

Upcoming Events

October 21. Saturday, JV45 Hike and Cookout.

Chandler Hills Hike. Meet at 1 pm at the Chandler Township Hall parking area (7620 Chandler Hill Rd. Boyne Falls, MI 49713; Lat:Long 45.217804, -84.835906). Meeting Location on Google maps (<https://goo.gl/G3VF8r>). We will hike from Chandler Hill Rd to Springvale Rd, which is relatively hilly and about 4.8 miles. If you have questions, call Eugene Branigan at 989-217-8001.

The **cookout** on the 21st is part of the JV45 Trail Adopters Appreciation Dinner, but all JV45 members are welcome. If you are a trail adopter/maintainer there's no need to bring a dish to pass! Others attending are welcome to bring a dish to share. Burgers, brats, sides and cake will be provided. The dinner/cookout will start at 5:00 and take place at the Boyne Falls Fire Hall at 2286 Railroad St, Boyne Falls, MI 49713. If you have questions, e-mail John or Dove Day at johnanddove@gmail.com or doveday70@gmail.com

November 18, Hike 100 - Bear River Recreation Area in Petoskey. Details to come.

Note: JV45 typically offers a hike on the 3rd weekend of every month, usually Saturday, sometimes Sunday.

The JV45° Newsletter is published six times per year, every other month



Message from JV45° President Duane Lawton delawton@torchlake.com

October already! This was one dizzyingly fast summer. We capped it with a great NCT Day "Rock The Valley" project, which kept us busy even though we still await the DEQ permit for the Jordan Valley improvements. Read about the signs and the beaver deceiver in this issue. Good hikes! Read about them, too.

Moving ahead, we now contemplate the annual adopters dinner this month after our October hike, and our November hike after which we will not have a chapter meeting—but we may go to a bar.

And at our annual meeting in early January 2018, we will elect half of our slate of officers. This year your Board of Directors has created two new board positions: A Projects Coordinator and a Hikes Coordinator. We are hoping that we can fill these roles to spread out the leadership effort and add even more energy to our chapter.

This newsletter includes the call for nominations for these positions. The nominees will be announced in our December newsletter, and you will have the opportunity to vote for your choices by email if you cannot attend the Annual Meeting.

...and regarding nominations: I am honored to have been trusted to be your president for the past six years—despite the fact that our bylaws disallow more than two consecutive 2-year terms. This has been in the fine traditional of my predecessors—Jerry Allen (six years) and Gary Johnson (six years). Enough is enough. It is time for someone else to take the mantle (hiking pole?). I have run out of administrative energy and ideas. Someone else will have new ideas and will be able to move us ahead. So... "if nominated I will not run, and if

elected I will not serve." (paraphrasing William Tecumseh Sherman).

I know there are folks eminently qualified to be president who are reluctant to run based on their perception of the effort involved. They should consider that a lot of my energy/effort has been in the projects area, and the president's job is thus less demanding than I made it appear. If you have insight into a good candidate for a position, please ask them if they're willing for you to nominate them. If you're willing, ask someone to nominate you!

Duane



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Rock The Valley —North Country National Scenic Trail Day 2017



You Are Here Bulletin Board (right) at Deadman's Hill



Tamera and Nancy



Interpretive panel at Landslide Overlook (L-R) Alec, Duane, John, Sheridan, & Bob.



Jerry & Connie



Denise the wirecutter

On September 23rd we “rocked the valley”, installing ~20 DNR “You Are Here” signs, NCT road crossing marker posts, and two interpretive panels from the NCTA, and updating the O’Brien Pond beaver deceiver to hopefully keep the boardwalk “dry land”.

A lot of the signs were spotted (dropped off) in advance by Duane and Bob H, then we met at Pinney Bridge and split up to go various ways to plant signs. One group went to Landslide Overlook and then to Deadman's Hill to plant the huge “bulletin board” signs there. Other groups planted the road crossing marker posts and “you are here” map signs at key points along the trail.

Duane, Eugene, Linus and Jim had been in to O’Brien Pond two days earlier to open the dam, so when we arrived we found that the water level was down about a foot and the boardwalk was no longer floating...but the beavers had already started to rebuild. We removed the old tubes and started to prepare the new tubes.

A few camped overnight at Pinney Bridge campground, with a pleasant cookout and campfire Saturday evening.

Sunday, the 24th, many went back to O’Brien Pond to install the new tubes, and to shore up the boardwalk.

All in all a successful weekend with beautiful weather...

