

THE

Leader

Summer 2010 • Vol. 25 • No.3

For Alumni of the National Outdoor Leadership School

Celebrating
YEARS

45



**NOLS IS TURNING 45.
LET'S CELEBRATE!**

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October 8–9, 2010

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THE LEADER IN WILDERNESS EDUCATION





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The Leader accepts paid advertising and welcomes article submissions and comments. Please address all correspondence to theleader@nols.edu or call (307) 332-8800. Alumni can direct address changes to alumni@nols.edu or (800) 332-4280. For the most up-to-date information on NOLS, visit www.nols.edu or e-mail admissions@nols.edu.

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MESSAGE FROM THE DIRECTOR

Thinking Back *Maybe Back to Africa?*

With this issue of *The Leader* we continue our celebration and coverage of our 45th anniversary of wilderness and leadership education at NOLS. Forty-five years ago students arrived in Lander ready to embark on a personal adventure in education, following legendary mountaineer Paul Petzoldt into the Wind River Mountains. Undoubtedly those students were focused on their own experience, likely with little thought of the foundation they were building. Unknowingly they became the building blocks of an organization that has expanded far beyond Lander, defying the word *national* in our name, and changing the practice of wilderness and leadership education worldwide.

Our first students and staff could not have envisioned the 170,000 alumni that would follow them into the wilderness. This summer, my own daughter, Mara, is heading into the Winds for a month on a Wind River Wilderness course. Two of her three instructors are children of NOLS instructors. The powerful chain of influence and community continue to build. Our graduates and staff, along with our curriculum and classrooms, have influenced an impressive group of educators, wilderness enthusiasts, and leaders.

When Paul headed into the Winds with his first group of students, experiential education and wilderness education were not common terms or educational disciplines. Wilderness risk management and wilderness medicine were rudimentary and nearly all of the organizations that contribute to these areas had yet to be born. Today the Wilderness Medicine Institute of NOLS has helped define the best practices in wilderness medicine and is a leader in teaching the public about those practices. NOLS is regarded as the leader in wilderness risk management practices and is co-host to the largest and most significant conference addressing that topic. Our leadership curriculum is influencing innovative minds far beyond the Wind Rivers, whether in space, at corporations, at the U.S.



John Gans (left); Donatus Gadiye, NOLS grad and regional director of Ngorogoro Conservation Area (center); and James "KG" Kagambi, senior NOLS field instructor (right) are working to scout Tanzania for future NOLS courses.

Naval Academy, or in classrooms across the country.

As we mark our anniversary this year, we also mark the end of term for five NOLS Trustees. This significant group has served between six and ten years on the NOLS Board. On behalf of the entire NOLS community, I want to thank Susan Chamberlin, Dan Garvey, Reginald "Flip" Hagood, Doug Luke, and Michael Schmertzler for all of their great guidance and service to our students and mission.

I recently returned from Tanzania with Michael, departing as chair of the Board. We were evaluating a possible return to East Africa for field courses and getting a report on our recently completed alumni climb of Mount Kilimanjaro. We hiked the backcountry, traveled with and met NOLS graduates, and saw how a NOLS education has influenced wild lands in Africa. We were half a world and 45 years away from the roadhead of that first NOLS course in 1965, but Paul's original passion and purpose were right there with us. Dreams about our future were inspiring and significant and are waiting to be implemented.

This fall we will take time to celebrate our 45th anniversary in Lander. Mark it on your calendar and come to Wyoming to share stories, renew contacts, hike into the Winds, and share in our future.

John Gans, NOLS Executive Director

WHO'S THIS?



Recognize this person? The first 10 people to figure it out will receive a free NOLS t-shirt. Call the Alumni office at (800) 332-4280.

The answers to last issue's "Who's This?" are (back row, left to right) Bill Jackson, Rob Hellyer, and Neil Short; (front row, left to right) Haven Holsapple and Bill Scott. All five were the original staff of the *NOLS Alumnus*, the school's alumni newsletter before it became *The Leader*.

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Loading up at the "Lumber Yard" circa 1970.

NOLS Is Turning 45!

Come Back to Lander & Join Us In Celebration

It's been 45 years since Paul Petzoldt founded NOLS in the foothills of Wyoming's Wind River Range. To celebrate, we're throwing a party in Lander. It's an incredible milestone. It's a social event. It's a chance to reconnect. It's a review of our year and a celebration of our decades. So save the date, because a party like this only happens once every 45 years.

