

NORTH CASCADES JOURNAL

NORTH CASCADES NATIONAL PARK • MOUNT BAKER-SNOQUALMIE NATIONAL FOREST

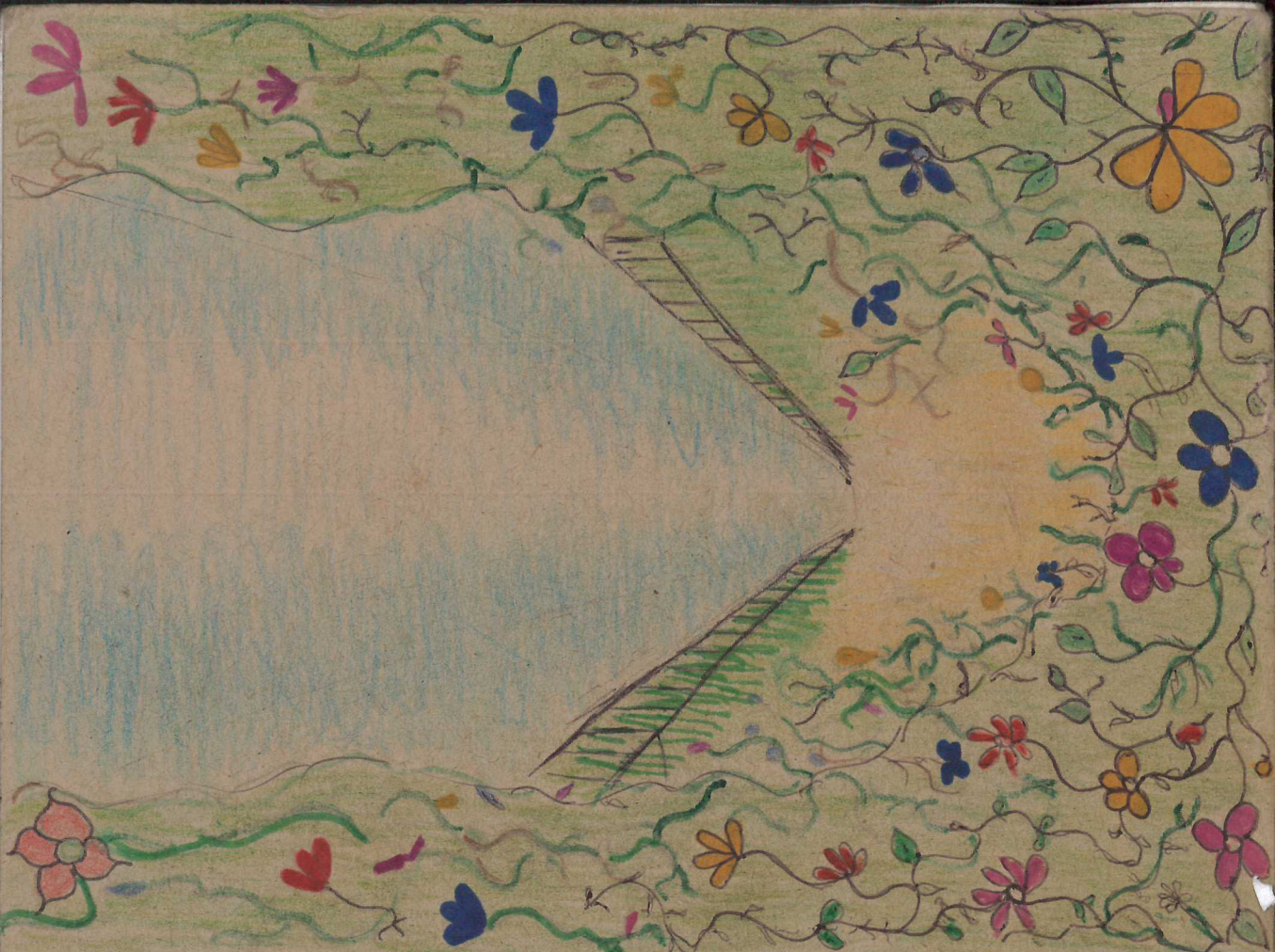


NORTH CASCADES INSTITUTE

810 State Route 20, Sedro-Woolley, WA 98284

360-854-2599

www.ncascades.org



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Zoe

Sea Home - Bellingham

17, Incoming Senior

Swimming + Tennis

Fare subject is Social Studies

Plans on going to a University

& studying international relations

Fare food, Macaroni & cheese

younger brother.

passionate about Theater, acting,

leadership.

Day 1: August 1st, 2013

Leadership + Communication, Stewardship + Conservation
Connection to Peace & Community, Climate Change

Intrb - Jesse + Elo

Story - Karla + Whitney

- Kurtis & + Emma

- Kevin + Samson

- Eric + Robin

SS: Ariana + Cassidy

Conductum

Day 12: August 12th, 2013

Schedule + Menu

OL: Sam

Director: Jon

F#1: Kathy

F#2: Yara Elin

F#3: Tyler

F#4: Marc

Meeting Templates

Morning Meeting:

- Quote
- Check-In
- Community Cards
- Support Roles
- Announcements
- Plan for the Day
- Micro-trash sweep
- Warm-up game and stretch
- Morning Lesson

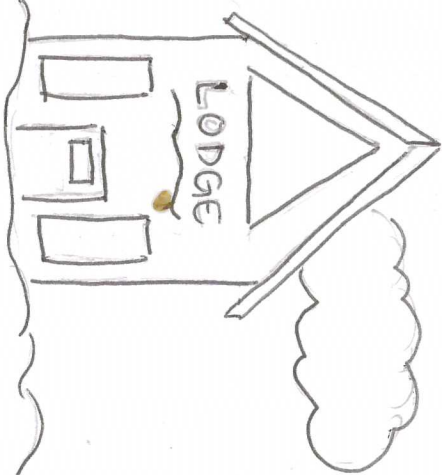
Evening Meeting:

- Quote
- Roses and Thorns
- Community Card check-in
- Journal reading
- Scientific newsflash
- Hot Hanky Passing
- Appreciations
- Feedback for LOD
- Advice from LOD
- Duty Matrix Passing
- Announcements
- Next Day plan
- Evening Lesson