Duane



Kevin, Jim H, & Dove



**Dambusters on a floating boardwalk
Jim F., Eugene, Linus**



**Jim,
Bob C,
&
John**



**The New Deceiver:
4X greater water capacity**



**A Better O’Brien Pond Boardwalk.
Denise, Dove, Jim, and John**

2018 Jordan Valley 45° Chapter NCTA Election— Nominations Now Open

Nominations are now open for the positions listed below. These positions are members of the chapter Leadership Committee (Board of Directors), and are for two year terms. According to our bylaws, a person can serve in one position for at most two terms, and in multiple positions at most four terms.

While the actual election will be held at our January Annual Meeting, those of you who cannot attend still have an opportunity to participate. First, by nominating your candidate, and then by voting in absentia. Advance nominations close on November 30th. The absent ballot will appear in the December Newsletter and must be received by December 31st. You can write-in candidates on the absent ballot, and you can nominate additional candidates in person at our Annual Meeting on January 6th, 2018. All chapter members in good standing (I don't know of any otherwise) can vote and can hold office.

Nominate yourself, or nominate someone else. A "second" to any nomination is also required. Do not nominate someone unless they have agreed to fulfill the responsibilities of the position if elected. Send your nominations/seconds to our secretary Denise DeKett, by November

30th. You can submit a brief statement by the candidate to be included in the absent ballot (max 100 words).

Open Positions

President (incumbent Duane Lawton)

The President shall preside at all meetings, direct the activities of the Chapter, and act as spokesperson and chief liaison to the national NCTA for the Chapter. The President and/or Leadership Committee may appoint or remove as necessary ad hoc committees with agreement of each other. The president is a voting member of all standing or special committees.

Communications Coordinator (incumbent Bob Haack)

The Communications Coordinator shall be responsible for the following:

1. Maintain contact with membership regarding renewals, etc.
2. Maintain membership information including volunteer hours
3. Editor of bimonthly chapter newsletter
4. Initiate publicity/recruitment activities

Member at Large—Trail Town Coordinator (incumbent Jen Winnell)

The chapter bylaws have no official duties for this position. In general, the TTC should:

1. Maintain contact with government and business within the Trail Town to

further promotion of the NCT.

2. Organize Trail Town activities.
3. Be the chapter focal point for coordination with the Trail Town.

Projects Coordinator (new position)

1. Maintain a list of potential projects, consisting of re-routes, trail improvements, structures and other initiatives that would maintain and enhance the trail.
2. Obtain consensus of leadership team on potential projects and their priority
3. Develop plans and estimates for projects
4. Coordinate with NCTA HQ, NPS, MI-DNR and any other organizations involved in funding or permitting project work
5. Coordinate efforts to gain needed landowner agreements
6. Organize work bees and other work efforts to implement projects

Hikes Coordinator (new position)

1. Develop an annual plan for chapter group hikes
2. Schedule and publicize each hike
3. Where feasible, coordinate hikes with chapter meetings or other events
4. Develop initiatives to encourage hike participation
5. Organize and lead each hike or enlist another hike leader

September Hike and Chapter Meeting

On September 16 we hiked from the Warner Creek Pathway parking lot on M32 to Dobleski Road, almost five miles. A beautiful day. Some of us saw three bears! (no porridge). Then off to Boyne

Falls Fire Hall for a potluck and an interesting and inspiring presentation by Paul Spoelstra about Hike for Parkinson's.

Note: There was a JV45 hike in August but only Eugene made it, so he did some trail maintenance.



Loki & Berries Update. Our own Mary Campbell and John Larch recently completed their thru hike of the Appalachian Trail. See their log at <http://trailjournals.com/entry.cfm?id=557887>

Trail Coordinators' Report

Dove and John Day

doveday70@gmail.com

johnddove@gmail.com



Strong, late summer winds brought more trees down over the trail this August, and our great team of trail adopters were quick to respond! We witnessed teamwork at its best as everyone coordinated and worked together to make sure trees were cleared. Let's give our trail adopters and maintainers a big thanks for another great season! Join us as we host our third annual Adopter Appreciation Dinner on Saturday October 21st. We will gather for a casual cookout at the Boyne Falls Fire Hall at 5:00 p.m. The address is 2286 Railroad St, Boyne Falls, MI 49713.

Don't miss this chance to visit, swap NCT stories, and most of all to thank and honor all who help maintain this amazing trail.