October 8–9, 2010

Eat at a BBQ, throw your sneakers on for a fun run/walk, pedal a bike, hit some golf balls, and catch up with other grads. We'll recognize outstanding alumni, host a silent auction, and also celebrate the 20th anniversary of the Wilderness Medicine Institute (WMI).


Silent Auction

As part of NOLS' 45th anniversary celebration, we're teeing up a silent auction to benefit the NOLS

Annual Fund. We're asking you to consider donating interesting items or services to the auction. Past donations have included time in vacation homes, artwork, handmade jewelry, framed photos, outdoor gear, interesting or relevant books, NOLS memorabilia, guided trips, sports tickets, and other eclectic options.

If you've just cleaned out your closet and have an old Rembrandt, Picasso, or other interesting relics that you'd consider donating to the NOLS auction, drop us an email note—we'd love to add to our growing collection. Donations may qualify as a tax-deductible gift to NOLS. Contact alumni@nols.edu with your ideas.

For more information on this event visit www.nols.edu/anniversary. Please show your EB by RSVPing promptly.

Celebrating
YEARS
45 
NOLS



Schedule of Events

Thursday, October 7

4:30 p.m.–6:00 p.m. Celebration Registration at NOLS Headquarters

Friday, October 8

8:30 a.m.–11:30 a.m. State of the School at the Lander Community Center
12:00 p.m.–1:00 p.m. BBQ Lunch at NOLS Rocky Mountain
1:00 p.m.–4:50 p.m. Board Committee Meetings & Weekend Registration at NOLS HQ
1:30 p.m.–5:00 p.m. Golf Scramble (\$36 per person)
5:30 p.m. Silent Auction Opens
5:30 p.m.–6:30 p.m. Social Hour at The Inn At Lander
6:30 p.m. Dinner, Recognition Awards, Alumni & Stewardship Awards
7:15 p.m. Keynote Speaker

Saturday, October 9

8:00 a.m.–11:00 a.m. Open Board Meeting at Pronghorn Lodge, Monarch Room
9:00 a.m.–11:00 a.m. Fun Run/Walk Hosted by WMI
12:00 p.m.–1:00 p.m. BBQ Lunch at Lander City Park
1:30 p.m.–4:00 p.m. Mini Leadership Navigation Challenge Hosted by NOLS Professional Training
2:00 p.m.–4:00 p.m. Bike Ride
4:30 p.m. Silent Auction Opens
4:45 p.m. Tailgate Party at Lander Community Center
5:30 p.m. Dinner at Lander Community Center
6:30 p.m. Staff Awards
7:15 p.m. NOLS Movie & Dancing!

WILD SIDE OF MEDICINE

Medical Milestone WMI's 20th Anniversary

BY TOD SCHIMELPFENIG, WMI CURRICULUM DIRECTOR

The Wilderness Medicine Institute (WMI) taught its first course in the idyllic year of 1990, when body substance isolation (BSI, e.g., latex gloves) was not part of the scene size-up, glove simulation units (i.e., rubber bands to simulate BSI) were future technology, and acronyms like “ToSTOP” were waiting to emerge from a creative educator’s mind. We suggested suction for snakebite, not yet aware that the evidence was flawed, small, and manufacturer-supported. We described hypothermia with unhelpful terms such as acute and sub-acute. Urine was on our list of jellyfish treatments, and we probably helped propagate this myth. We soaked infections in warm water salt baths, not yet realizing it is probably the heat that was helpful, not the salt.

The WMI instructional core back then was small; we taught with each other and evolved as educators through this fertilization. We did it well naturally and,

with growth, realized we needed to do it more intentionally. We developed our Instructor Training Course (ITC), which assures that our 200 skilled medical educators know what we want them to teach (our content) and how we want them to teach it (our style).

We pride ourselves on curriculum content that is current, accurate, practical, relevant, and consistently taught on every course. Today we have better information on what injuries and illnesses actually happen on wilderness trips, and more evidence to support or refute what we teach based on that knowledge.

We dislike medicine that works in the classroom but fails in the reality of the field. We used to teach students to reduce *all* dislocations in a wilderness context, not yet focused on those few joints we have a legitimate chance to relocate successfully with little chance of causing harm. We used to teach needle decompression for tension pneumothorax, not yet aware that this is rare, requires the proper tool, is invasive, and is probably beyond the skill of an inexperienced layperson in a Wilderness First Responder course.

