work as a fire tower lookout in season. Because of this, I wouldn't mind seeing the club expand and grow (maybe even to Wisconsin!)

Lynn Glesne:

I first saw the BWCA as a teenager on a church canoe trip from Illinois when the Gunflint Trail was a dirt road. Fast forward to my first trail clearing trip with the KEK in 1999 accompanied by lots of great people and many noxious biting bugs. Not to be discouraged, I've been back every year and have learned backpacking skills from the club. The rest of the time I teach dermatology at HCMC and the U of M.

Terry Serres:

I fell in love with canoe country at its temperamental worst – one fateful July 4th afternoon in 1999. Since moving to Mpls in 1997, I have worked in sales and marketing for Perfect Access Speer. I plan to change careers to natural resources management and am taking undergraduate courses at the U of M. This term I will be studying, appropriately, Recreational Trail Design. I have participated in three trail clearing trips with the KTC. I have joined the Trail Committee. I would like to give more to the Club by joining the Board and collaborating with and learning from the club veterans. I hope to contribute to an increasing awareness of the trails we maintain.

From the Membership Files:

By Liisa Beckman

A few stats about our 140 members. We are a nationwide group, with the following states being represented: Florida, Indiana, Illinois, Montana, Nebraska, Ohio, South Dakota, Iowa, California, Michigan, Wisconsin. Approximately 80% of members are Minnesotan.

We are currently in the process of sending out renewal letters to those whose membership

recently expired or will shortly expire. If you think you are in either of those categories, please contact Liisa Beckman (see contact info below) for your membership status.

Shortly the renovated KTC website will be unveiled. Changes and updates will be funneled through Liisa Beckman, so contact her with any concerns.

If your contact information has changed, please contact Liisa Beckman to confirm that we have your current information.

"Good Health is Better than Bad Health"

By Connie Van Valkenburg

Or so the German people say when you sneeze. But did you know that trail clearing and hiking are a great way to get back into healthy shape and lose that incredible creeping weight? Here in Minnesota in winter perhaps we have to hike indoors, or ski and snowshoe, but come April and May, exercising anywhere is possible, even in the far north.

The American Heart Association encourages walking vigorously 30 - 60 minutes several times a week, but how about a few days in May canoeing, hiking, and clearing trails in our beautiful Boundary Waters?

The Kekekabic Trail Club urges using both upper, and lower body strength. You may hike, canoe, saw trees, use weed whips, throw small brush and logs, fish, maybe swim. Full body workouts done with friends while also eating healthy food can have long term benefits ranging from preventing heart disease to controlling obesity.

We in the US need well maintained trails, camp sites, and signage so we can go where we have planned and always wanted to go. Now, because of inadequate financing, we also need volunteer helpers who love the out of doors and the loon haunted wilderness. We need people who want to take pride in their physical fitness, or in taming the wild just enough so we can pass through and enjoy it, and the local flora and fauna.

Come be healthy with us on the Kekekabic and subsidiary trails in the Minnesota Boundary Waters this May!

Needed: Volunteers to Adopt-A-Store

The KTC has two basic needs: members to help support the club activities year round and volunteers for the trail maintenance trips. In order to bring in new members we need to distribute our membership brochures as widely as possible. In order to recruit volunteers we need to get the word out via the trip brochures.

This is where Adopt-A-Store plays a critical role for the club. We need to distribute membership and trip brochures with the trail clearing schedule to outdoor recreation stores, outfitters, state and county parks, libraries, colleges and other target locations. Listed below are the stores and other sites where we would like to have literature placed. The list is not exhaustive. Other sites can be added. Let Liisa or I know the names.

The distribution of brochures must start now in order to get the word out about the spring trail clearing trips. We need volunteers to visit the stores and sites listed above to distribute the literature. Some of the sites are critical – the outfitters, outdoor recreation stores and USFS District offices in the Superior National Forest. The first step at each store or site is to ask for the manager on duty. Tell him/her about the club and the trail clearing activities and ask if there is a literature rack where the brochures can be placed. There is not a magic number of brochures – 20 or so is probably a good number. If possible revisit the store in a month or so to check on the supply of brochures.

How to help – stop by Midwest Mountaineering and pick up a supply of membership and trip brochures in the KTC supply room (located adjacent to the Expedition Room in the basement – ask for help if you don't know where it is located). There will be a box labeled for the brochures and a clip board with a sign up sheet. Pick out one or more stores or sites. Write your name by the site(s) that you will cover. If you are going to distribute the brochures to a site not on the list, write the name on a blank sheet attached to the clip board.

If you have questions or need brochures sent to you please contact **Liisa Beckman**, beckm012@umn.edu, phone (612) 729-7675.