CURRENT JV45° GOVERNING BOARD

Duane Lawton – President
delawton@torchlake.com

Eugene Branigan – Vice President
eugene.branigan@gmail.com

Josh Berlo – Website Coordinator
joshberlo@gmail.com

Denise DeKett – Secretary
dedekett@gmail.com

Todd Winnell - Treasurer
toddwinnell@gmail.com

Jen Winnell – Trail Town Coordinator
jenwinnell@gmail.com

Bob Haack – Communications Coordinator
haack@msu.edu

Dove & John Day – Trail Coordinators
doveday70@gmail.com,
johnddove@gmail.com

Jordan Valley 45° Chapter Meeting Draft Minutes, September 16, 2017

Jordan Valley 45° Chapter

Chapter Meeting Minutes, Sept 16, 2017:
6 PM --- Boyne Falls Fire Department

1. Welcome and Introductions. The meeting was called to order by Chapter President Duane Lawton, with 16 chapter members and visitors in attendance.
2. Review of the Agenda. The agenda was reviewed and approved as presented. Motion by Jerry Allen, seconded by Eugene Branigan, Motion carried.
3. Approval of July minutes. Minutes were provided to attendees. Motion by Bob Haack, seconded by Eugene Branigan. Motion carried.
4. Financial Report – There was no account activity in August.
5. Calendar
 - September 23. NCNST Day. Rock the Valley Work Bee. Cookout, campfire, camp. Saturday 23rd: sign planting followed by Sunday, 24th, beaver deceiver work at Warner Creek Pathway.
 - October 21. Chapter hike and 3rd Annual Adopter Appreciation Dinner/Cookout, Boyne Falls Fire Department. The hike will start at 1 pm and the dinner at 5 pm.
6. Topics
 - JV45 Projects DEQ and Natural Resources Permit submitted by Paige Perry; DNR. Natural Rivers permit has been issued, DEQ permit still pending. NPS contributed approximately \$6500 with which we bought all materials for these projects!!! Currently in storage at Jordan River National Fish Hatchery. Realistically, a 2018 project.
 - Meanwhile, Road crossing marker posts, You Are Here signs, and two interpretive panels can be installed without further permitting. We have the signs, we have the posts!! Going in next week.
 - O'Brien Pond Beaver Deceiver/Boardwalk repair. Tom Copenhaver has obtained a permit revision from the DEQ and we are ready to rock next weekend.

7. 2019 NCTA celebration, Lower Michigan. Eugene Branigan spoke about plans for the meeting. He still needs volunteers, even those who do not want to chair something, as there will be a lot of work to do. He is on the committee for the 2018 meeting at Hocking Hills, Ohio, and he spoke a bit about the status of plans for that meeting as well.

8. Featured Presentation: Paul Spoelstra, NCTA Board Member. Paul first spoke briefly about transitions on the NCTA Board following the retirement of Bruce Matthews this summer, and replacement with Andrea Ketchmark. He noted that 89% of the strategic plan has been achieved, and that with the continuity provided by Andrea's selection, efforts on the strategic plan will pick up again soon.

Then Paul spoke about the Hike 100 for Parkinson's effort. He provided the handout "Hiking the North Country Trail: Powerful Movements for People with Parkinson's." He explained the benefits of hiking for people with Parkinson's disease, and described the concept of "flex hikes" of which two have been held in west Michigan this year. Next year a new grant will permit expansion of flex hikes. The current grant also allows Paul to travel and speak to chapters such as the JV45° chapter. To help Paul in this effort he requested 1) a contact person in each Chapter; 2) consideration of a flex hike in our area, and 3) identification of the easiest trails throughout Michigan (which might be appropriate for flex hikes). Finally, Paul described how to get a "Hike 100 for Parkinson's" patch.

Paul's presentation was followed by group questions and discussion about Parkinson's disease, and the possibility of a focus on the effort and perhaps a flex hike during the 2019 NCT celebration.

9. Bob Haack briefly mentioned efforts by Gene Dawson of Central Lake, MI regarding securing use of Antrim County Transportation buses, and Antrim County's Barnes Park during the 2019 NCT Celebration.

10. Adjourn. A motion to adjourn was made by Eugene Branigan and seconded by Bob Haack. Motion carried.

Respectfully submitted by Sheridan Haack (substituting for Denise DeKett who was unable to attend).

