



PO Box 3431
 Evergreen, CO 80439
www.fomelc.org

MAY 2019 Newsletter



Spring Training May 18-19
 Volunteers Slicing "Cookies" for Fun,
 during the 2 day training program



New Volunteer – Debbie, crossing
 the "Finish Line" during the
 Experiential Hike Saturday
 May 18th.

Chairman:

Peter Vrolijk
Peter@fomelc.org

Trail Projects Coordinator:

Steve West
steve@fomelc.org

Weed Projects Coordinator:

Alan Rockwood
Alan@fomelc.org

Secretary:

Dee Lyons
dee@fomelc.org

Treasurer:

Matt Komos
Matt@fomelc.org

Webmaster Team Lead:

Alan@fomelc.org

Marketing/Education Team:

Gordon Brown
Browny327@yahoo.com

Trail Patrols & Hosts:

Dave Swinehart

Newsletter:

Dee Lyons
dee@fomelc.org

Forest Service Liaison

Ralph Bradt
rbradt@fs.fed.us

UPCOMING EVENTS

Contact Project Lead:

Project Weeds: alan@fomelc.org

Project Trails: steve@fomelc.org

Project information will be updated with each newsletter

May:

24-25: Trailhead Host at Goose Creek Trail. Contact Steve West steve@fomelc.org

June:

3-6: Region 2 Wilderness Ranger Academy. Fraser/Winter Park.

8: Noxious Weed Identification and Control Training 9:00 AM- Noon (More info in newsletter)

8: Trail Project - North Ben Tyler Trail (Lost Creek Wilderness) Corridor Work

15-16: Leave No Trace Training in Pagosa Springs. Need 2 volunteer to attend. Paid by FOMELC **Class is now Full**

22-23: Crosscut Saw Certification Class for A & B Sawyers, Buffalo Creek (Currently has a waiting list)

24-29: One day this week will be a collaborative weed project with Boulder Weed Team. Watch your email for date

29: Trail Project: **ALL HANDS DAY** & Monthly Meeting BBQ Upper Rolling Creek Trail (Lost Creek Wilderness) Corridor Work and Weed Control

July:

6: Indian Creek Weed Project. Mount Evans Wilderness

TBD: Beartrack Lakes/Cub Creek/Resthouse Meadows Weed Project. Mount Evans Wilderness

9-13: Weed project (one day during the week) Beaver Meadows/Captain Mountain East. Watch your email for date

13 or 14: Mount Evans Geology Hike peter@fomelc.org **See more in this newsletter**

27: Beartrack Lakes Trail, Weed project. Mount Evans Wilderness

31: Monthly Meeting at Evergreen Fire & Rescue , 1802 Bergen Parkway, Evergreen 6:30-8pm

August:

1-3: Date to be determined. Goose Creek Yellow Toadfax Weed Project. Lost Creek Wilderness

10: Trail Project- **ALL HANDS DAY** & Monthly Meeting BBQ (Mount Evans Wilderness) Beaver Meadows and Beartracks Lakes Trail Work and Weed Project. Camp Rock Trailhead.

Additional project to include an all ladies project crew team. More info to follow.

14-17: Date to be determined. Beartrack Lakes Orange Hawkweed Project. Mount Evans Wilderness

September:

25: Monthly Meeting at Evergreen Fire & Rescue , 1802 Bergen Parkway, Evergreen 6:30-8pm

Additional Projects will be updated for this month at a later date.

Spring Training 2019

Many thanks to the Volunteers who donated their time to help put this annual training event together for the new FOMELC Volunteers. Could not have done it without all of you!