DUTY MATRIX

	Friday 8/2	Saturday 8/3	Sunday 8/4	Monday 8/5	Tuesday 8/6	Wednesday 8/7	Thursday 8/8	Friday 8/9
LOD	Robyn	Muriel	Kurtis	Tyler	E Liz	Erik	Amira	Zoe
Cook 1	Muriel	Kurtis	Tyler	E Liz	Erik	Amira	Zoe	Elenia
Clean Up 1	Kurtis	Tyler	E Liz	Erik	Amira	Zoe	Elenia	E Lo
Camp Tend 1	Tyler	E Liz	Erik	Amira	Zoe	Elenia	E Lo	Robyn
Journalist	Elizabeth	Erik	Amira	Zoe	Elenia	E Lo	Robyn	Muriel
Cook 2	Erik	Amira	Zoe	Elenia	E Lo	Robyn	Muriel	Kurtis
Clean Up 2	Amira	Zoe	Elenia	E Lo	Robyn	Muriel	Kurtis	Tyler
Scientist	Zoe	Elenia	E Lo	Robyn	Muriel	Kurtis	Tyler	E Liz
Camp Tend 2	Elenia	E Lo	Robyn	Muriel	Kurtis	Tyler	E Liz	Erik
Clean Up 3	E Lo	Robyn	Muriel	Kurtis	Tyler	E Liz	Erik	Amira
	Saturday 8/10	Sunday 8/11	Monday 8/12	Tuesday 8/13	Wednesday 8/14	Thursday 8/15		
LOD	Elenia	E Lo	Robyn	Kurtis	Amira	Erik		
Cook 1	E Lo	Robyn	Tyler	Muriel	Robyn	E Liz		
Clean Up 1	Robyn	Muriel	Elenia	Tyler	Amira	Robyn		
Camp Tend 1	Muriel	Kurtis	E Lo	Amira Rob	Muriel	E Lo		
Journalist	Kurtis	Tyler	E Liz	Erik	Elenia	Tyler		
Cook 2	Tyler	E Liz	Amira	Elenia	Zoe	Muriel		
Clean Up 2	E Liz	Erik	Muriel	E Lo	E Liz	Kurtis		
Scientist	Erik	Amira	Zoe	Amira	Kurtis	Amira		
Camp Tend 2	Amira	Zoe	Erik	E Liz	E Lo	Zoe		
Clean Up 3	Zoe	Elenia	Kurtis	Zoe	Erik	Elenia		

Date	Campsite	Activities
Thursday 8/1	ELC	Welcome: Student pick-up, orientation
Friday 8/2	Big Beaver	Community: Hike 1 mile on Ross Lake Trail, Canoe 4.6 miles to campsite
Saturday 8/3	Lightning Stock	Exploration: Canoe 7.2 miles, explore Ross Lake on the way (Devil's Canyon)
Sunday 8/4	Lightning Stock	Stewardship: Scientific Stewardship, Canoe to Lodgepole Camp to meet Mike (NPS)
Monday 8/5	Lightning Stock	Challenge: Hike to Desolation Peak (~10 miles roundtrip)
Tuesday 8/6	Cat Island	Enlightenment: Canoe to campsite, learning and fun!
Wednesday 8/7	Deer Lick Stock	Transition: Canoe to Lightning Stock, swap gear, start backpack (3.9 miles)
Thursday 8/8	Hozomeen Lake	Reflection: Backpack 8 miles to campsite, Ranger talk
Friday 8/9	Hozomeen Lake	Stewardship: Social engineering around campsite
Saturday 8/10	Green Point	Presentation: Backpack to Hozomeen (3.9 miles), Visitor/Donor on Mule (NPS boat)
Sunday 8/11	ELC	Refresh: Backpack to Ross Lake Trailhead (2 miles), Shuttle to ELC, gear clean-up, showers, phone calls/emails, park for Marblemount
Monday 8/12	Marblemount Ranger Station	Glaciers: Hike up Railroad Grade with Jon Riedel (NPS glaciologist)
Tuesday 8/13	Marblemount Ranger Station	Agriculture: Visit Blue Heron Farm
Wednesday 8/14	ELC	Presentation: Prep, present at Colonial Creek Campground
Thursday 8/15	Home	Home: Closing and goodbyes



RULES

- Rules:*
- wear shoes at all time.
 - no shoes in tents.
 - stay in own rooms/tents.
 - no excessive relationships.
 - wash your hands.
 - no sex, drugs, or alcohol
 - full participation.

~~August 1st, 2013~~
~~Word: Play~~

looking forward to the 15 day camping trip. I wanted to do this because I wanted to get more comfortable with the outdoors and stuff. Try camping a little longer than usual.

Super nervous about hiking... I have a bad left knee so I'dk how it'll impact my ability to hike I guess. Super nervous about getting sick and smacking head, it's something I'm not use to.

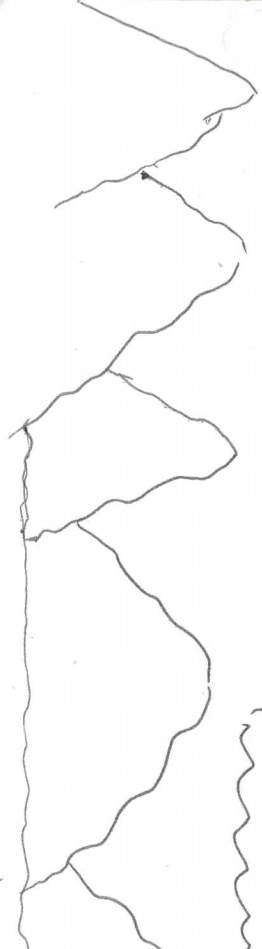


Day 4 - August 4th, 2013

→ 326,000,000,000,000,000,000 gallons

47% salt
3% Fresh
70% Ice caps
30% Glaciers

W of water



August 2nd, 2013 - Day 2

Word: Peace

August 3rd, 2013 - Day 3

Word: Enthusiasm

August 4th, 2013 - Day 4

Word: Delight

August 5th, 2013

Word: Efficient

August 6th, 2013

Word: Power

August 7th, 2013

Word: Flexibility

August 8th, 2013

Word: Openness

August 9th, 2013

Word: Strength

August 10th, 2013 - Day 10

Word: Love

August 11th, 2013 - Day 11

LOVE

August 12th, 2013 - Day 12

Word: Patience

August 13th, 2013 - Day 13

Word: Willingness

Day 2: August 2nd, 2013

community:

An environment that is formed by a group of people? Multiple people in one place that support everything around them, also taking care of things in the community to better it I guess?

guidelines:

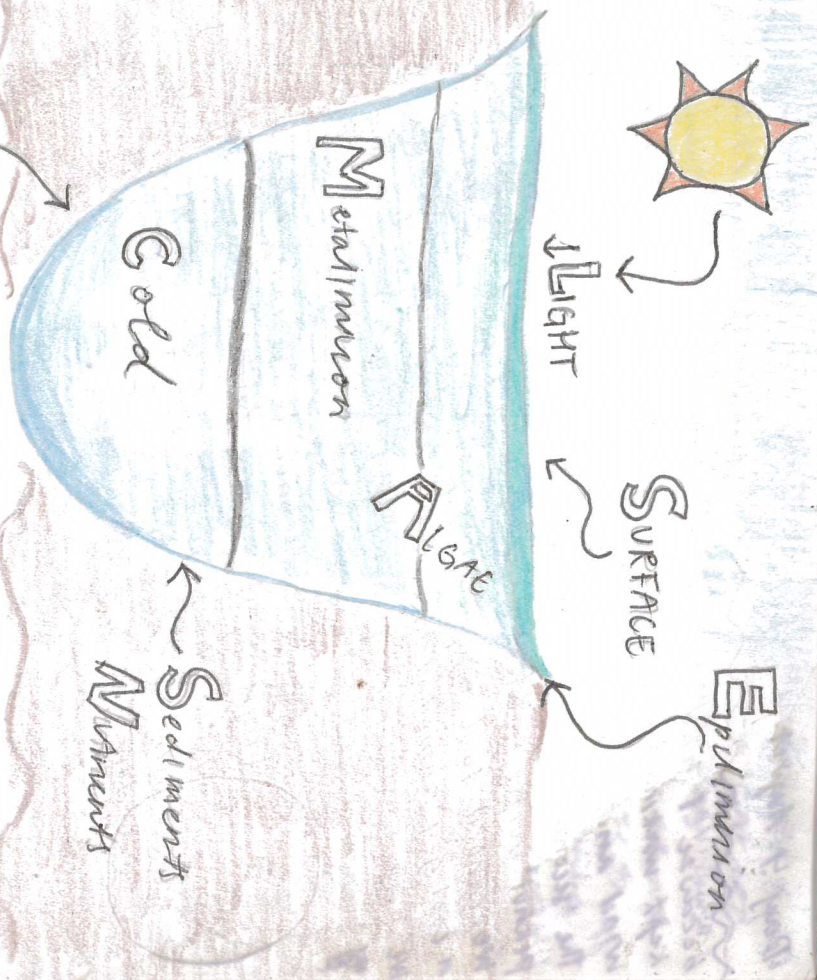
- lifting each other up when feeling down, (it probably will happen.)
- making everyone feel comfortable
- positivity, no matter what...



Day 1: August 1st, 2013

We received these cool journals & had a long evening meeting. Aneta talked to all of us about the rules of the camp and Becca & Justin talked to us about our 15 day plan. I was feeling quite overwhelmed by the hiking and grouping, but I'm sure it'll be fun.

A-HO



Hypolimnion

Day 8: August 8th, 2013

Liza + Justin taught us about the cycle of water on planet earth. We also learned about what is actually in Ross Lake! We learned why the surface is so warm and all the cool words like Epilimnion, Metalimnion, & Hypolimnion!

Day 4: August 4th, 2013

Today was a super chill day. I didn't sleep to well

because I had to pee really bad all night, and I kept waking up. We were greeted with the breezy wind and a peak of sunlight. We had oatmeal for the second time for breakfast. Today I tried it with



peanut butter, which was surprisingly good! We canceled to Lodgepole campsite and met a cool guy named Mike. He taught us about plants and we helped him pick plants too! For lunch Zoe & Tyler made hummus with pita bread and we each got a cookie!



We then canceled back to our campsite! (Lightning struck) and Justin let us go swimming for an hour! It was needed, I got to wash all the dirt off my body and wipe myself down with baby wipes!



Day 3: August 3rd, 2013

We awoke at dawn and I was very tired. There was on LOT

at was my first time sleeping in a tent for about a year or so, so it took some time to get use to. I was a cook and me and Kurtis were responsible for cooking today. We made oatmeal and it tasted good! Guess...



2:22 We left Big Beaver for lunch around 10:30am, we had to canoe for approximately ~~3 miles~~ 3 miles and I was exhausted!!!!!! My body was super sore from sleeping and our canoe was going super slow mfj!

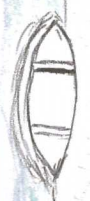
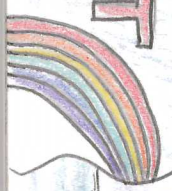


We ate lunch at rainbow point & we saw two really cute deer! We then canceled all the way to Devils creek through the creek blind-folded and my senses were picking up so many amazing things! I couldn't believe the serendipity I was feeling going through the creek...



2:30 approximately! Me and my canoe — further Eureka were paddling to lightning stroke from Devils Creek. I think it was about 2 miles away and we were literally making along..... It took forever for us to reach the dock! We got their finally.....

RAINBOW POINT



Day 2. August 2nd, 2013 Awakening inside a lodge room at the ELIC... I know this was

The last time I would get to sleep on a natural mattress for 15 days. We got up at 6AM and packed all of our belongings up to head into the back country! My group met up at about 6:45AM. We had a meeting, looked at all of our electronics up along with clothing + accessories that weren't needed. We headed out for breakfast at 7:00AM. We walked in the eating lodge thing and I

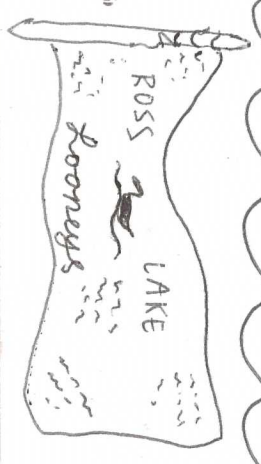


STRAWBERRY MUFFIN!

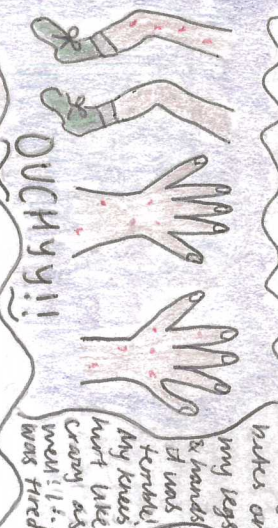
smelt the aroma of pancakes and other things. I grabbed the pancakes some yogurt and these BOONB Strawberry muffins OMG! We finished eating around 7:30AM & we packed our lunch! After leaving the eating place we packed all our belongings and loaded the bus, we were ready to go!

I was taking for a good 20 minutes non-stop. Back then gave me some cream to stop it & it helped. Once I was comfy again I joined back up with the group and we got on a motor - boat which brought us to the canoe! We got lessons from Justin + Liza on how to stroke & stuff! I was partners with EUR and we had a hard time at first but after awhile we got it! We then moved to our first campsite (BIG BEAVER!) we unpacked and chatted out for the rest of the day!

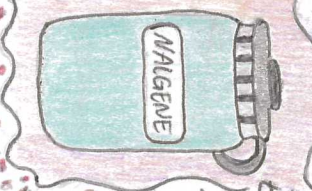
On day 3 we came up with our group name! "ROSS Lake boonnys"



Day 5. August 5th, 2013



My BFF yesterday! All the food we ate! We were AM packed up & ready to hike DESD! aka Resolution Park. The works made breakfast around 5:20AM & we had granola with powdered milk + water = milk. It was surprisingly good! We ate breakfast & headed out around 6AM! We reached the island around 7:45AM & we started our hike at 8AM. Every person & I chose Kurtzi! Not only was he super nice & helpful, he was a very strong canoe partner & a volunteer to carry the pack first! Which was great... DESD hike was a little intense like ronaldtrip! (& Decieve) on the way up the mountain we took like 5 breaks including a lunch break & a stretching break. + a snack-break!!! We started at 8AM & we didn't make it to the top until 2:30pm... I was so exhausted! We finally made it to the top and when I saw the view from DESD, I shed some tears of joy & pain. I never thought I'd be able to hike a Snake mountain. The view was so so much to take in and I cherished every moment... I also met a man named Ramon who lived on the mountain. He lives it! The decline hike wasn't bad, it hurt a little cause on the weight was on my knees, but it was definitely worth it! I feel good!