Register Box Buzz



Warner Creek Trail Box

Danyell Minier

danyellminier@yahoo.com

On August 8, 2015 this box was the 5th box planted by a group of 5 people. Within a couple days of planting this box, 13 entries were made! Baby Emma was out with her parents at age 2 enjoying O'Brien Pond. Jodi, Kristy, Brian

and Gabe (dog) from Boyne Falls, MI, they love the forest and the Beaver Dam area. The water is Gabe's favorite place! Al and his dog enjoyed the whole trail to themselves. In October 2015, Joe and Kristen from Traverse City enjoyed the colors. We also had visitors from Gaylord, Central Lake, Wolverine and Shepard. In February 2016, this section got a lot of snowshoe and ski activity. On May 21, 2016 the JV45 had a group hike. In September 2016, Shala and Ethan came across a momma bear and her cub. In October 2016, Jim and Nancy almost finished with the Antrim County section of NCT! In November 2016, Dusty and Mary from Boyne City got out on the trail for the first time. More recently, Kateri and Antanas from East Jordan were also on the trail for their first time. And Bridgett had her 1st hike ever and is now an addict. Lots of new hikers were out in 2017. Peg from Saginaw loved the dry foot crossing at O'Brien's Pond- Congrats Beaver Deceiver upgrade crew.

Editor's Note: We are now starting over with the Register Boxes. Or did we miss one?



Submit Your Stories for the JV45° Newsletter

Don't forget that this is your Newsletter, so please submit pictures and stories for upcoming issues, and that includes stories for the "Where I Hiked" column. Bob Haack <haack@msu.ed>.

To see the most current JV45° trail conditions visit: <http://northcountry-trail.org/j45/?page_id=58>.

To report conditions e-mail Dove and John Day at doveday70@gmail.com or call 231-373-0090 or 231-838-6445

The JV45° Chapter is on facebook at: <<https://www.facebook.com/North-Country-Trail-Association-Jordan-Valley-45-636045479799699/>>

Submit Volunteer Hours

Don't forget to submit your volunteer hours on the NCTA website at <<https://northcountrytrail.org/members/report-volunteer-hours/>>

Where I Hiked

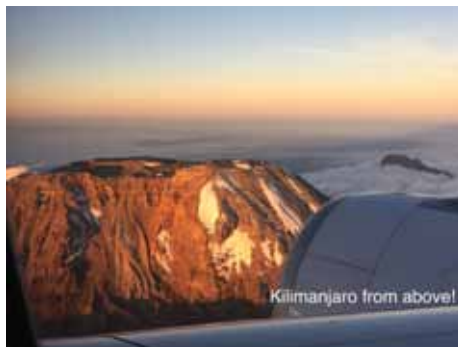
Mount Kilimanjaro

Susan L Miller

slmiller150@gmail.com

In August, I had the opportunity to join "CauseTrek Kilimanjaro 2017." This opportunity was offered by the child sponsorship organization, Compassion International. I joined with 25 other like-minded sponsors of children through Compassion in an adventure that took us to Tanzania, to the "roof of Africa", Mt Kilimanjaro, which, at 19,341 feet above sea level is the highest free-standing mountain in the world.

How does one prepare for such as trek, especially when I live near sea level? After reading multiple sources, and consulting some experts, I hiked as many local hills as I could, and added in multiple reps of the 450-stairs at Avalanche Mt in Boyne City. During the trek, I attempted to stay hydrated,



View from the airplane window

get enough sleep, and entrusted myself to the guidance of the African Walking Company, who was responsible for the details of the trek.

The night before we started the hike, the lead guide for the trek gave us a briefing on the route, the daily routine, and what to expect. He distributed the rental equipment (hiking poles, sleeping bags, down jackets for summit night, etc.) for those who'd requested it, and we each signed a waiver stating that we acknowledged there was no guarantee we would reach the summit and that we would submit to all the instructions



Impatiens kilimanjari

of the guides. Packing then commenced. It was a little stressful trying to determine just what I would need and what would fit in the allotted 15 kg (including sleeping bag) I could put in my personal duffel.

There are a number of routes one can take up Mt Kilimanjaro, managed in a Tanzanian National Park. The route chosen for us was the Rongai Route (Kenyan name), also called Nalemuru (Tanzanian name). This route approaches Kili from the north-east. It is less-traveled, and tends to be drier than some of the other routes. The following is a diary-like account of the hike.