Dee Lyons, Team Chairman



Alan Rockwood
Gordon Brown, Melanie Brown, Amy Brown, Amanda Brown
Steve West
Dave Swinehart
Peter Vrolijk
Guy & Kay Hoisington
Matt & William Metcalf
Charlotte Wytias
Kirk Hilbelink, Nicholas and Carson Hilbelink
Kim & Cyrena Hulko

Forest Service Representatives:
Ralph Bradt (Clear Creek RD)
Jon Brooks (Clear Creek RD)
Brian Banks (South Platte RD)
Brandon Mitchell (South Platte RD)
Dale Franchina (South Platte RD)



Brian Banks, District Ranger
South Platte RD

A Very Special Thank You to our Chefs!
Guy and Kay Hoisington

Thanks to Hershel & Grover: Dogs off leash scenario during the Experiential Hike

NOTE FROM THE CHAIR

This is a long newsletter because many activities are going on, and a lot is planned for the season that has started now that the last snow has fallen (will I regret this claim?). We welcome a new cadre of volunteers who attended last week's training. They bring new enthusiasm to our organization. There are many activities in all aspects of the organization – trails, invasive species, and education and outreach. We hope to see many of you on one or more of these activities – let's go have fun in the Wilderness.

- *Peter Vrolijk*

Spring Training 2019

What is in Your Backpack? By Dave Swinehart

Dave was our speaker regarding the Leave No Trace Principle – Plan Ahead and Prepare

Dave's Benchmark: Carry the appropriate gear necessary to be able to safely survive a night, or two, depending upon the season, activity, environment (high mountains, desert, etc.) and specific hazards (river crossing, snow travel, rock talus, etc.).



What to Wear & Carry in your Backpack on Day Trips -

Colorado Three Seasons: 1) Summer; 2) Winter; 3) Shoulder Seasons

Clothing & Gear Systems:

Think of clothing and gear in terms of “*systems.*” The clothing and gear system has a *basic core* that can be expanded or modified depending upon the season, activity, and environment. Layering of different weights and materials of clothing are a key element of the clothing system.

The Ten Essentials

1. **Navigation:** Map & Compass (possibly GPS, satellite communicators and extra batteries)
2. **Headlamp:** Plus, extra batteries or a lightweight backup headlamp
3. **Sun Protection:** Sunglasses & Sunscreen, and sun-protective clothing in some environments
4. **First Aid:** Including foot care (and insect repellent in certain environments)
5. **Knife:** Plus, repair kit
6. **Fire:** Matches, lighter, tinder/fire-starter (or stove as appropriate)
7. **Shelter:** Carried at all times - can be space blanket or lightweight emergency bivy (rain gear is part of the shelter system)
8. **Extra Food:** Beyond minimum expectation
9. **Extra Water:** Beyond minimum expectation, or the means to purify
10. **Extra clothes:** Beyond the minimum expectation, including raingear

You can survive: 21 days without food; 3 days without water; 3 hours without shelter in severe conditions; 3 minutes without oxygen.

Spring Training 2019

Experiential Hike on National Forest

The 2.5 mile hike on National Forest near the Shawnee Community Center (location for training) was the perfect site to practice Leave No Trace Principles through role-play on what a FOMELC patroller will find while out on the trails in Mount Evans and Lost Creek Wildernesses.



Weed Identification



Simulated Wilderness



Dog Off Leash Scenario

Camping less than 200 feet from a lake and making a new site rather than an existing site for low impact and minimize campfire impacts scenario (no bonfires)



Other Leave No Trace scenarios included Plan Ahead and Prepare, Dispose of Waste Properly and Be Considerate of Other Visitors.

“Authority of the Resource” is taught during the Annual Spring Training. The class is how to educate the public in Leave No Trace Principles in a positive experience. Nature has its own authority to influence behavior. People are more likely to enjoy the outdoors responsibly when they understand how their actions impact the natural world.

FOMELC Website Under Construction

You have heard of using “under construction” for websites in process? To help you understand where we are, we have our architectural drawings, we have purchased the property, and we have most of the building materials, but we have not actually broken ground. Working with a student group at CU Denver, we were able to establish standards for the look and feel of the new site and to get some good videos created. For a sneak peek of the video, which will be featured prominently on the site : <https://vimeo.com/334323856>

Deb Grass and Debbie Black have taken the basic website ideas from the CU Denver student team, compared our existing site and looked for best practices from other “Friends” organization to develop a detailed outline of our new site.