We’re fond of the word *intentional* in our education strategy and seek a thoughtful and deliberate approach to how we educate and inspire our students. On the ITC we help each instructor to develop a



WMI staff back when it all started in Pitkin, Colorado.

personal style that efficiently and effectively transfers information, skills, and experience to their students. Skillful classroom instruction gives us the time to focus on skills coaching, practice, and scenarios, the empowering learning experiences.

What we teach today is our best. What we teach tomorrow will be better. We pride ourselves on the WMI way, an organizational culture of supporting our staff to share experience, tips, and techniques and to intentionally evolve into better educators who engage and empower our students to perform in the field with skill and confidence. Here’s to 20 more years of successful wilderness medicine education.

WILDERNESS MEDICINE INSTITUTE OF NOLS



OFTEN IMITATED, NEVER DUPLICATED



If you spend any time in remote locations, you need wilderness medicine training. For 18 years, the Wilderness Medicine Institute of NOLS (WMI) has defined the standards in wilderness medicine training. With a wide range of course and certification opportunities, our graduates travel into the backcountry prepared to act with confidence, make complex decisions, and manage emergencies.

To find a course near you, contact us at www.nols.edu/wmi or (866) 831-9001.

MEDICINE QUIZ

Which of the following blisters should be drained and cleaned while in the wilderness?

- A. Blisters caused by friction on the feet or hands.
- B. Blisters caused by partial thickness frostbite.
- C. Blisters caused by thermal burns.
- D. Blisters caused by chemical burns.

(Answer on page 8)

PREPARE YOUR RISK MANAGEMENT PLAN

BE READY FOR ROUGH WATERS



NOLS Risk Management Trainings are hands-on sessions aimed at building or improving your organization’s risk management plan.

Every program must invest in their crisis planning, staff preparedness, and legal protocols. All too often, though, these steps are overlooked or incomplete.

NOLS has 45 years of risk management experience that can help you plan and prepare for the inherent hazards of taking people into wild places. After training with us, you’ll walk away with the skills and knowledge to apply our strategies to your own program. Register now—you’ll be glad you did.

Upcoming Dates and Locations:

October 13–14, 2010 Colorado Springs, CO
November 2–3, 2010 Las Vegas, NV
November 9–10, 2010 Keystone, CO

Visit our website for complete information and to register:
www.nols.edu/nolspro • (800) 710-6657 ext. 3



FEATURED COURSE

WILDERNESS MEDICINE EXPEDITIONS FOR MEDICAL PROFESSIONALS



August 29–September 5, 2010
Backpacking in the Wind River Range, WY

October 16–23, 2010
Backpacking in the Galiuros, AZ

Earn CMEs with NOLS!

Our Wilderness Medicine Expeditions offer an ideal opportunity for physicians, nurses, and EMTs who want to experience the realities of practical, hands-on wilderness medicine and decision-making right alongside the joys and challenges of backcountry travel and living.

Each expedition includes WMI’s signature Wilderness Medicine for the Professional Practitioner course with daily scenarios that will challenge you to apply your medical skills and to effectively manage a team. The NOLS communication and leadership curriculum will serve as the basis for evening discussions and transference of skills.

Our Wilderness Medicine Expeditions are truly unique and showcase the best of what NOLS has to offer.

Visit www.nols.edu/wildmedexpeditions for full details on these remaining 2010 expedition as well as other upcoming locations and dates for 2011.

ISSUE ROOM

Obama’s Strategy for America’s Great Outdoors

Relevance and Optimism for NOLS

BY JEN LAMB, NOLS ENVIRONMENTAL STEWARDSHIP & SUSTAINABILITY DIRECTOR

One unique aspect of working for NOLS is the singular focus we are able to have on our mission. Without the pressure of financial obligations to shareholders, our days are centered on our students and the experiences we provide them. While we don’t worry about shareholders, we do have to worry about keeping our programs relevant. We also have to worry about maintaining access to remote wild places and keeping those places wild enough to provide the true wilderness experience that forms the foundation of our educational model.

On April 16, 2010, with the White House Conference on America’s Great Outdoors, the Obama administration launched an initiative that helps

“We’re talking about how we can collect best ideas on conservation; how we can pursue good ideas that local communities embrace...”

on both of these critical counts. Dubbed America’s Great Outdoors Initiative and spearheaded by the Secretaries of Interior and Agriculture, the Administrator of the Environmental Protection Agency, and the Chair of the Council on Environmental Quality, its intent is to foster collaboration that will enhance our natural landscapes and our connection to them.

