

See what's new . . .



CIWC TrailMix

Nov/Dec 2018

Mission Statement

The Central Indiana Wilderness Club is a non-profit volunteer-based club designed to provide affordable recreational adventures for experienced and new outdoor enthusiasts. We are committed to teaching and learning the essential skills needed to be confident in and enjoy wilderness adventures.



Over the past three years no one could have prepared me for the valuable lessons and special relationships I would develop while serving as CIWC's President. The Club has given me the opportunities for new outlets, experiences and challenges, all of which have been enhanced by the Club's sense of camaraderie and teamwork.

You may have heard others, including myself, refer to us as a "Tribe." We are a unique and vibrant group of individuals that fit together and functions as a cohesive whole. Having the opportunity to work with like-minded supportive members has allowed for the positive growth of the club.

As we move into the new year, the team players names or roles may change but the ongoing commitment to offer an affordable and safe wilderness adventures will remain.

I look forward to the continued Club support for the incoming president, officers and volunteers as they begin their terms and lead our members on even more wilderness adventures.

Respectfully,
Lisa Forester



BIG SHOES TO FILL...

As I take the Presidential “backpack” from Lisa, who has led the club into the twenty-first century, it is my hope that the club will continue to evolve in a positive fashion. I think it is important that we make it easy for potential recruits to join our club, and that they are provided with the necessary education and training so when they are out on the trail, they can have a safe and enjoyable experience.

I would also like us to focus on mentoring members with the hope of them transitioning to leadership roles in our club. It is very important that we have a number of co-leaders who can lead trips, because having more leaders could allow us to experience trips to diverse areas we have not had the opportunity to visit previously. What better way to explore a new area, than with some of your new-found friends? We are always on the lookout for new leaders to coordinate backpacking, bicycling, or canoe trips.

We are blessed to have a great Board of Directors that is constantly looking for ways to make it easier for members to communicate with one another and sign up for trips and classes. The board is also constantly on the lookout for bigger and better areas to visit, and like all of you, love the outdoors!

I am excited about the next couple of years. I am honored to be your president. My email is ishikerbiker9@comcast.net. Please feel free to reach out to me at any time with your comments and/or suggestions.

See you outside!

Steve Kinch
CIWC President-elect



When you're not out "wandering"... what have you been "wondering"?

It may look like CIWC has fallen asleep, but you can be assured we are hard at work planning 2019 trips, classes and workshops. Be on the lookout for events to roll out over the upcoming months.

Saturday, December 8:

Hope to see you at the annual holiday party! You won't want to miss celebrating the season with your old CIWC friends and meeting some new ones!

Plus, get your sneak peek and be among the first to sign up for some great 2019 outdoor experiences!

Be sure to renew your membership before December 8 so you can sign up.



**Great
News**

January 23 – Public Roll Out at Holliday Park

This is when we release our trips to the general public. Trip leaders will be present to promote their trips and to answer questions. Dues-paying members will have already had a chance at sign up, but there should still be plenty of openings. If a non-member sees a trip that interests them, they can become a member and make a deposit. Additional information to come...

Beginner Backpacking Class/Seminar at Holliday Park (March)

The exact date will be announced soon. Over the course of a few hours you'll get a glimpse of what backpacking is all about. Close to 20 presenters will "show and tell" discussing equipment, food prep, destinations, and helpful "how to's." We will also be releasing a number of beginner overnight trips with a \$25 sign-up fee. These trips will take place at various locations in Indiana during the spring season and are "teaching trips" led by experienced leaders.

TRIP REPORTS

Tecumseh Trail - Gourmet Edition #2 (Aug. 24-26)

Well, it was a little cooler than the Tecumseh Part 1 hike, but not by much. Still with lots of food and good company, a 90-degree hike seemed like a fine thing to do on a late August weekend.

We used Yellowwood Lake campground as base camp and shuttled to the beginning and end of the trail for our hikes. As people arrived on Friday night, Steve and Julie prepared the Chicken Curry with Mango and Cashews (see recipe in this issue) that had been home cooked and dehydrated. Served along with some store bought pimento cheese spread and humus with crackers, no one was left hungry. That didn't stop us from enjoying some cherry cake, prepared in the backpacker oven. We were well fueled for our 11-mile hike that laid ahead on Saturday.