We have decided to use Squarespace as our new platform. Squarespace offers simple to use templates that will make keeping the site up to date easy (once we have the initial site created). Now we need a contractor to build the new site. For this, we are recommending that we find an economical Squarespace developer local to Colorado. If you have any recommendations, send them to Alan Rockwood (alan@fomelc.org)

As soon as we’ve engaged a developer, we will be back with a final schedule for rollout. Until then, have patience!

FOMELC Marketing/Education *By Gordon Brown*

Volunteers needed to help in booths:

Evergreen Rodeo - June 15-16

Place: El Pinal Rodeo Grounds
29830 Stagecoach Blvd.
Evergreen, CO 80439



Vendor setup is Saturday around 12:00 to set up our booth.

Vendor time is 3 - 8pm with the Rodeo starting at 5pm.

SATURDAY: First shift is 12 to 4 and second shift is 4 to 8pm.

SUNDAY: vendor time is from 12:00 - 5:30pm with the Rodeo starting at 2:00pm.

First shift is 12:00 - 2:30 and second shift is 2:30 to 5:30pm.

Parking free to vendors. Let vendors know at the gate you are a vendor and he will give you directions to parking.

Bailey Day - June 22

Place: Bailey, CO (On route 285 towards Fairplay).
Vendor set up is before 8am on Saturday, June 22nd.
We will get there around 7am to set up our booth.
Event time is 9am to 8pm.

First shift is 8am – noon; Second shift is Noon to 4pm; Third shift is 4pm - 8pm.

Please contact Gordon@fomelc.org or call at **713-725-5318**, if you would enjoy attending one of the two events . Dress for both events will be your FOMELC uniform.





FOMELC WEED ERADICATION PROGRAM

From the Noxious Weed Patch – *Alan*

Save the Date:

Noxious Weed Identification and Control Training

June 8, 2019, 9:00 AM- Noon

US Forest Service Clear Creek Ranger District
101 Highway 103
Idaho Springs CO 80452

If you are serious about controlling invasive weeds in the wilderness, on public lands or on your own property, you will want to attend this class. The class will include identification, treatment methods and the optimal timing. For those volunteering on public lands there is a session on mapping protocols.

For more information: alan@fomelc.org



Front Range Crosscut Saw Skills Training and Certification Workshop

June 22-23

Waiting List

This course will cover crosscut techniques, procedures, and best practices for clearing trail safely and effectively in challenging situations. It will also cover basic tool care and maintenance. Certification will be a recommendation that must be approved by each local agency or land manager where work with saws is performed. We hope to get everyone evaluated and certified, but this will depend on the number of participants as well as the number of qualified certifiers available to help.. All participants must have a **valid basic first aid certification** for the crosscut certification or recommendation to be given.

Online registration: <https://www.voc.org/project/front-range-crosscut-saw-skills-training-and-certification-workshop-2>

Dates: 6/22/19 to 6/23/19

Location: Buffalo Creek Area



2019 Wilderness Ranger Academy

The US Forest Service for Regions 2 and 3 has announced the 2019 Wilderness Ranger Academy, [June 3-6, 2019 in Winter Park](#). The Academy is open to volunteers as well as USFS personnel. **There is no cost to attendees.**

It will be “An interactive, hands-on wilderness training for “down-in-the-dirt” field wilderness rangers and trail crewmembers and volunteers. The Academy covers topics such as wilderness law and policy, stewardship actions to preserve wilderness character, and wilderness ranger field skills.”

This program is a great addition to the FOMELC Spring Training to “Increase the awareness and knowledge of all personnel who work in wilderness.

Promote traditional tool skills and use, including orienteering, backcountry first-aid cooking in the backcountry and public contacts, enhance wilderness stewardship and Leave No Trace education to visitors.”