The Initiative aims to do four things:

- Build on successful conservation efforts being spearheaded outside of Washington by diverse groups
- Help farmers, ranchers, and property owners who want to protect their lands for the future
- Help families (with an emphasis on young people) spend more time outdoors
- Foster a new generation of community and urban parks to increase people’s access to the outdoors

NOLS Executive Director John Gans attended the invitation-only event that brought together roughly 500 ranchers, sportsmen and women, mayors, tribal leaders, conservationists, business representatives, governors, and youth leaders to discuss the future of America’s outdoors. Attendees report some truly unique facets to this initiative, not the least of which is that this is the first of its kind since Theodore Roosevelt established a public lands legacy a hundred years ago. Second, the commitment of time and effort by the President, his cabinet, and agency leaders is unparalleled, as demonstrated by the breakout session that John attended, led by none other than Jon Jarvis, Chief of the National Park Service. Third, this ini-



Community and conservation go together like a tent and a sleeping bag. A new initiative on Capitol Hill focuses on how we can come together to connect with our nation’s wilderness and set a sound example of environmental ethics and protection.

tiative emphasizes the federal government learning from what is being done at a local level. It is clear that the feds intend to enable, empower, and perhaps emulate, but not dictate, how conservation should be done locally. Last but by no means least, the event culminated with Obama signing a directive establishing America’s Great Outdoors Initiative.

The President underscored these commitments during his address: “Understand, we are not talking about a big federal agenda being driven out of Washington. We’re talking about how we can collect best ideas on conservation; how we can pursue good ideas that local communities embrace; and how we can be more responsible stewards of tax dollars to promote conservation.”

Obama’s use of the words *steward* and *conservation* in the same sentence is noteworthy. Steward is a word we use frequently at NOLS to describe the essence of what we hope students become after their experiences connecting to the land. It signifies the relevance of this event for NOLS. John’s observations in a note he sent to the NOLS community after returning from Washington support this further.

“The room was filled with many NOLS parents and NOLS graduates,” he says. “NOLS parents were on the panels, NOLS grads led some of the afternoon discussion groups, NOLS grads also now fill key spots in the agencies. I was continually impressed with the impact that NOLS and our educational outcomes are having on this whole process. We have already made a key difference for conservation in this country, but as we go forward our role is only getting bigger.”

In addition to this renewed sense of relevance for NOLS, John returned with a feeling of optimism for the future of our public lands and wild places. His participation in this momentous event underscores the important role that NOLS has played and must continue to play in the management of our country’s wild places. Connecting people to the land is the most basic and critical facet of this role.

Obama closed his address with the following statement. “Even in times of crisis, we’re called on to take the long view to preserve our national heritage—because in doing so we fulfill one of the responsibilities that falls to all of us as Americans, and as inhabitants of this same small planet. And that is the responsibility that we are rising to meet today.”

WILDERNESS QUIZ

Name the place that inspired Arthur Carhart to champion the U.S. Wilderness Area system?

(Answer on page 16)

SUSTAINABILITY UPDATE

Popo Agie River Revival



NOLS Rocky Mountain and the Environmental Stewardship and Sustainability (ES&S) Department celebrated Earth Day a little early this year. On April 10, 2010, NOLS hosted the community Popo Agie Riverbank Clean-Up in Lander, Wyoming. Based at City Park,

the clean up encompassed close to a mile of river, as well as City Park and other surrounding green spaces. In the span of two hours approximately 60 community members collected enough trash to fill an entire dumpster, removing everything from candy wrappers to rusted car fenders from the banks and waters of the Popo Agie.

The Popo Agie River flows from the Wind River Mountains through the heart of Lander, providing fantastic fishing, swimming, tubing, and other recreational activities from the mountains to the desert. We are thrilled at the number of volunteers who turned out to preserve this important natural and recreational community resource.

After such a successful cleaning event, naturally we had to celebrate! We fired up the grills and enjoyed an early spring barbeque, along with some early spring sunshine. It was inspiring to see everyone come together to celebrate our outdoor spaces and the beginning of a new season here in the Rockies.

Special thanks go to Mr. D’s grocery, the Breadboard, Tony’s Pizza, Pamida, and the Lion’s Club for sponsoring the lunchtime festivities. Thanks also to Lander Parks and Recreation for their support of this event, and to the *Lander Journal* for donating advertising space in their paper. Most of all, thanks to NOLS Rocky Mountain interns Paul Ronto and Whitney Johnson, and NOLS ES&S intern Erica Fine for their fantastic work coordinating such a stellar event!