After a breakfast of backpacker cinnamon rolls, we started hiking at Indian Hill. We got to see the new shelter being built by DNR and the Hoosier Hikers Council that will soon be a great place for an overnight stay on the trail. Just as we were getting warmed up, the skies opened with a tremendous downpour that lasted until our lunch stop at Prang Pond. Sunshine broke through for the afternoon as we finished the hike back to our Yellowwood Lake campsite.



Before long it was time for a dinner of barbeque chicken and slaw, followed by gourmet brownies with icing, nuts, M&M's and caramel sauce. We enjoyed sunset at the lakeshore with beautiful clear skies that would prevail through our hike the next day.

Sunday breakfast was

Crescent French Toast with Berry Sauce and bacon, cooked to perfection by Melanie and Bob.

This gave us the sustenance we needed for the 12 remaining miles we would hike on Sunday. It was hot, but spirits remained positive. The shady stop at the pop machine at Hickory Shades motel provided a nice respite from the heat. Although no one handed us a free drink, it did feel like a bit of trail magic.

We missed the last mile or so of the trail that goes beyond the parking lot where cars were parked, but a trek along the Tecumseh Trail is always a pleasure, especially in such good company.



Tecumseh hikers: Steve Schneider, Diane Osborn, Pramit Baul, Carolyn Langlie-Lesnik, Julie Ward, Melanie and Bob Wise. Not pictured: Leslie Green

Boundary Waters (Sept. 8-16)

A Boundary Waters canoe trip is the ultimate wilderness adventure experience! It is true!!



The eight of us (Jim, Kevin, Nickie, Ellen, Charlie, Diane, Bob, and Janice) took off in the club van for Ely Minnesota. The drive was beautiful (once you get out of Illinois.)

When we arrived at Ely our outfitter had us set up in a bunkhouse for the night. We started out bright and early. The weather was great! We hopped into a van with our gear and canoes in tow. 45 minutes later we had arrived at our drop off

point and the beginning of the first portage to Nina Moose River. This was it...this is what we had been waiting for! This would be the first portage of several for us and the longest. We would portage 4 more times that day. Oh, nobody told us about the beaver dams. There were 7! However, I will have to say I quite enjoyed them. We would spend the day navigating the river and lakes in our 4 Kevlar canoes. We passed Nina Moose Lake continuing on to our destination for the evening at Lake Agnus.

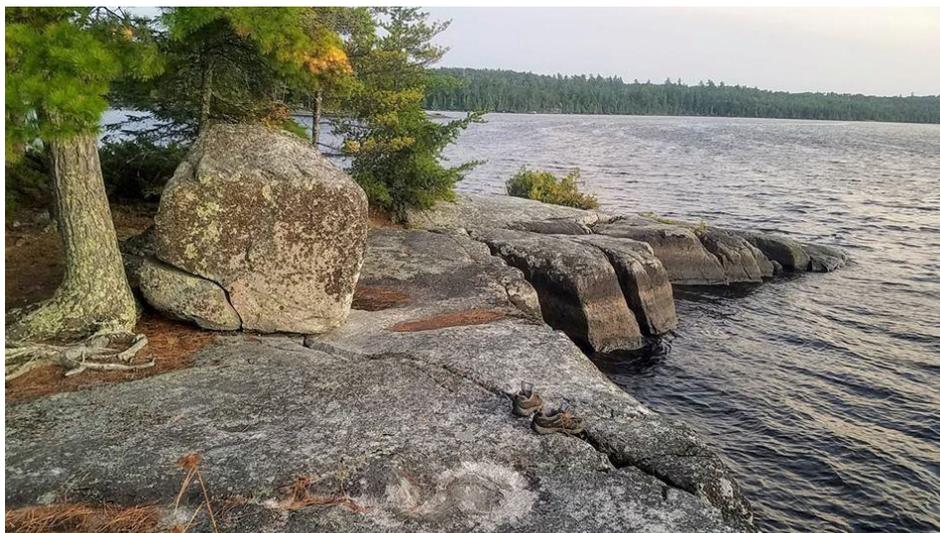
This was a 5 Star camp site!! After setting up camp, Kevin made us some awesome pizza! He made it look so easy and it was delicious!!



We woke up to some rain, wind and cool temperatures Monday, but the clouds quickly

parted and the weather turned out great. 70 degree weather in September... can't beat that! We pulled up camp, had a quick breakfast, and started paddling toward our next destination, Tiger Bay. We only had two portages this day. We passed "Eagle Island." At least that's what we called it.