Below are several of the topics that will be cover during this 3 day academy:

- Wild By Law (DVD)
- Wilderness Act Fundamentals
- Wilderness Character Monitoring (WCM)
- Minimum Requirements Analysis (MRA)
- Why Do You Care? Exploring Personal and Professional Wilderness Values
- Outfitter, Rancher, Hunter and Friends Group Perspectives about Wilderness
- Wilderness: Relations of People and Places Presentation
- Wilderness Research: Evolution of Wilderness Social Science: From Carry Capacity to Climate Change
- WISDOM: Ranger Safety and Public Contacts
- Wilderness Advisory Group (WAG) Update
- Breakout Field Exercises (Outdoor activities):
 - OPTION A: Map and Compass, Orienteering
 - OPTION B: Wilderness First Aid
- OPTION C: Axe Skills
- Intro to Teaching LNT to Youth
- Intro to Rigging
- Bear/Wildlife Safety
- Knot Tying
- The Wilderness Debate: From Teddy to Today

For additional information or to enroll in the Academy
Contact Ralph Swain at 303-275-5058 or ralph.swain@usda.gov.

Do you know your **Leave No Trace Principles?**

(Part 7 of a 7 Part FOMELC Newsletter Series)

www.Lnt.org



7. Be Considerate Of Other Visitors

Many people come to the outdoors to listen to nature. Excessive noise, unleashed pets and damaged surroundings take away from everyone's experience in the outdoors. The feeling of solitude, especially in open areas, is often enhanced when group size is small, contacts are infrequent, and behavior is unobtrusive.

Consider how your experience is affecting the way someone else enjoys the outdoors. For example, earbuds may be a less obtrusive way to enjoy music than external speakers, but if you have the volume turned so high that you can't hear someone behind you who wants to pass, your personal preference for music will negatively affect other people.

Bright clothing and equipment, such as tents can be seen for long distances are discouraged. Especially in open natural areas, colors such as day-glow yellow may contribute to a crowded feeling; consider earth-toned colors (ie. browns and greens) to lessen visual impacts.

Keep pets on a leash at all times — Dogs appear as predators to elk and moose who have a young one with them. Wildlife will attack a dog if they feel threatened. Please pick up dog feces from camps and trails.

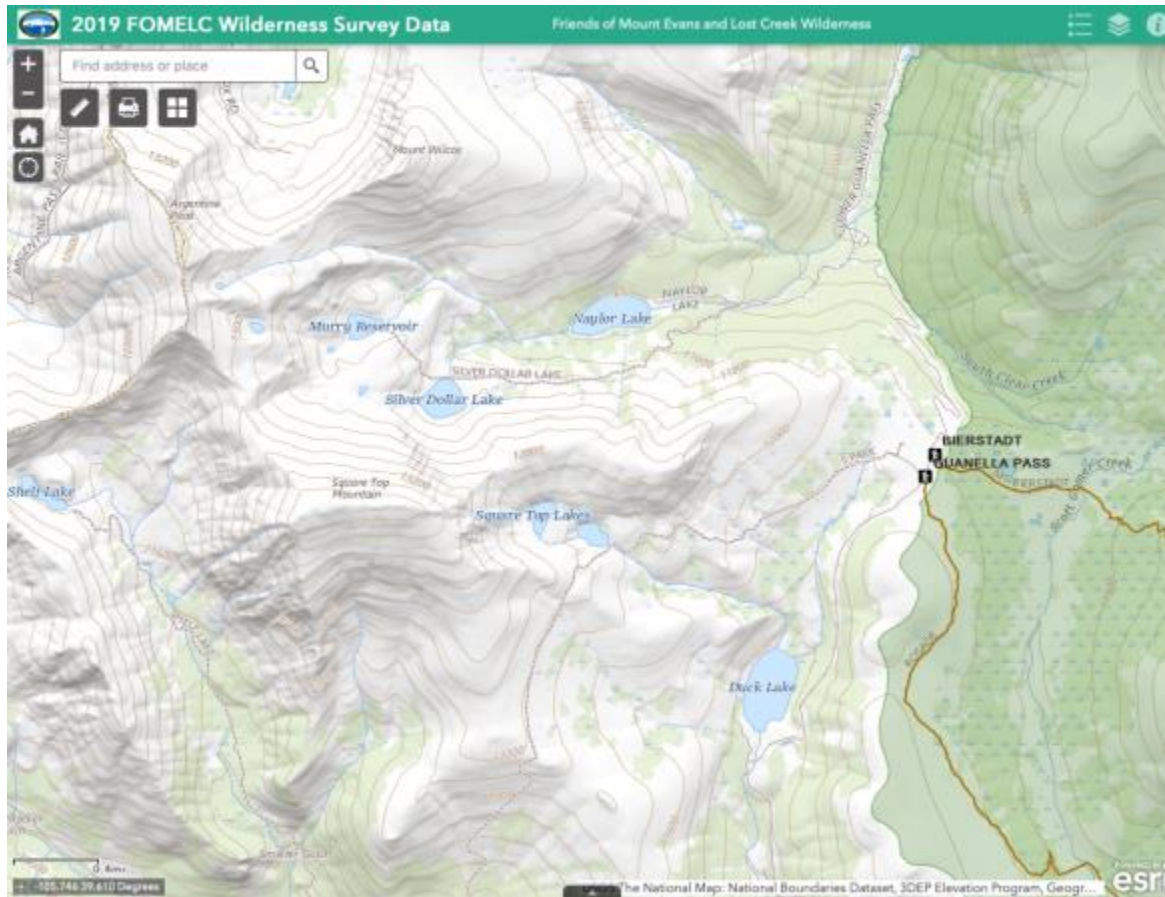
**9 out of 10 people in the outdoors are uninformed about their impacts to nature.
Let's change that.**