FOOD FOR THOUGHT:

THE EVOLUTION OF NOLS RATIONS

BY ERICA FINE, NOLS ENVIRONMENTAL STEWARDSHIP & SUSTAINABILITY INTERN



Paul Petzoldt set an example by fishing for dinner in the early days.

Good food and nutrition have been important at NOLS since Paul Petzoldt started leading trips in 1965. In his book, *The Wilderness Handbook*, Paul wrote, “Cooking in the outdoors is one of the most pleasurable aspects of an outing.” It can also be one of the most important aspects. Inadequate nutrition in the backcountry can affect our energy levels, decision-making ability, and group dynamics. With this in mind, NOLS’ food systems for the backcountry and the frontcountry have evolved accordingly over the last 45 years to support successful expeditions.

The demands of NOLS courses will always dictate certain food requirements, so in many ways, *what* we eat at NOLS has not changed much over the years. Field rations continue to provide the right balance of nutrients while being light and durable enough to be carried a long distance, and in-town

In many ways, what we eat at NOLS has not changed much over the years. That being said, how our society eats has changed greatly.

meals replenish what was depleted in the body while in the field. In other words, we will always give students potato flakes for the field and feed them protein-laden cheeseburgers upon their return.

That said, *how* our society eats has changed greatly over the last 45 years. The amount of processed foods in our diets and the likelihood that our produce was grown thousands of miles away have both steadily increased. Special diets, such as vegan and gluten-free, and allergies to foods like peanuts have also become more common. Furthermore, advances in medical and agricultural research have turned our focus to “sustainable” food—that is, food that is good for the environment, the people who grow it, and the people who eat it.

While all of our locations are working towards a sustainable food goal, local resources and the passion of individual staff members have led to a few particularly successful projects. NOLS Patagonia, for example, operates a farm that produces vegetables, fruits, herbs, and meat for students and staff when they are not in the field. “Local” food—usually defined as being sourced within 200 miles or a day’s drive—is intrinsic to their way of life. A couple of years ago, NOLS Mexico decided to buy all of their food from within the country instead of shipping it in from the States. Buying directly from local farmers supports local



NOLS Alaska incorporates pigs into their food program to help reduce food waste during their summer season.

economies, reduces the fossil fuel use associated with food, and guarantees higher quality produce, thereby supporting our goals of engaging in the communities where we operate, reducing our carbon footprint, and enhancing student health.

Being intentional about food purchasing can be cheaper as well. By switching suppliers, the NOLS Rocky Mountain food store (aka The Gulch) was able to increase the percentage of their grains and flours that are organic from 7 to 100 percent, while saving \$150 on each supply order they place.

We also consider the waste generated by growing, processing, and eating food. The majority of NOLS facilities compost, a process that turns food scraps and yard waste into rich soil and reduces our contributions to landfills. At NOLS Alaska, extra food from the garden is sold to local restaurants and families through a Community Supported Agriculture program (CSA), an arrangement where individuals help the farmer with their costs and receive boxes of mixed produce in return.

Incorporating sustainable food into our meal plans is not without its challenges. NOLS staff members are involved in a constant balancing act. When buying and preparing food, they must take into consideration student palates and nutritional needs, work hours and manpower available, and budget constraints, as well as the school’s sustainability goals. Relying on local and seasonal produce may also limit variety (e.g., no strawberries in the winter).

NOLS has developed a protocol to assist staff in making these complex decisions. It addresses growing and labor practices, geography, farm size and ownership, and food packaging, as well as defining terms

such as “natural,” “local,” “cage free,” and “organic.” Organic and local items are preferred when feasible, while antibiotics, GMOs (genetically modified organisms), and conventional farming practices are avoided.

What’s next? NOLS Alaska is expanding our idea of organic gardening by using pigs and chickens to fertilize and turn the soil and solar power to pump irrigation water. NOLS locations around the world are looking for non-industrial sources of meat, dairy, and eggs. Staff members are figuring out how to introduce local and organic items into field rations by drying or canning produce.

Since its inception, NOLS has recognized the importance of food in the wilderness experience. By insisting on sustainable food, not only do we fuel our bodies for our travels, but we show food producers that demand for these products exists, and in doing so, help create a supply of food that is good for us, for our communities, and for the environment.