MARGENE

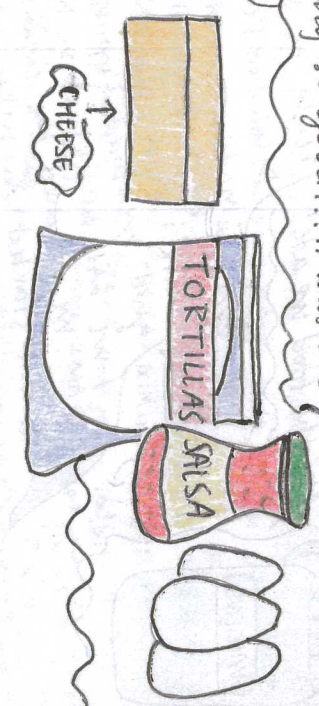
The Ponderosa Fire Officially my favorite tree ev! It smells like vanilla! I was so sleepy during my life!!! I finally got out of the tent around 9AM! We were AM packed up & ready to hike DESD! aka Resolution Park. The works made breakfast around 5:20AM & we had granola with powdered milk + water = milk. It was surprisingly good! We ate breakfast & headed out around 6AM! We reached the island around 7:45AM & we started our hike at 8AM. Every person & I chose Kurtzi! Not only was he super nice & helpful, he was a very strong canoe partner & a volunteer to carry the pack first! Which was great... DESD hike was a little intense like ronaldtrip! (& Decieve) on the way up the mountain we took like 5 breaks including a lunch break & a stretching break. + a snack-break!!! We started at 8AM & we didn't make it to the top until 2:30pm... I was so exhausted! We finally made it to the top and when I saw the view from DESD, I shed some tears of joy & pain. I never thought I'd be able to hike a Snake mountain. The view was so so much to take in and I cherished every moment... I also met a man named Ramon who lived on the mountain. He lives it! The decline hike wasn't bad, it hurt a little cause on the weight was on my knees, but it was definitely worth it! I feel good!

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Day 6: August 6th, 2013

Today was such a good day! We got an extra hour of sleep so we woke up around 7AM. I ultimately got the best sleep since we been here, I woke up way more sore than I was yesterday but it was all good because the sun was shining down on our tent and I was super warm. Anywho we had to pack up the camp because it was our last day at lightning stock! I packed my bag up & put it on the dock, we were then greeted with breakfast! Erik + ELO made us BREAKFAST BURRITOS! They were actually so good!!!! It was the best so far!

Erik + ELO made us breakfast even though Erik burnt the first batch of eggs!

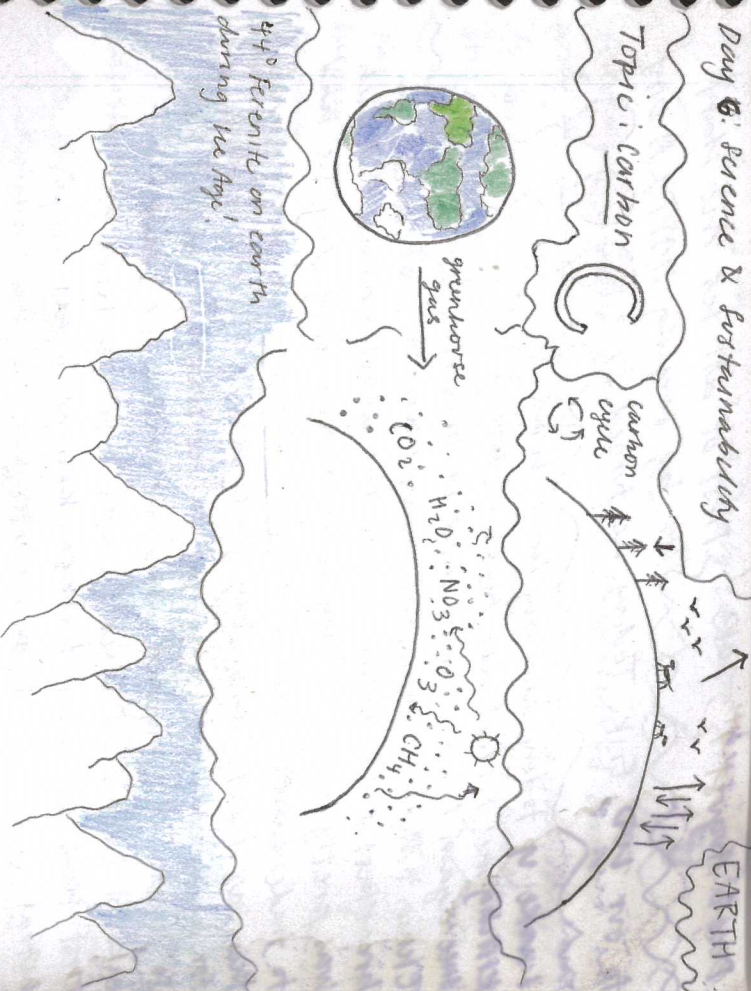


After breakfast we had a stretching circle which was kind of helpful! After that we packed up the canoes and did our stewardship project! There were houses in the lake and we had to take them out and record the temperature on the hiking pack thing! We did this to see the temp differences in the water! After this we moved to CAT ISLAND! We unpacked the canoes and ate lunch! We had PB&J bagsels with apples and cookies! After lunch Leona + Justin thought the group should carbon & greenhouse gases. We then played this game based off of what they thought us. At like 3pm they gave us free time! I swam & did laundry!



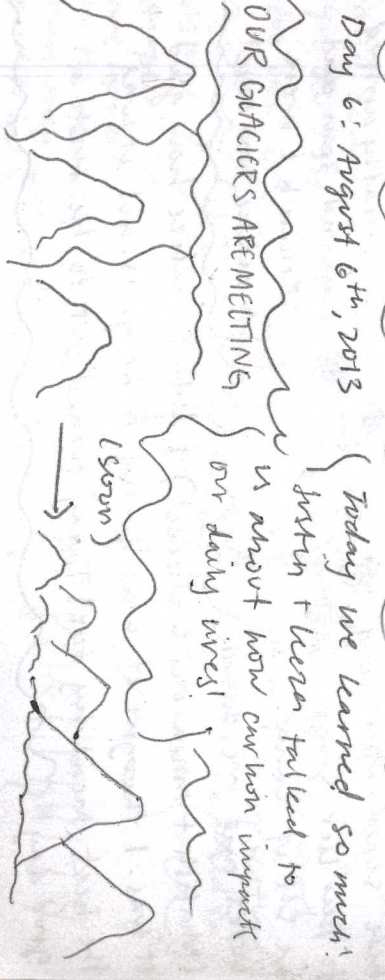
Day 6: Science & Sustainability

Topic: Carbon



Day 6: August 6th, 2013

OUR GLACIERS ARE MELTING



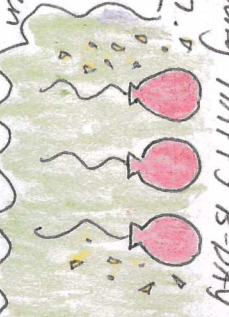
Day 7. August 7th, 2013 First of all let me start

off by saying HAPPY B-DAY

to our LOD, Erik. Today he turned 17.5

I woke up today, and my back was killing me! I slept on types of wavy.

one again I was sandwiched in between



Elana + Muriel... Anyways, today I was a cook, and got breakfast me + Robin made the group oatmeal which was pretty good... Today was a very busy day, we had to trade canoes with the Solad Baggers we were giving them our coats and they gave us all their supplies for backpacking! I also got to see Whitney! I missed her so much LOL. Anywho, after we traded we started our hike to Deer lick Stock. It was a 4 mile hike & the first time our group backpacked with all of our actual stuff in it! ~~on~~ we stopped and had lunch at this little creek. we had peanut butter and honey!!!