We lost track of how many eagles we saw and heard on this island. It was truly AMAZING! We saw swans and loons. We got to camp early and were able to dry out and enjoy the day. Bob would cook tonight. We had chicken and cheese quesadillas with salsa... another great and easy meal. We had a wonderful fire and then looked at the amazing night sky. The sky was clear and the Milky Way was out in all of its glory.



We awoke to another beautiful day on Tuesday. Janice fixed bacon and pancakes. She made sure that everyone got their share of syrup. She started thinking we need to eat more so we don't have to carry the weight back over the portages. So syrup was offered with every meal! We also realized that we ate A LOT of

cheese and should purchase shares in Kraft! Oh, and there are the Oreos. We had planned to either do a day trip to one of the falls or to see the pictographs. We had a weather radio which noted that it was going to be a windy day. We decided it would be best to take the shorter route to see the pictographs. We set out and paddled to Warrior Hill. Ellen, Nickie, and Charlie climbed Warrior Hill. Within just a few minutes the wind really picked up and we had to make a decision to go back to camp. Just the small distance we had paddled to Warrior Hill was now very difficult to paddle back. We spent the day enjoying just being out in the wilderness. Ellen and Nickie braved the cool water and took a rinse. Janice, Kevin, and Jim did some fishing. They caught some small pike and Janice caught a smallmouth bass large enough that everyone could get a bite with supper.

Kevin fixed supper again. OMG! Cornbread and Chili (with a side of bass)!! It was so delicious and it had all been dehydrated (except the fish of course.) Another night fire and a blanket of stars for a background!

Wednesday we would break camp and head back to Lake



Agnes. This would be a short trip with only the two portages. After we found a site and got our camp set up, we had a couple of afternoon storms. The first one produced marble sized hail, while the second had more lightening. Diane and Jim braved the storms under the tarp. Janice fixed supper: chicken, stuffing, and mashed potatoes. Once again we had a great fire and relaxing night.



Thursday Bob fixed us egg burritos. Quick and easy meals and oh soooo good! We would move back to Nina Moose, which will make our exit day short.

It was very windy this day. There were whitecaps breaking on the

water. To add to our challenge, we found it difficult to find a site. Being the true adventurers that we are, we worked together and were able to find one. (It was kind of like the Amazing Race for a while.) It may have been a 1 Star site, but we were very thankful for it. Bob would make some Mac and Cheese for supper. Did I say we like cheese?! We had a relaxing last night in the wilderness. Thankful for what nature had given us. We settled in early for the evening as we wanted to be up and on the water by daylight. (They were once again calling for storms and wind.)

Up by 4:30 and on the water by 6:30, we left our site with calm water and smooth paddling. We would navigate the 7 beaver dams again. One of the dams almost got the best of Jim and Charlie...we all had a good laugh over that one. Then we had a beaver swimming toward



us as we were stepping on his dam. We got off before he got there. Then the 5 portages. We did

it!! The outfitter picked us up where he had left us and brought us some drinks for the ride back. The outfitter provided us with hot showers.



We spent some time shopping in Ely and then headed toward home. Ellen got a shirt that said #portagesux. They hit that nail on the head! Seriously, they were challenging but that's what makes it exciting and we did it!! We stopped in Boomer for a night in a hotel and arrived home late Saturday afternoon.

Overall, we actually traveled through 4 states and Canada. We saw and heard all kinds of

wildlife including: eagles, muskrats, beavers, loons, swans, turtles, mice, squirrels, chipmunks, blue jays, and fish. We did not see any moose or bears, but we did hear a wolf...oh, and a bear in his hammock (Kevin.) We all worked well together as a group from helping carrying extra on portages, navigating, helping set up the tarps, helping with meals, gathering wood, ...and taking shots of syrup and eating extra cheese!

Manistee River Kayaking/Hiking (Sept. 19-22)

Water, rain, wind, and lots of fun were the themes of our Michigan trip.

We left Indianapolis early for our adventure. After a foggy 6-hour drive we arrived at our kayak outfitter to start a half-day of kayaking on the Manistee River. As the outfitter dropped us off at our put-in point, the weather turned sunny and the gentle river current made for an easy paddle.



After our kayaking adventure, we set up camp at the outfitter's campground. We had the place to ourselves. After going into town for a meal of pizza and some fellowship, we returned to camp and were soon asleep. We awoke to dreary conditions, broke camp, made our way to the parking area and were greeted by a steady rain.