Duluth Pack Store, Duluth	Augsburg College, Mpls
Finn Sisu, St Paul	Carlton College, Northfield
Galyan's, Bloomington	College of St. Scholastica
Galyan's, Woodbury	Hamline University, St Paul
Galyan's, Minnetonka	Macalester College, St Paul
Gander Mountain, Bloomington	St John's University, Collegeville
Gander Mountain, Burnsville	St Olaf College, Northfield
Gander Mountain, Fridley	St. Thomas University, St Paul
Gander Mountain, Maple Grove	U of M, Mpls
Gander Mountain, Maplewood	U.M.D., Duluth
Gander Mountain, Minnetonka	
Gander Mountain, Woodbury	Afton State Park
Gear West, Long Lake	Fort Snelling State Park
Hoigaard's, St Louis Park	St. Croix State Park
Joe's Sporting Goods, Roseville	Wild River State Park
Midwest Mountaineering, Mpls	William O'Brien State Park
P. J. Ash Otterfitters, Stillwater	State Parks on the North Shore
Piragis Outfitters, Ely	Tamarack Nature Center, White Bear Lake
REI, Bloomington	
REI, Roseville	Anoka County Libraries
Twin Ports Outfitters, Superior, WI	Hennepin County Libraries
U of M. Outdoor Store, St Paul Campus	Ramsey County Libraries
USFS Ranger District Offices and Work Stations: Aurora, Cook, Grand Marais, Isabella, Tofte and Ely .	Scott County Libraries Washington County Libraries

Hungry Beaver Article Submittal

Anyone may submit an article for publication. Articles are due the second Tuesday of each month. Send articles to Bill Burt, Email to lmjwrb@aol.com.

BOD Minutes - 1/13/2004

- 1) Old Business
 - a) BOD Members were established for the coming year.
expires 2005
Bill Burt
Peter Sparks
Connie Van Valkenburg
expires Jan 2006
Terry Bernhardt
Lisa Pazdernik
Derrick Passe
expires Jan 2007
Lynn Glesne
Fred Base (expires Jan 2007)
Terry Serres
- Officers
Jim Luadtke – Treasurer
Mark Stange – Secretary
- b) Membership Involvement is ongoing problem that needs to be remedied by increased communication
- 2) New Business
 - a) Girl Scout -Terry S discussed his continued work to interest a girl scout troop to adopt a trail.
 - b) Endorsements – Fred talked about trying to get endorsements for field testing new gear
 - c) Grant Writing – Agreed to Budget \$1000 to begin requesting grants. Reviewed Grant categories.
 - d) Trail Committee
 - i) Saw Training
 - (1) Need to find location for training
John K is working on this.
 - ii) Fred B will work on Trip Leader Packets
 - (1) Maps
 - (2) Volunteer Manual may need to be reprinted
 - (3) Lodging – Terry S. will work with Lodges
- 3) Meeting adjourned.

Contact Information

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Minutes of the Kekekabic Trail Club Meeting of January 6, 2004

Midwest Mountaineering
Minneapolis, Minnesota

President Derrick Passe called the meeting to order shortly after 7pm.

Connie Vandenberg presented the Treasurer's Report: 2003 ended in the black (\$9.1K income, and \$7.0K expenses), leaving about \$8K in hand.

Derrick discussed the 2004 trail clearing trips and training:
Presented the draft of the trail-clearing handout
Trips are nearly the same as 2003
Saw training choices are on the form (location TBD)
Will have to move proposed dates off Easter weekend

A Board of Directors meeting will be January 13, 6:30pm

Issue: Member involvement

Leaders being burned out

Ideas needed – [offered:] A meeting right after the trail trips when everyone is pumped (Liisa to organize)

Web presence:

The KTC is now on Topica – individuals have to register

Terry Bernhardt: KTC website is being upgraded

Hungry Beaver:

Needs a volunteer night coordinator – January 19th is next

(includes inserting trip handouts)

Monthly H-B publishing schedule reviewed

Story ideas:

Successful trips

Calendar

March issue needs to be big for Midwest

Mountaineering Expo and Canoe-copia

Material to Bill Burt by Tuesday 1/13 for the next issue.

Ideas: Trip form to ask how one found out about the KTC

Use of groups, especially older Scouts, discussed.

Pow Wow Trail bridge project:

A positive draw for National Trails Day activities

Material being brought in by dogsled this winter

To replace last rotting timbers of old bridge near Lake Diana

Special thanks to Connie for cleaning up our Midwest Mountaineering spaces.

Mark Stange, Secretary

Calendar

Feb 3, 2004, 7PM Monthly Membership Meeting,
Midwest Mountaineering 309 Cedar Ave S.,
Minneapolis, MN - Program to be announced.