It was eating our best man ever! After lunch we continued to hike all the way to the campsite. I also ate black waltherberries and red huckleberries which were super super good!

To Deer lick Stock we set up camp. Robin & I were cooks and we decided (tha fish + macaroni & cheese!) I didn't realize how good it was. I thought it was going to be gross, but it was the best meal by far! Today turned out to be such a good day!



we finally arrived around 3pm and Robin & I were to make tom meal

Day 7. August 7th, 2013 -> Daily lesson

Leadership: When one carries themselves in a way to have a positive influence, or attitude, to be a leader almost means to lead people in a positive direction!

Very welcoming & easy to talk to, very motivating & optimistic about most things!

- Passionate
- Inspirational
- Caring
- Communication
- Relatable
- Positivity
- Understanding

- Optimistic
- Motivational
- Openness
- Passionate
- Excitement
- Honesty
- Awareness

EVENING LESSON

Goal: Try and work on the skills you need to work on and continue to do what you do best! ~~So~~ Everyday goal for life!

Alamy people one harder on themselves than they need to be!

OPTIMISTIC

CARING

POSITIVITY

2 THINGS I GOT!!!!
Understanding, Positivity

2 THINGS I NEED!!!
Awareness, Communication

We are the leaders of today! Not tomorrow!

Studies show that people actually work better in a group setting than just as opposed to one individual!

August 8th Day 8: August 8th, 2013 | really miss my farm barn! Today

is my little brother's birthday & this is the first year I've missed it. He's turning 12 today! Happy birthday Michael I miss and love you so much!

Okay... OMG today was ~~AWFUL~~ the most uncomfortable day by far... let me start from the beginning...

So today I was LOD and I woke everyone up around 6AM. We got up, ate breakfast & evenly distributed the food amongst the 12 of us! I had morning meeting and I decided that we were gonna start hiking

at 10:30AM (which we did.) We stopped for lunch around 12:45pm & we ate salami, crackers & cheese!

After we were done eating Justin had each of us hike all the way to Willow Lake (1 mile) by ourselves.

The minute I step foot on that campsite 60+ nasty mosquitos attacked my precous skin!

I was itching like crazy! It was by far the most uncomfortable day on this trip. We finally made it to HOZOMEEN by 4:00pm! Thank god...

I killed about thirty mosquitos today & I don't even feel bad about it! I hate them more than anything else right now!



Day 8: August 8th, 2013 - Reflection time

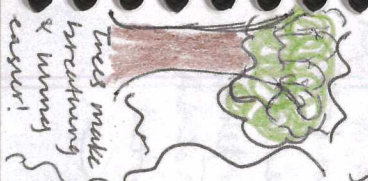
WOW!

Nature is everything. The trees, water, plants, everything is just amazing. My view of the tree stumps is amazing. I feel like I'm just now appreciating nature & learning to be more comfortable with the outdoors. I know for a fact that this trip is helping me grow as an individual.

I never really knew why trees were so important to humans, but now I know. They supply us with so much of it's indicators

I never took the time out to just say thank you trees. I've appreciated every sip of water that I've had on this trip. The water here at camp takes a long process and every filter we have to use is just such a delight. At home I waste so much water, it's ridiculous, I never took into consideration how hard it is to make clean water here at camp. Now that I know I will appreciate it more!

This is the first time ever that I haven't used bug spray on a caregery trip. I learned that it just doesn't work... This is also the first time I've been comfortable sleeping in a tent. I never would've thought that it would ever be comfy. In fact I have been getting the best sleep ever!



Trees make breathing & living easier!



I also never knew that the difference below moths & butterflies was butterflies have hairs on their antennas!

I never took the time out to just say thank you trees. I've appreciated every sip of water that I've had on this trip. The water here at camp takes a long process and every filter we have to use is just such a delight. At home I waste so much water, it's ridiculous, I never took into consideration how hard it is to make clean water here at camp. Now that I know I will appreciate it more!

I also learned that all the bugs in the ecosystem

Day 9. August 9th, 2013

STEWARDSHIP!

Prime to community,
taking care of the ecosystem.
Help maintenance.

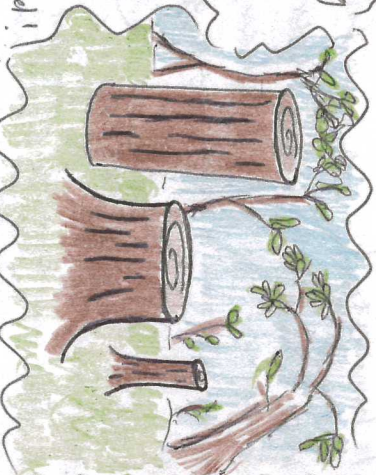
The story of Duck Duck Dia
represents how we can do as
much as we can to help out
anything in our community.

When using tools while doing
Stewardship beware of your
BLOND BUNNIE!



Today was a stewardship day
& we cut down lots of logs, it
was fun! Tyler was my handy
for the day & he cut, & I jumped!

We were originally
suppose to take all the way down to Willow Lake
(where all the mosquitoes were at) but we decided that
cleaning up the trail was more helpful than putting
post in the ground! We hiked about a mile down
the trail by Horomuen & cleaned up that area
which was really fun!



We give the community
stewardship by not
having a fire everyday
and doing a micro trash
sweep everyday before
we head out for the day!
we don't put our dirty
dishes on the table, we
also don't waste food!

Day 9. August 9th, 2013

THE MULE!

Talk about why you here
& what you got out of the
program. It isn't a formal
speech, talk from your heart!

ROSES

WHAT I WANNA TELL MY
FRIENDS & FAM?

jumping on the logs.
(for a good cause)

I actually became
much more comfortable with
the outdoors, which was my goal.
I wanted to be more comfortable
with hiking & I wanted to learn
how to canoe & wanted leadership
development skills. I think I really just wanted some time
to find out who I really am as a person, I actually
like nature so that was a perfect opportunity for me
to become more comfortable w/ nature!