Mount Evans Geology Hike

July 13 or 14

What: FOMELC is sponsoring a geology hike in collaboration with **Yvette Kuiper**, structural geology professor at Colorado School of Mines, and students **Logan Powell and Asha Mahatma**. The purpose of this excursion is to discuss the bedrock geology of the Mt. Evans area for all interested participants, including those with no geology background.

Where: South Park Trail and off-trail to outcrops west of Guanella Pass (accessed from the parking lot).



When: July 14 (or July 13 if weather demands). We will likely start early in the morning (8 a.m.) so we can be off the trail by early afternoon.

How: Although we will be west of the Mount Evans Wilderness, we will respect Wilderness and Leave No Trace principles on our hike. Our group will be limited to 15 so please RSVP peter@fomelc.org if you wish to join us. Participation will be on a first-come, first-served basis.

Thank You to Our Sponsors & Supporters

For Spring Training 2019



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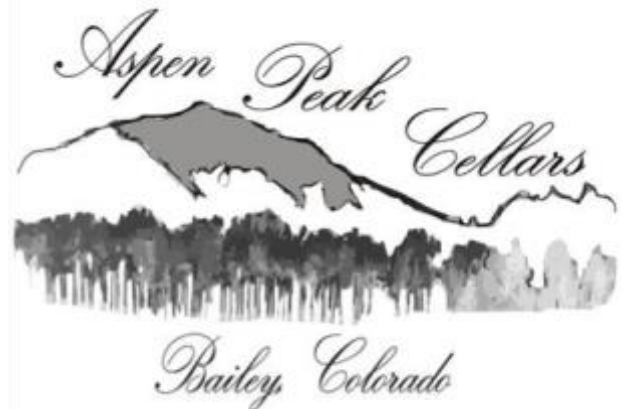


www.Sierradesigns.com



www.backpackerspantry.com

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FOMELC Mission Statement:

The Mount Evans and Lost Creek Wildernesses encompass 194,400 acres with over 170 miles of trails in Colorado's Pike and Arapaho National Forests.

We work in partnership with the US Forest Service, engaging in education, outreach and stewardship activities to preserve the wilderness character of these lands for current and future generations.

I Have a Question!

Got a general or specific trail question? Admin@fomelc.org email will go to all board members and one of us will get back to you.

How do I become a volunteer with FOMELC?

Check out our website to sign up. www.fomelc.org

Like your Newsletter?

Let Us know!

admin@fomelc.org