Day 1: A 5-ish hour bus ride around the mountain to the starting point along the border of Kenya. We sign in, enjoy a box lunch, meet the rest of the guides for the trip, and snap the first of many group photos at the entrance station gate (6387 ft above sea level). The day is cloudy with a misty rain falling. Enough for rain jacket, which along with rain pants were always carried in our day pack, though this was the only time I used it. We fall in behind the guide that is leading for the day. They set the pace ("pole-pole"= SLOWLY), and we are to stay single file behind him. We are to walk on the left (so the porters can pass on the right) which is the way they drive in Tanzania (but it takes us nearly the whole trip to get this correct!). Pass through some local farmland before entering the actual park. Stop at a picnic area for a break and are told "Over



Susan at the crater

there is the internet café if you need to send an email"...turns out this is the euphemism for an outhouse (or in other cases a bush) to do one's "business." Arrive at the Simba Camp (elev. 8547 ft.). Our porters have already arrived, set up the mess tent, toilet tents, and our sleeping tents (2 people per 3-person tent). Following a short acclimatization hike, we have dinner. Wonderful soup, worthy of seconds...and then we discover there are several more courses to come. We are fed well on this trip! Once darkness falls, the temperature drops considerably. It is quite damp as the mist is still falling. It takes a while to warm up in my sleeping bag! I use a lot of energy on this trip in shivering. We have yet to get a glimpse of the mountain, and wonder if it's really there.

Day 2: It's there! Following breakfast, we get the order to line up to head out. Throughout the trip it seemed like my roommate, I, and several others were often the first in line....we realized we were the teachers and others who were accustomed to following directions! As we ascend the first hill, we can see Kibo volcanic cone and its brother, Mawenzi. We hike through moorlands, reminding me a lot of the high desert terrain around Prescott, AZ. Stopped at a couple caves. Have hiked above a cloud layer, which is where we will stay until the last day. Lunchtime found the mess tent set up (with that wonderful soup again!). The toilet tents had also been set up. The shadows were getting quite long by the time we arrived at Kikelwa Cave site (elev. 11,520 ft.). A relief to have our porter greet us, carry our day pack the final way to our tent, and bring us warm water with which to wash up. No acclimatization hike on this day as we hiked higher and descended to the camp. Starting to feel a little headache and nausea, but ibuprofen, tea, and a popcorn snack helped. Added additional attire layers before dinner, but still shivered into the night.

Day 3: A shorter hike, but steeper ascent. Quite rocky, and definitely dry. During a break, our guides introduce us to "Kili Jam" (dancing to African rhythm/music)... I enjoy my own trail mix of candy corn, peanuts, M&Ms, and choc-covered raisins. Arrive at Mawenzi Tarn (elev. 13,808 ft.) in time for lunch. Observe just how far the assistant porters have to go to replenish our spring-fed water supply. So very grateful for their work! In the afternoon, we spend a couple hours on an acclimatization hike up a ridge. Encounter groups from Norway and from China who have been trekking the same route. Descending back into camp, it looks as though we are on the edge of the



Kibo ascent

world! Again, some headache and nausea making its presence known.

Day 4: Head across the saddle from Mawenzi to the base camp at Kibo Hut (elev. 15,104 ft.). Dry, rocky, desolate, minimal to no vegetation. Really starting to notice the decrease in air pressure (and thus oxygen concentration) as even simple movements like turning over in one's sleeping bag increase feeling the need to take deep breaths. Kibo base camp seems quite busy as here is where several trails/routes converge. While we are supposed to nap in the afternoon and again in the evening, I can't seem to fall asleep. We are awakened at 11 pm, and are served a breakfast-like meal at 1130. I can't eat much as the nausea continues.

Day 5: "Summit Day". Starting at midnight, we begin our final ascent up to the crater's rim. (~4.2 mi, to ascend the last 4233 ft.). It's cold. Windy. SLOW progress. Not sure if it helps or not that it's dark and we can't see how far we've come or

A Few Fascinating Facts About a Successful Summit:

1. Of the 26 people in our group, 16 made it all the way to the top ("successfully summited"). An additional 3 reached Gilman's Point.
2. The oldest person (age 67) successfully summited, the youngest person (age 15) did not (THIS time...).
3. 71 % of the women and 44% of the men successfully summited.
4. My roommate who was from the CA coast, and whose prep was basically walking her dog, successfully summited. A young man with a lot of hiking experience (including Mt. Rainier) did not.
5. 100% of the contingent who resided in Colorado successfully summited.