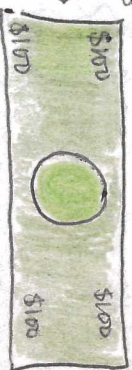
I've had really
bad experience backpacking & coming on this trip I was
SO NERVOUS for backpacking, but after hiking DTSO & S
miles to Horomuen lake from Deer lick stock I was shocked
about how well I handled it, I'm surprised I didn't
have a melt down, or have really bad hot/cold sweat
itches like I did on the first day! I expected to be
in a lot of pain & have so many blisters on my feet
but that just wasn't the case!

What
you
should
do!

Day 9 August 9th, 2013

HOW TO SAVE \$\$\$

1. Use compact fluorescent bulbs.
2. Inflate the tires.
3. Adjust your thermostat
4. Take shorter showers
5. Buy Products locally
6. Buy minimally packaged goods.
7. Stop idling in your car
8. Reduce Garbage
9. Bring Cloth* bags to a store.
10. Buy a meat rezier
11. Say no to bottled water!
12. Un-plug un-used electronics.
13. Put on a sweatshirt.
14. Insulate your home.
15. Air dry your clothes.



REPORT CARDS FOR PRODUCTS!!

JUICE

A+ → Organic Valley, Adina

A → Sunhazon, Zola

B+ → Hansens, Cascadian Farm

B → Snayple

C → Welches, Odwalla, Mott's

D+ → Del Monte, Dole

F → Capri Sun, Sunny Juice

SHOES

A → Vgg, Barkenstock Patagonia

B → Chaco, Red Wing

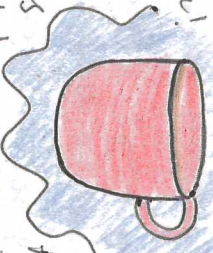
C → Crocs, Vans, Converse

Day 9 August 9th, 2013

Today was a pretty good day. I got some really good

sleep last night & I woke up energized & ready to start the day! Zoe woke a bunch of people up to watch the sunrise at 4:30AM... I was still asleep though! Anywho, our cooks Evrenia & Kertis made the grape granola & offered us hot drinks woot! I had hot cocoa + hot granola!

I suppose to be a super 17 turned out to be super supposed to hike 2.8 miles but Justin + Beza decided that clearing the trail would be more efficient than hiking there and imputing post. I had a lot of fun today, me & Tyler cut down about 4 trees by ourselves and it was funny. We cut the trees down & I jumped on them and broke them in half. IT WAS SO FUNNI! We then came back to the campsite & ate lunch!



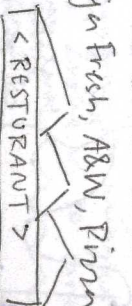
Today was busy day, but chill. We were to Willow Lake

BOOK: THE BETTER WORLD SHOPPING GUIDE

Some facts: "Fast Food & Casual Dining (Ranked on reportcard)"

BEST: Chipotle, Burger King, Pizza Fusion, Eros, Rotolo, Organic

WORST: KFC, Taco Bell, Baja Fresh, A&W, Piza Hut



to go.

Every dollar makes a difference

Day 10: August 10th, 2013 I've come such a long way. My life for the past

10 days have been absolutely amazing. I never would of thought that I'd have so much fun on this trip.

My perspective about this trip has changed since day 1. The first day I kept asking myself "Why am I here?"

"What am I doing?" "How is this going to benefit me in any way?"

Little did I know, this has been everything I wasn't expecting. I didn't expect to actually get to know these people, I didn't expect the food to be absolutely delicious & I really wasn't expecting to have so much fun laughing & singing along with my peers.

This is an experience that nobody else gets to experience & I'm happy to say I was apart of all of this! I love the people I met & the environment. I don't appreciate it as much as I should.

I miss music so much. I miss songs that I don't even like one stroke in my head!

I'm so appreciative of everything I have & I just want to say thank you to my mom for being so patient with me & helping me get into this program! I miss you so much!

* I HAVE THE HOT HANKY *

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Day 10: August 10th, 2013 Today has been great, I didn't get the best sleep

but I was comfortable! I guess Elena was our LOD for the day & I was camp tender, that means I

was responsible for getting people clean, filtered water. Today was our last day at Horowhenua Lake & I'm super sad we had to leave, it was my favorite place to stay! Anywho, today was a first pace morning day we had to pack up everything at camp and catch the MULE by 11AM. We had breakfast at 7AM. We had coconut granola, (yuck) & hot water for warm drinks along with powdered milk. This morning felt very rushed, we left the campsite at 8:10AM & we had to hike 3-9 miles all the way to the door where the mule would meet us. We got to the door at 10AM, we had snack & dustin & Leza gave us time to reflect on the camping trip. The MULE was running late it didn't get to us until 12:30PM, we were expecting it to come at 11pm which cut us short for lunch...

THE MULE

I met some really amazing people on the MULE today. I met a few elders, Sandra & three others, I met Gerry, Brad, and Bob. They were all super nice and they were so amazed by our presentations. I talked to them about how I wasn't expecting to have this much fun & all I was expecting was to learn how to be a better leader & to help out with the community & make NCI a better place! After we all spent a good 3 hours presenting we mingled with the people on the MULE & Mike & Heidi drove us to Green Point where we are staying for the night.

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Day 11: August 11th, 2013 { water, rock, glacier activity

← wet spot

Rock (challenge)



glaciers (what I went through) → water (how to over come)

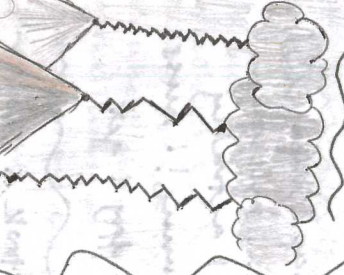
My biggest challenge on this trip so far has definitely been hiking. We had pretty bad experiences backpacking & hiking, but this was my rock. About 4 years ago I went on a backpacking trip through a program called LEEP. It was a four day trip & I had alot of fun but hiking wasn't a breeze for me. I had really bad hiking boots and a super heavy backpack. After that I never wanted to hike again. I then hiked up this mountain my sophomore year of highschool at OPR (olympic park institute) it wasn't bad but once again I had really bad hiking shoes. I love the outdoors, I love being outdoors & I wanted to give hiking a chance one more time. I decided to come on this trip. & while on this trip my rock was... Hiking was my rock. I was mentally scared from all the bad experiences I had & I knew coming on this trip I wasn't prepared to hike so many miles, not to mention the fact that I also have a bad knee, so my water was to just keep a posture aide/aid, make sure you have sturdy hiking boots & have inserts + wool socks & also think about everything the hot hiking & you'll be good!!

Day 11: August 11th, 2013 { wet spot

Today has been amazing today was the first day in the backcountry. We spent 10 days out there 5 days canoeing & 5 days backpacking

I woke up this morning at 6AM. E-Lo was our LUD & he all woke us by yelling GET UP! Today was a pretty busy day, today's mission was to pack up camp, eat-breakfast & hike 2miles to the ross lake trail head where Anaka would pick us up & take us back to the ELC where we could do laundry, and take showers! We have 4 days of the program left & from this point forward both the groups Ross Lake Lorneys & Sealand Bangers will become united as one whole group!

YESTERDAY!!!