Mar 1, 2004, 7PM Monthly Membership Meeting,
Midwest Mountaineering 309 Cedar Ave S.,
Minneapolis, MN - **Norm Kagan**, Director of The Albert Faile Wilderness League, will present slides and video describing the trip he made in the summer of 2003, with his son Zach, paddling some 360 kilometers on the Mountain River in Canada's Northwest Territories.

Apr 6, 7PM Monthly Membership Meeting,
Midwest Mountaineering 309 Cedar Ave S.,
Minneapolis, MN - **John Cron** from **Granite Gear** in Two Harbors will talk about the history of the company and the development of specialized back packing and canoe gear. He will also discuss the testing of gear and provide tips on appropriately fitting a backpack.

Apr 17 and 18, 7PM Crosscut Saw Training and Recertification - We are still working to find a location that can accommodate both classroom and field facilities. This is our 4th Annual Crosscut saw training and 3rd year for the refresher, so we should have them figured out. This will be our 1st year to offer Chainsaw training, so that may encounter a few bumps in the road.

PLEASE NOTE THE CHANGE OF DAY FOR THE MARCH MEMBER MEETING. WE WILL MEET ON MONDAY, MARCH 1

First Timers Clearing Experience

by Miss Anonymous

I woke up at the ungodly hour of 5:00 AM on the first day of my Brule Lake Trail clearing adventure to hear voices around my tent, over the tapping of raindrops. I had to wonder what I was doing at Satan's Lap Campground, (oops, Devil's Track Campground).

When I came out of my tent, I noticed everybody had a smile on and was ready for trail clearing. Since this was my 1st trail-clearing trip, I thought what does this mean? Unknown to me, the remaining 72 hours until Sunday would have me wrestling 4 long black snakes, pruning 157 branches and sawing through 43 dead trees, savoring bulgar in the morning, Swedish dried fish treats for snacks, and enjoying the first sounds of a winter wren.

After my rude awakening by the drill instructors (a.k.a. Kek crew leaders) we marched 2 hours in pouring rain fully loaded with clearing tools. Prior to the trip leaving Minneapolis someone suggested that I put my rain gear on and get in the shower. I laughed. By the time we arrived at our 1st downed tree, I wasn't laughing. I was wet to the bone. I have yet to decide if it was the rain leaking in or the sweat leaking out.

At the days end, I recall Ted Shannon and I discussing what we were doing on a crazy trip like this. Two things kept us with the program: 1) promise of cheesecake for dinner and 2) the fact that I couldn't possibly imagine the weather getting any worse.

I learned that dry weather in the BWCAW is a mixed blessing because black flies enjoy the dryness as much as humans. I guess the little fly raingear was too heavy and kept them grounded during the rain.

Two and a half days in the same clothes and wearing DEET for my cologne inspired me to take a dip in the lake. Feeling refreshed and on the brink of lake induced hypothermia we gathered for dinner. By this time I had overcome the adverse elements. My clear head began noticing the extraordinarily high quality of people on this trip. Despite wet weather and hard labor the group kept a smile on at all times as if this was a luxury club med resort. Dinner included many beans, many nights in a row. Mental note: thanks to Mike Hicks for bringing earplugs because beans and tired weekend lumberjacks make for loud sleeping. Too bad Mike only brought one pair of earplugs. In closing, I'd like to share a few phrases overheard on the trail:

"Martin, what is the difference between a birch and aspen tree. SPLASH!"

"I'm so sore that every time I moved I woke up."

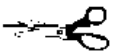
"How's the liquid foot powder? Ohhhhhh, words can not describe the feeling."

"Even after you've cleared the entire trail. Some people will still find a tree to walk into."

"A cabin with a stove and refrigerator, this is camping?"

I will end my adventure with one reminder to myself. Always check the gas gauge when driving into the woods, because eventually you have to drive back out. We made it to the filling station with 0.6 gallons to spare.

KTC MEMBERSHIP APPLICATION FORM



Name _____ Home Phone () _____
Address _____ Work Phone () _____
City, State, Zip _____ E-mail: _____

YES, sign me up at the following Annual Membership Level (all levels include a 1-year subscription to the *Hungry Beaver*):

- _____ \$20 **Individual**
- _____ \$35 **Family**
- _____ \$50 **Sustaining** (Includes your choice of a 3-map set of the Kekekabic Trail OR a KTC T-shirt—indicate below)
- _____ \$100 or more **Trail Guardian** (Includes **both** a 3-map set of the Kek Trail AND a KTC T-shirt—indicate below)
 - _____ Yes, send me a 3-map set of the Kekekabic Trail!
 - _____ Yes, send me a KTC T-shirt! Circle shirt size: SM MED LG XL
 - _____ Special gift

TOTAL AMOUNT ENCLOSED Check this box if you do not want your name in the KTC phone book.