The take away? Kilimanjaro is a great equalizer, and keeps one humble!

where we're headed. Not unusual now to have someone step off the trail to lose their breakfast. I am feeling hot, and start to peel off layers, only to have a guide say no, just unzip and leave the layers on. Communication with the guides about what symptoms I'm feeling. Team members praying for and encouraging each other. Ascend one step, one breath at a time. Feel like I could just sit down and fall asleep. (now???) Seem to walk much of the time with my eyes closed. Am struggling and falling behind. Resigning myself to MAYBE make it to the lip of the crater at Gilman's Point, and then resigning myself to maybe not (and realizing that would NOT qualify me as a failure!) Hot Tamales (cinnamon candies) become my energy source. Trail guide, dubbed "King James", relieves me of my day pack. Alternately encourages, prods, goads me on. Sings songs. Prevents me from tilting so far I fall over. At one point, he sits me down and says, "I have something that might help". Since he's carrying the emergency oxygen, I think maybe he's going to let me take a few good breaths. Instead he pulls a Coca Cola out of his pack and gives me half. What a difference that made!! It's starting to get light and I can see the rim up ahead. FINALLY. Gilman's Point (elev. 18,652 ft.). Brief rest, tea, a snack. Given the option, I choose to proceed to the top. One step or two ... stop to breathe. And just when I think I'm almost there, there's yet another corner to turn. At the final stretch, I meet other members of my group that have already summited. I am very tearful/emotional as we exchange hugs. And then I ARRIVE! (A HUGE thanks to King James!!!) Pictures at the summit, quick snack and hydration break. Then it's time to come down. Even though it's downhill, I STILL have

to stop and breathe. At Gilman's Point we look down the section we'd taken so long to ascend during the night (we came up THAT!!!!???? No wonder I was struggling!!). James points down at several people who are descending the scree slope, links his arm in mine, and assures me he won't let me fall. We proceed to "scree run" (kind of like snowshoeing down a hill of deep powder, only it's a mix of rocks, gravel and sand). This so totally goes against how I've been taught to "stay on the trail!!!" (Why "scree run"? It is the quickest way down.) Scary. Have to stop several times as my downhill muscles are burning. And I need to breathe! Try to stay in step with James to minimize the feeling of motion-sickness. A brief time to rest and have lunch at the base camp and it's time to continue downhill to Horombo Camp (elev. 11,904 ft.). A total of about 13 miles, this day, including the summit trek. Still nauseated. Realize I probably haven't consumed enough fluid. (Nausea aside, my water bottles also froze on the summit ascent.) After a dinner of plain rice, I fall into bed for some much-needed sleep. With the use of my "red marshmallow" (rental down coat) as a blanket, there's no shivering for the first time.

Day 6: Sunny skies. Lips feel dry but can't find my lip balm, so I borrow some Vaseline. Wrong thing to do---they weren't dry, they were burned. Ouch. Skin UNDER my nose also burned (who would've thought!). Before leaving camp, we have a "celebration" ceremony to thank the porters and other team members (65 in all) who made the journey to support us. Then the final leg of the descent. Through the clouds and mists, Rain-forest terrain. Waterfalls. Hanging moss. This is a BUSY trail (relatively speaking), esp. once we get to where

there's day-hikers. ~12 mi to the Marangu Gate (elev. 6046 ft.). Pictures. A visit to the gift shop for the purchase of a Sprite for me (and Kilimanjaro Beer for some of the others). Sign out with the National Park register. Await other members of the group, while fighting off local people selling memorabilia. Bus transport back



At the summit - 19,341 ft

to the hotel at Arusha for shower, hair wash, dinner, and celebration with our team. And then to sleep on a real mattress!

The trek was beautiful, amazing, and an experience of a lifetime. Upon arriving home, I unpacked the shoes I had worn, and realized they would never be the same--The major amount of dust collected during the hike had permanently worked itself into the fabric. In the same way, the beauty of creation, the incredible people I journeyed with, and the life lessons of strength and vulnerability, of teamwork and trust, will always be part of the fabric of who I am.



Mawenzi Tarn Camp (elev. 13,808 ft.)

Some Additional Thoughts

1. Things I'm glad I brought along: Hot Tamales. Flashlight on a string that I tied to the inside of our tent (gave my tent-mate and I light without blinding each other with headlamps). An assortment of over-the-counter remedies (Ibuprofen, Tylenol, Immodium). Fully-charged spare camera batteries.
2. What I wish I'd brought: a slip-on, no-lace pair of shoes for around camp and for those nighttime trips to the toilet tent. A wash cloth.
3. What I could've left out: capris. some of the extra snacks (We were fed well, and I had WAY too many "extras").