The feeling of concrete is weird, & the feeling of the seats on the bus was that weird... We were in the backcountry Ross so long that I forgot what staff I felt, or saw on a everyday basis was just weird for me... Anyways coming back to the ELC was such a bitter/sweet moment I was actually coming back to civilization where I had to have moments & speak more quietly... It was all so weird to me.

OMG, yesterday night was lightning storm ever... It was about 9PM & we were getting ready for evening meeting then all of a sudden the sky looked weird... Then it happened... BOOM!!! We were safe enough to watch the lightning because we were at a very low point on ground

absolutely amazing. We got to see the most beautiful thunder/lightning storm ever... It was about 9PM & we were getting ready for evening meeting then all of a sudden the sky looked weird... Then it happened... BOOM!!!

Day 11: August 14th, 2013

DAY PACK

Tonight was fun, we had our winning meeting with the salad bloggers & I had an amazing dinner that Tyler helped the chefs make. He made us

Lasagna with veggies & for dessert we had mixed berry cobbler with vanilla ice cream! mm

It was so good I couldn't stop eating. Anyways the groups bring out a lot & before dinner Anika + Ryan gave us free

time to call our parents, get our phones, and use the computers. I called my mom ascp. When she answered the phone, I started crying haha. I missed my mom's voice, I didn't realize how much I actually missed her. I also got to speak to Jasmine! I miss her lots too, her bdays on Thursday (the day I get back.)

Today marked the day that I took a shower for the first time in 10 days. I took a good 15 minute shower & nothing ever felt so good, that shower was pure bliss. I no longer smelled bad and it was the most exciting feeling ever... Thank god for showers.

Rain Gear

- Warm Layers
- Sm Protection
- Jarred Pencil
- 1 FM Waterbottles

BIG BACKPACK

- Sleeping Bag
- Sleeping Pad
- Extra Clothes
- nylon pants
- shorts
- 2 T-shirts
- camp shoes
- mus rest
- tent
- needles
- warm layers

Day 12: August 15th, 2013

Awk, what a rough morning. Today we had to rise out of our

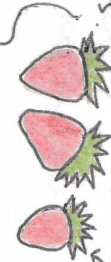
comfy beds at 6AM. I'm not even going to mention the fact that I didn't go to sleep until 12AM. I was texting some of my friends & I was on social media! I also am super hummed, I didn't get the job at mechanics

that I applied for so that kind of sucked but anyways I got a rude awakening. ~~for the first time in 10 days I~~

~~was able to wake up without an alarm~~ ~~because I was~~ ~~so tired~~ ~~that I~~ ~~couldn't~~ ~~even~~ ~~stand~~ ~~up~~ ~~at~~ ~~6~~ ~~AM~~

we had to pack up the lodges by 6:30AM, put all of our unused items in the storage & head for breakfast at 7AM. I ate breakfast with Whitney this morning, we ate

pancakes, bagels & gravy, strawberries & hot cocoa. It was delicious.



At 7:30AM Justin gave the loonys a 5 minute warning to finish our breakfast, & I wasnt even half way done... I was irritated, then I had to pack my truck for the day...

After that I headed to the class room grabbed my stuff & headed it in the bus, I was good to go...

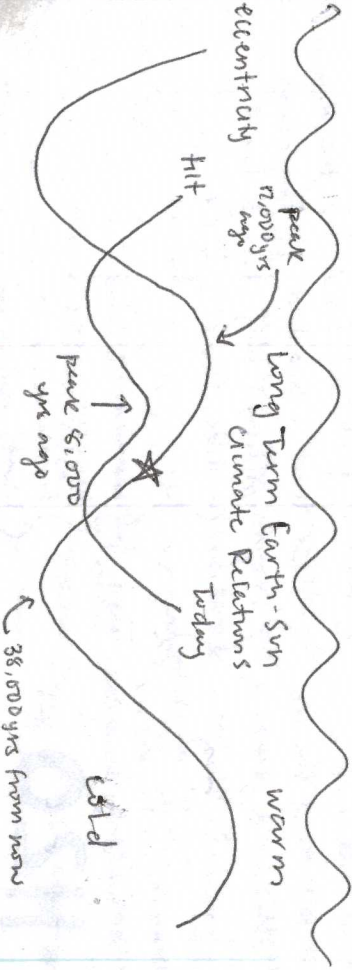
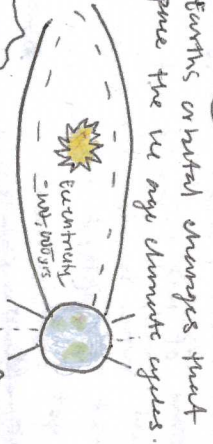
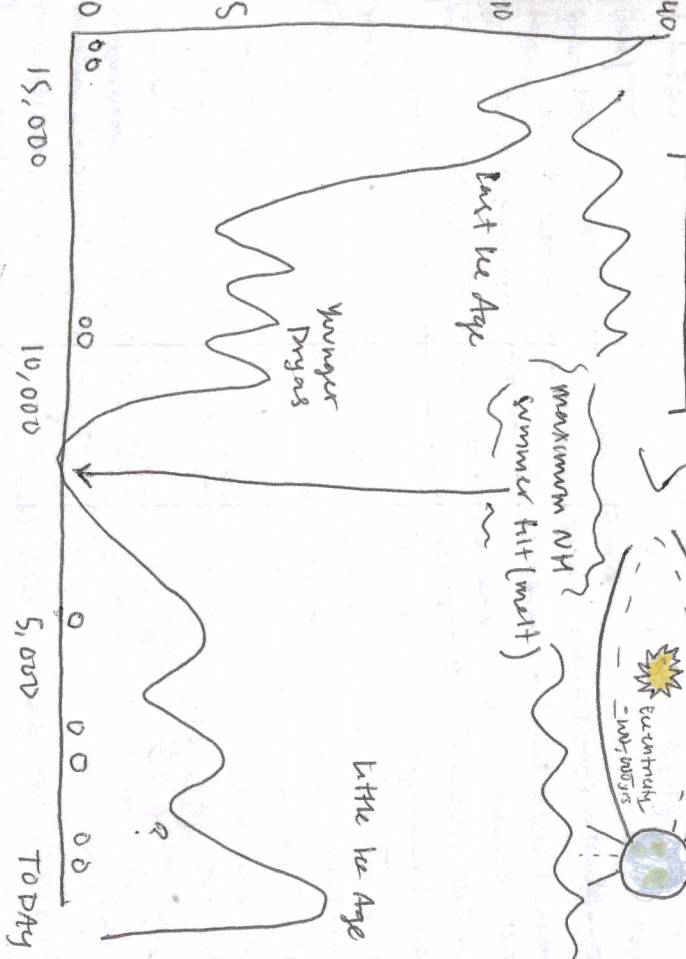
Climate change is one of the biggest issue in the world & people need to start realizing whats going on!...

H2O

Climate change is one of the biggest issue in the world & people need to start realizing whats going on!...