For more information on NOLS food systems or sustainability at NOLS, pick up a copy of the NOLS Cookery or visit our website at www.nols.edu/creating_a_climate_for_change.

Say Cheese! Bulk Rationing Then and Now

Early on, NOLS developed a rations system based on total calories needed, instead of specific meals. The NOLS bulk rations system keeps pack weight down, delivers adequate nutrition, and fosters creative cooking. It’s no wonder it hasn’t changed much in over four decades! If anything it’s even more dialed. Check this out:

In 1974, there were two options for total food weight that included 2 pounds of food per person per day (ppppd) in the summer and 2–2.5 ppppd in the winter. And 16% of that should have been cheese.

In 2010, There are now four options for food weight ranging from 1.75–2.5 ppppd (2,500–5,000 calories) depending on activity level as well as day and nighttime temperatures. And cheese makes up 24% of that total, securing the fate of Fried Mac & Cheese on NOLS field menus for many more years to come.

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FILM REVIEW



180° South

Produced and directed by Woodshed Films

REVIEW BY DAVID KETAI AND PAUL RONTO, NOLS PUBLICATIONS INTERNS

This film is an artistic documentary that transcends the hackneyed “extreme” outdoor adventure genre, a genre that typically masquerades under the guise of inspiration and instead borders on narcissistic competition. 180° South isn’t about personal glory; it’s a love story about a journey that changed lives and stretches far beyond personal accomplishments.

In 1968, Yvon Chouinard and Doug Tompkins found themselves traveling to the end of the world. They drove down the Pacific coast from California to Chile in a rickety old van, documenting their journey along the way. Their final destination was the summit of Cerro Fitzroy, a precipitous peak in the Southern Andes of Patagonia. When the pavement ended and the road turned to dirt, they stopped to surf, riding pipelines on eight-foot boards. Months later they reached the end of the road in Puerto Montt and traveled the rest of the way by ferry through fjords jammed with ice. Finally, after 32 days hunkered down in a snow cave and multiple aborted attempts, they summited Fitzroy.

In 2007, surfer and climber Jeff Johnson stumbled upon Chouinard and Tompkins’ original expedition footage. Johnson dreamt of Patagonia and of retracing the steps of the original trip four decades previous. So he hopped on a boat that needed a crew and set sail down the same coastline Chouinard and Tompkins had driven with his sights set on summiting Cerro Corcovado in the Los Lagos Region of Chile.

This stunning indie film parallels two journeys: the original 1968 adventure of Chouinard and Tompkins, and Johnson’s attempt to capture some of that adventure in his own modern day expedition. This is not a big budget blockbuster with a predictable story arc. The message here is that, collectively, we are “conquerors of the useless” (Chouinard’s words), constantly immersed in the moment, and we should instead focus on using the purity of these experiences to change our world.

Four decades after their original trip, Chouinard and Tompkins have become successful entrepreneurs and philanthropists, and in 2000 created Conservacion Patagonica, a 2 million-acre swath of wild land and the first protected wilderness in Chile.

“When you had a whole life in the outdoors, you realize that you have a sense of responsibility to protect these wild places,” says Tompkins.

This film is about Johnson retracing the steps of the pioneers who came before him; it inspires us to live our own dreams and write our own love stories. It instills in us an obligation to fight for and protect the beauty of this world, a beauty that has given the lives of these philanthropists, outdoorsmen, and artists meaning and inspired them to give back.

For more on this spectacular film and its players, visit www.180south.com.

FACES FROM THE '60s

Leader of the Pack

BY ANNIE KISER, NOLS ALUMNI & DEVELOPMENT OFFICE MANAGER

In 1967, after 13 months of service in Vietnam, **Jim Halfpenny** and NOLS founder Paul Petzoldt led a group of boys up the Grand Teton. Jim must have made an impression because the following year he worked his first course as a climbing instructor in the Wind Rivers, which marked the beginning of his remarkable career with NOLS. Jim went on to work as a field instructor for nearly 20 years and actually helped to design the original Instructor Course. In addition to his accomplishments as a senior instructor, he also served on the NOLS Board of Trustees from 1975–1980, holding a number of officer positions, including chairman. We were curious what someone with so many years with NOLS remembers the most:

Most memorable ration:

“In 1968 we’d shoot a moose and skin it and that would feed everyone in a patrol, which was about thirty people in those days.”