Thankfully, all participants were prepared for precipitation! We had a half-day of consistent rain, but the hike and good company made up for it. We arrived to the banks of Eddington Creek, where we were to make camp in a pine forest. By this time the rain had subsided, so we all took advantage and established camp. After some rest, it was time for a meal of chicken, stuffing, mashed potatoes and peanut butter chews for desert.

Upon awakening the following morning, we were greeted with partly cloudy skies and windy conditions. During this day's hike we viewed several scenic areas of the river and valley. The wind presented a few challenges at some of the overlooks, and the 45 MPH gusts were tricky to say the least. That afternoon, we made camp next to the river and dried out a few things still wet from the previous day's

adventures.

Then, we fellowshipped over a meal of chicken with macaroni and cheese and garlic bread, while the wind-driven campfire kept us warm!

Our expedition came to an end the following morning, we broke camp and hiked a short 2 miles to the club van. We then stopped for a well-deserved meal before our drive back to Indianapolis.

Porcupine Mountains Wilderness SP & Sylvania Wilderness
U.P. Michigan - Camping/Hiking/Canoeing (Sept. 30 - Oct. 6)

Eight participants including Elden Hartman, Roger Coulter, Don Nelson, George Lindley, Tom Mayer, Bernie Weitekamp, Ellen Kay Schlieckau, and Barb Bates traveled to the Upper Peninsula of Michigan. We left in the club van early Sunday morning from Brownsburg, and drove to Porcupine Mountains Wilderness State Park, a beautiful 60,000 acre park near Ontonagon, Mich., bordering Lake Superior.

We spent three nights in a rustic four bunk bed cabin with plastic covered foam mattresses, a wood stove, and a large table, bench and chairs. During the day on Monday, we hiked a short loop trail to Summit Peak and a longer loop on Presque Isle River. On Tuesday, we hiked the longer rugged and scenic 4.5-mile Escarpment Trail from the Lake of the Clouds overlook along high bluff alpine vistas overlooking a winding Carp River below.





Wednesday morning, we loaded up the van and traveled approximately 50 miles south to Sylvania Wilderness in Ottawa National Forest, near Watersmeet, Mich. After picking up our canoe paddles, PFDs and maps from Sylvania Outfitters, we headed to the Clark Lake landing where our four canoes were waiting for us.

There we loaded the canoes with several packs containing our food, gear and clothes and paddled about 45 minutes across the lake to two spacious adjacent campsites. After setting up camp and eating lunch, we took a late afternoon two-mile hike and took shelter in our tents from a heavy night rain.

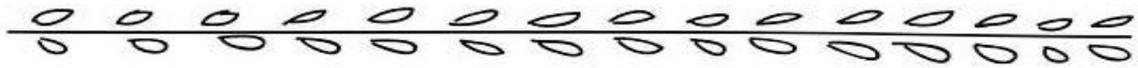
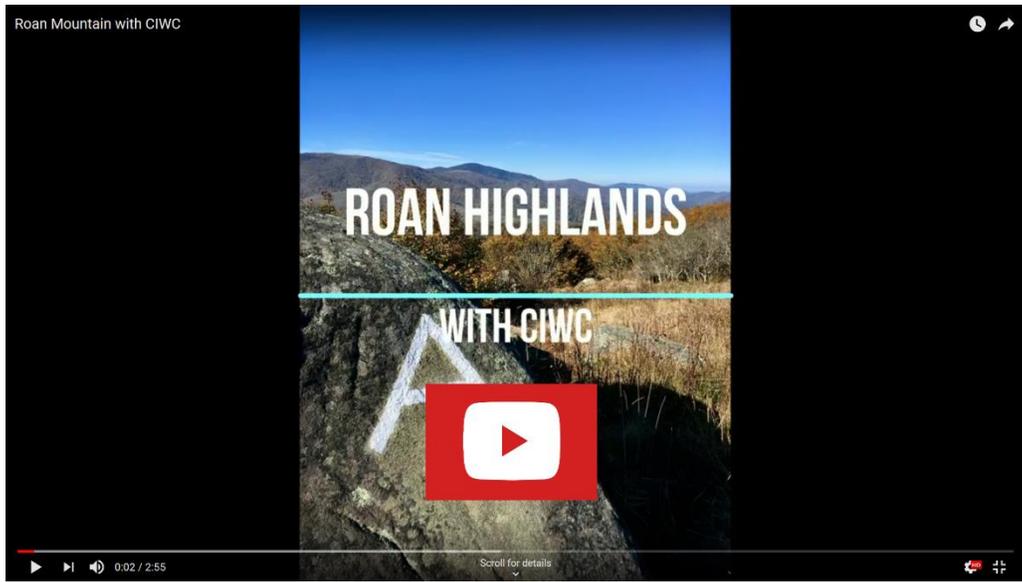
Thursday was windy and cold and made any canoeing impractical. We took a nice three-mile hike through the woods to Whitefish Lake and encountered snow showers during the hike. We had a good campfire that afternoon and evening to stay warm. We woke up Friday morning to snow covered ground, tarps and tents, and a forecast of a cold and rainy day. After a group discussion and no disagreement, we decided to pack up and leave Friday, a day earlier than originally planned.