Day 12: August 12th, 2013 **S** INFORMATION

Record of glacier advance & retreat in Western North America



Day 12: August 12th, 2013 I didn't get to finish my entry from today. But as

you know, we hiked up a 3 mile mountain & John told us about balsam poplars. In the way up I ate lots of berries (purple huckleberries) I also learned about nuts & lots of different flowers! a pink flower & name is unknown... flowers that looked called a hopper... inside this little flowers balloon



→ this is the monkey flower. It's the reasoning behind it's name. But we also saw these purple looking flowers, they look like seeds that sit around like green thing. When they turn purple! It's so pretty.

In the surface ground view of the glacier, Tyler & I found these rocks that were white, some to find out they were like ashes that fell from their volcanoes that kind of exploded thousands ago, it had this really cool green flowering substance on the surface of it. I wrote my name on a rock with the white rock I found, I was having so much fun!!!



Then on the way down from the hike Jon gave us some sweets! He gave us these chocolate candies/sticks! It was so much chocolate! I was so happy for the next 2 hours! I was just exploring everything on the way down, I ate all the berries & I saw all these cool mushrooms, I was leaving a blast when coming down, when we reached the parking lot I took off my hiking boots & put my ears on!!! After that I took a good nap in the van.

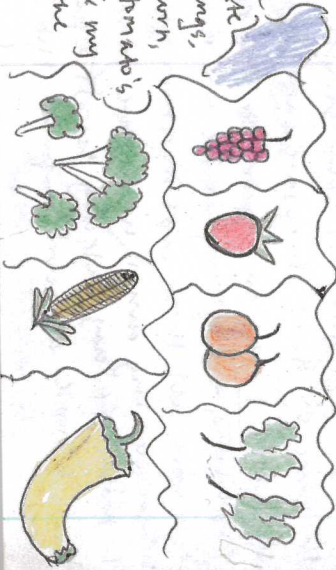
August 13th, 2013 — Day 13: {

Went today to our actual last curriculum day, we are going to Mike Brondi's farm to help him harvest his reggies & fruit. I slept really good last night & I went to sleep hearing this cow from down the street moo-ing. I thought the cow was maybe hurt or something, but then I figured it was just a cow being a cow. Last night I also saw Guy setting up his hamster in the kitchen area which was pretty cool. At 1 was saying I woke up today around 6AM, I had a hard time getting out the ~~bed~~ tent I was super tired, for breakfast today we ate 7 grain cereal... It was really nasty, it tasted like a mix between oatmeal, cream of wheat & grits. It was unpleasant & my fav the worst meal we've had so far.

Today at the farm: We arrived at Mike Brondi's farm around 9:30AM. We met Ana (Mike's wife) & their dog Chaco. Ana sat us down for a morning meeting, she told us her personal story & a little bit of back ground info on the farm. After that Mike gave us a tour of the farm, I tried so many different reggies + fruits.

My favorite reggie we had today were the carrots, they were so sweet, I ate the dirt right off of them,

Mike let us taste all types of things, we ate squash, corn, apples, plums, tomato's, bananas, avogin, & my favorite so far, the blackberries!



Day 13: August 13th, 2013 { I met two really cool horses today one named Rowland & another

named Buddy. They were really pretty horses, I got to feed them carrots! They told us not to put our hands too close to their mouths, because they can't see how far their mouths actually go, so they might bite your fingers off...



Buddy Rowland

THE ZUCAPHONE

Today while on the tour around the farm Mike pointed out to us the stems of squash + zucchini. He cut the bottom of the stem and he pulled it up, he then cut the stems connected to the leaves off & made a nice cream cut down the middle of the stem.

The cut down the middle was about 3 wts deep from the top of the stem, he then blew in the stem & it made a horn like sound, he explained it to us & now we know how to make zucaphones, it's pretty cool.

I met two really cool horses today one named Rowland & another named Buddy. They were really pretty horses, I got to feed them carrots! They told us not to put our hands too close to their mouths, because they can't see how far their mouths actually go, so they might bite your fingers off... I really liked Buddy, he was super chill. Mike was telling us that Buddy was the more reticulate horse while Rowland was a bit of a nut shell. She's the crazy horse. I got to pet both the horses, I got a little scared though, I felt like they were going to bite me or something. I really liked the horses though. They are such pretty animals, I want to learn more about them...

It is very important to pay ~~close~~ ^{very} close attention to where you cut when you have to be making the zucaphone at the very bottom & strictly down the middle of the stem.

Today I tried something new. For lunch we had cream cheese bagels & we it was suggested by Mike to put the tomato + basil on our bagel. It sounded weird, because I only wanted eat tomato & basil with pasta but today I tried it & it was just amazing... omg

Day 14: August 14th, 2013

AWW, today has been great... It's my second to last day here & today's the day we present our YEA presentations.

I woke up from a great night of sleep, I didn't want to move though, it was very cold & damp... I stayed outside of the tent & I was greeted with the white sky. The cooks have already up cooking breakfast & people were busy with taking down their tents & cleaning up camp. For breakfast we ate granola for the 50th time. Again, I kind of just wanted to poke... It was all good though, I was just happy I got a good night sleep. For breakfast breakfast, the groups packed up put it in the van and we all the field to play a game! After we game we left Maintenance & headed for the ELK to prep our presentations.



After eating their gear I headed to prep for the ELK to prep

After unpacking all the gear & stuff we headed to the class rooms to prep! Lunch & Dinner was great... well for lunch we had salad & pizza it was so good, I had like 4 pieces! Yummy pizza...



WDM!!

I think our presentations went so well today, like everybody did a super good job & everything went as planned! We also got to see Mike Spardi again! It was so great!



For dinner we had stuffed mushrooms with chicken breast & lentil soup, it was OK, I liked lunch a little bit better! After our presentations ended, we headed back to the ELK where all the groups hung out in this dark, we went around, said appreciations & went back to the dining hall for a dance party! It was fun!!

Day 15: August 15th, 2013

THE LAST DAY!!

This experience will stick with me forever, all the people that I met, all of the instructors, it wouldn't be the same without you! I really want to appreciate everyone that took part in the YEA trip. I never in my life would've thought I'd be backpacking for 10 days without showering, or be in the woods with a whole bunch of strangers, this has taught me that sometimes you there is going to be times in life where stepping outside of your comfort zone will open you up to different people, places, & environments. Stepping out of your comfort zone allows you to grow as a stronger individual & it helps you learn more about whatever you didn't know before, or about things you never knew about. There is so much love within the group of 20 kids as a whole, a bond that is so unbreakable & this trip has most definitely changed me for the better. I feel like I am a flower that went down laboring.

AWWW! Waking up this morning was bitter sweet, I knew it was the last day, but I also felt ready to go home! This has been a long, long journey and I know that nothing last forever, but this experience & these people definitely have a special place in my heart. I miss home, scatter, my head, my horse & everything. When I go home nothing will be the same, I will appreciate everything 10x more which will allow me to be compassionate & more efficient with what I do, & all the effects it will have.



HAPPY BIRTHDAY JESSY!! I love you so much & I can't wait to see you when I get back. Your 19 today & your just growing up on me! K, love you! See you this afternoon!