Return this form with your check made payable to: Kekekabic Trail Club, 309 Cedar Avenue S., Minneapolis MN 55454
The KTC is a nonprofit, charitable organization under 501 (c) (3) of the Internal Revenue Code. Contributions are tax deductible.

A Walk in the Woods – nonfiction

by Bill Bryson (Broadway Books 1998, hard & soft cover)

By Mark Stange

Anyone who has ever contemplated hiking the Appalachian Trail, or even a portion of its 2,100-mile length, really should take the time to read this highly informative, entertaining tale. The rest of us will simply roll around on the ground laughing at the experiences of Bill Bryson and his hiking companion, “Katz.”

Bryson is an Iowa native who spent twenty years in London as a writer before moving back to New Hampshire. Despite a great lack of hiking experience, he decided to attack the AT, starting at the southern end in early spring. Along the way, he and Katz meet quite an assortment of characters and have some very interesting experiences.

Many consider Bryson a humorist, and he is. But he is also a historian and conservationist. Much of it reads like excerpts from *The National Geographic*. Kekekabic Trail Club members will particularly enjoy his take-offs on the U.S. Forest Service.

Kek members will also appreciate the antics of those unfamiliar with backpacking. The various stories make for great bedside reading – not to mention an eagerness for Bryson’s next book, which was just printed.

Off-Piste Pesto Pasta

Ingredients:

1 package Knorr’s Pesto Mix
¼ c olive oil
12 oz dried pasta
1 c sun dried tomatoes
¼ c pine nuts
¼ c dried veggies
2 cloves garlic, chopped
parmesan cheese to taste

To pot of boiling water add pasta, tomatoes, garlic, and veggies. Cook till tender, drain all but a little bit of water. Add pesto packet, olive oil and pine nuts. Toss well and top with parmesan cheese.

Brown Sugar Short Bread

In a mixing bowl, cream 1 cup butter and ½ cup packed brown sugar. Gradually stir in 2 ¼ cups flour. Turn onto a lightly floured surface and knead till smooth. Pat into 1/3” thick rectangle 11” x 8”. Cut into 2” x 1” strips. Place 1” apart on an ungreased baking sheet. Prick with fork. Bake at 300 for 25 minutes or until bottom begins to brown. Cool for 5 minutes, move to wire rack and cool completely. Yields 3 ½ dozen.

Tip

If your crackers get crunched before you have a chance to eat them, store them in a old Pringles can. They weigh next to nothing and have a nice lid for packing out trash with after the crackers are gone.

Camp Beverages:

By Jerry Hofman

- Cool water is the best human re-hydrator. Drink as much as possible early in the day. Don't wait until your thirsty.
- 2 large spoonfuls of Tang added to a cup of boiling water is a great "jump start" in cool weather. Let it cool just a bit before drinking, of course, to avoid lawsuits against the trip leader. We're not McDonalds, you know.
- Carry a thermos to store boiling water. The next batch hot water can be started while campers make their hot beverages.
- Use individual coffee & tea bags. Caffeine deficient campers don't have to wait for a whole pot to brew. Cleanup is a lot easier, too.
- A camp-stove espresso maker can deliver 2 to 4 espressos in only 90 seconds.- A 1-quart coffee press will deliver 6 cups of coffee in about 5 minutes.
- Bring 2 extra 1-liter, wide-mouth Nalgene bottles along. Dump one package of pre-mixed Koolaid in one bottle, add water, mix, top off the 1st bottle. Then, pour 1/2 into the 2nd bottle. Top off both bottles. (Extra 1-liter bottles are always handy in the field, too.)

A couple of selling points for Trail-clearing trips

Contrary to popular opinion, a trail-clearing trip can be a good introduction to the BWCAW – one need NOT be a BWCAW veteran to be a valued participant. Each trip has a specified/guided route, alleviating concerns about getting lost. Further, the group and its leader will bring a great deal of experience that can be absorbed by newcomers.

A “Backstage Pass” to the Boundary Waters Wilderness, with great bragging rights – going up before the tourists to help the Forest Service clear trails will surely impress friends and neighbors!

Tip

Packed your toothpaste but forgot your sunscreen? Don't worry, white toothpaste can be used in a pinch to protect your areas.

Inside This Issue

Saw Training 2004	pg 1
Trip Leaders	pg 1
New Members of the Board of Directors	pg 2
From The Membership Files	pg 2
Good Health is Better Than Bad Health	pg 2
Volunteers to Adopt-A-Store	pg 3
BOD Meeting Minutes 1/13/04	pg 4
Contact Information	pg 4
Membership Meeting Minutes 1/6/04	pg 5
Calendar of Events	pg 5
First Timers Clearing Experience	pg 6
Walk in the Woods	pg 7
Recipes and Tips	pg 7



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