Most memorable instructor:

“Paul Petzoldt. Paul is the grand old man of the mountains who could lecture and mesmerize anybody in the audience. He was the idol. My first impression of him was that he was a smiley, big, bushy, brown-eyed, gray-haired man that you instantly liked. I worked with Paul a long time, and I very much enjoyed the great times we spent in the outdoors together.”



student; having been a professional guide since 1958, he had already climbed classic European routes like the North Face of the Eiger and first ascents in the Alps. In fact, Paul Petzoldt recognized Martin’s skills and wanted to bring him back to Wyoming as an instructor in 1969 for the school’s new Instructor Course. “I would advertise this course for enrollment purposes as being led by you and me. Our combined backgrounds would include (I believe) the best there is to offer from America and Europe,” Paul wrote.

Paul’s confidence in Martin was well founded. Andy Carson, fellow NOLS mountaineer and former owner of Jackson Hole Mountain Guides, notes that Martin was a top alpinist who brought a professional understanding of mountaineering techniques to the school: “Martin’s exceptional skills and unassuming demeanor forever changed and enhanced NOLS’ style of alpine climbing.”

We were lucky to have a captivating conversation with Martin; hearing about his exciting life and his 1968 NOLS experience:

Greatest lesson and how it translates to your life today:

“What we need to remember in life is that it’s the quality of the person that’s important, not what they have. This is the analogy that I like to use:

If you were dropped in the middle of the ocean, how long would you tread water? Some people would respond ‘three hours’; others might say ‘all day,’ but it’s the people who say they would tread water until they die who are NOLS graduates.”



Born and raised in eastern Wyoming, Jim grew up in the mountains and is a natural born outdoor survivalist. He’s an author, scientist, Phd, and educator whose interest in cold (altitudinal, latitudinal, and seasonal) has taken him to all seven continents and Greenland. Jim’s specialties include environmental ecology, animal tracking, and carnivores, and he has spent 20 years studying black, grizzly, and polar bears.

These days, Jim lives in Montana where he focuses most of his energy on his nonprofit organization, A Naturalist’s World, that teaches natural history classes and workshops all over the world. Find him at www.tracknature.com.

School For Life

BY PAUL RONTO

In the summer of 1968, **Martin Epp** traveled from Switzerland to take a NOLS Wilderness Expedition course. He was not, however, a typical NOLS

student; having been a professional guide since 1958, he had already climbed classic European routes like the North Face of the Eiger and first ascents in the Alps. In fact, Paul Petzoldt recognized Martin’s skills and wanted to bring him back to Wyoming as an instructor in 1969 for the school’s new Instructor Course. “I would advertise this course for enrollment purposes as being led by you and me. Our combined backgrounds would include (I believe) the best there is to offer from America and Europe,” Paul wrote.

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We were lucky to have a captivating conversation with Martin; hearing about his exciting life and his 1968 NOLS experience:

Most treasured piece of gear:

“When I go now into the bush I certainly make sure I have a knife, but I think even more important is a lighter. In terms of clothing, there’s no question, it has to be wool!”

Most memorable instructor:

(Laughs) “Of course I must say Paul. I learned a lot about teaching from him. Paul was a very good climber and rather than me trying to change things with a European perspective, I adjusted to Paul’s techniques here in the States.

Greatest lesson learned and how it translates to your life today:

“To gain faith in yourself! The more one does things right the more confidence one gains; then when you get into terrible trouble, you can get yourself out of it. I think I chose the most wonderful job I could, being a guide. Taking people to the mountains is so rewarding; they are so thankful that you help them and teach them. It’s a school for life.

After being an instructor in the mountains for over 50 years, running two successful alpine schools, building countless log cabins, and raising a family, Martin has finally retired in Whitehorse, Yukon, Canada.

Q & A



Four Decades of Service

Q&A with Tod Schimelpfenig, WMI Curriculum Director

BY PAUL RONTO

Over the years Tod Schimelpfenig has played many roles at NOLS: student, instructor, NOLS Rocky Mountain director, and NOLS Risk Management director. Currently Tod is the curriculum director for the Wilderness Medicine Institute of NOLS (WMI), working to “provide the highest quality and information for the recognition, treatment, and prevention of wilderness emergencies.”