The highlights of the trip were a great group of people, the fall colors, beautiful trails, lack of bugs, a nice cabin and campsites, and lots of good food and snacks, including dehydrated meals and snacks prepared by Elden, and cornbread, apple pies, cake, and apple crisp baked in a reflector oven. "A good time was had by all."



Appalachian Trail - Roan Highlands (Oct. 13-20)

Enjoy this awesome [YouTube video](#) created by Leslie Green. What a fun way to share their group's AT adventures with us!



On the Trail With Boots McFarland, Vol. I



Helpful Info

Eating on the Trail -- Favorite Recipes

Curried Chicken Rice with Mango & Cashews

by Leslie Green

Research shows that curry powder has health benefits as an antioxidant and anti-inflammatory agent. Even if it didn't, this dish is a nice addition to your trail menu. This is mildly spiced dish with a depth of flavor. The cashews add a nice crunch, which is often missing in trail food.

Ingredients:

1 ½ cup rice
½ teaspoon salt
1 medium red onion finely diced
2 garlic cloves, minced
1 cup lite coconut milk
1 cup frozen peas
1 can [yellow curry paste](#) (check in Asian food stores)
1 tablespoon olive oil
½ teaspoon chili powder
1 ½ tablespoon curry powder
2 tsp soy sauce
4-5 tablespoons cilantro (optional)

Also carry separately:

1 7-oz. pouch cooked chicken
1 packet dried mangos (usually available at CVS)
½ cup chopped cashews in sandwich bag
2 – 3 oz. soy sauce in small bottle
1 oz. Siracha sauce in small bottle
dried cilantro
1 lime (optional)

Instructions at Home:

Put rice and salt in 2 quart pan with 3 cups water and bring to boil. Cover and reduce heat to low. Cook for 10-12 minutes until tender.

In Dutch oven or large sauté pan, heat olive oil on medium-high then add onions and garlic. Cook 3-4 minutes until tender. Add spices and curry paste and cook 1-2 minutes. Add coconut milk and

stir thoroughly. Add chicken, cilantro, and peas. Reduce heat and simmer for 5-10 minutes. Taste and add more soy sauce to taste. Add rice and stir thoroughly to coat rice.

Spread mixture in thin layers onto dehydrator sheets or parchment paper and dehydrate at 145° for 6-8 hours. When completely dried, put into one gallon zip lock freezer bag. Store in freezer until you're ready for your trip.

Instructions at Camp:

Put mixture into cooking pot and fill with water to just below the level of the food. Allow to sit for 20 minutes to rehydrate before starting the stove. Add chicken then heat on medium-low heat, stirring frequently to avoid scorching on bottom of pan. When hot and completely rehydrated stir in mangos and allow to sit until mango is softened. Serve in individual bowls and top with nuts and cilantro. Squeeze on lime juice (if available). Use extra soy sauce and Siracha as desired.



**/ Recommended
articles**



Kayak or Canoe? Which One is Best for You?

Kayaks now outnumber canoes on almost every waterway.
Why are they suddenly so popular?

Check out [this article](#) by Cliff Jacobson and find out more.



Questions or comments may be directed to the respective area:

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- **More places to connect:**
ciwclub.org, [facebook](#), [meetup](#)



Your newsletter editor received permission from Geolyn Carvin to share snippets from her new book (cover pictured below) in our newsletter. Hope you're enjoying them! This book would make a great gift for the hiker in your life... click [here](#) to check it out!

On the trail with

BOOTS VOL. 1

McFARLAND

I've never been so
tired, hungry, and dirty...
and I'm having the
time of my life!



by GEOLYN CARVIN

Central Indiana Wilderness Club

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