Since his NOLS Wind River Wilderness course back in 1971, the constant theme throughout his yearly reviews has been: “diligent, insightful, analytical, and a creative thinker.” Tod is a two-time recipient of the Warren Bowman Award for leadership in medicine, given to people who have shown a lifelong commitment and dedication to the community of wilderness medicine. Tod also authored *NOLS Wilderness Medicine*, sat on the board of directors for the Wilderness Medical Society, and was a founder of the Wilderness Risk Managers Committee. In the words of Wilderness Medical Society’s CEO Loren Greenway, “Tod personifies that unselfish service to improving wilderness medicine that others all over aspire to.”

You have been part of the NOLS community since 1971; how would you say the organization has progressed in the last four decades?

We’ve grown up. We are more competent and mature as an institution, yet we still retain a youthful energy. Although I’ve been called a curmudgeon, as a school we’re not yet stale and old.

Any specific memories from your 1971 course?

I remember Paul Petzoldt spending a few days with us and pontificating, as only he could, on judgment, leadership, and wilderness. I also remember being often cold and hungry, the smell and feel of wet wool, post-holing for days, my first long body rappel and, most importantly, the reward from the physical and mental challenge of the experience, especially the five-day “survival” hike without food.

What got you interested in NOLS in the first place, and what keeps you here?

I was interested in adventure, the wilderness, and the NOLS mission. This, the beautiful community and living in a beautiful place, keeps me here.

How have NOLS students and their expectations changed?

Outdoor education has become mainstream and perhaps mundane, which is a change from the days when we were inventing the profession. I worry there is less of a desire for a wilderness experience. Our students have expectations about outdoor experiences influenced by the variety of outdoor activities they can easily do, by books and other media. There seems more of a need to entertain, and less of a tolerance for discomfort and uncertainty. These expectations, sometime for cheap thrills in a wilderness environment, influence our courses.

How long have you been WMI’s curriculum director, and how did you become interested in wilderness medicine and risk management as a career?

I’ve been WMI’s curriculum director since 2002. I was lucky this position was available to me when I was exhausted after six years as the NOLS Rocky Mountain director. It wasn’t an intentional choice; it was what I did for NOLS due to my skills and experience. We often find that we dream of doing things, yet eventually, what we do every day becomes who we are.

What was the driving force behind writing *NOLS Wilderness Medicine*? Same motivation behind co-authoring *Risk Management for Outdoor Leaders*?

We wrote *NOLS Wilderness Medicine* to present practical, accurate, and relevant wilderness medicine material to NOLS students and field staff. Before we wrote the first edition we were using a variety of textbooks, none of which fit our needs. Most risk management books

approach the topic from a legal or administrative perspective. *Risk Management for Outdoor Leaders* was written to consolidate material we had been researching and teaching that looked at risk management from the perspective of leadership, teamwork, and communication in small teams in the wilderness.

Where do you see NOLS headed in the next four decades?

We’re going to need to be flexible in how we deliver our curriculum to adapt to a changing world. We’re going to need a cultural change to become more intentional and focused as educators to keep our field courses relevant and effective, ahead of the competition and true to our core values of practical conservation, wilderness expeditioning, leadership, and expedition behavior.

What’s one thing you’d tell a prospective NOLS or WMI student, or a parent of an aspiring student?

If you actively engage yourself in the experience; challenge yourself with new skills, experiences, and ways of thinking; and work hard, there is much to learn. If you’re here just to check the box of a NOLS experience, you’re wasting your, and your expedition mates’, time.

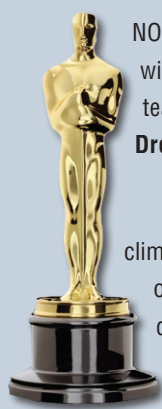
Any words of wisdom for aspiring outdoor educators?

Don’t build all your experience in the institutional or canned-trip setting. Find it on challenging personal trips. Seek real experience where you need to make real decisions with consequences. There is no substitute for that.

MEDICINE QUIZ

Answer: A (Question on page 4)

We can drain, clean, dress, and protect friction blisters.



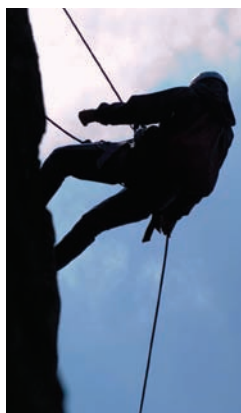
NOLS defines “expeditions” as a journey with a specific purpose, and we’ve teamed up with Patagonia to host **The Dream Expedition Contest**.

Your dream expedition may include climbing peaks, curing social ills, paddling obscure (or not so obscure) rivers, or de-oiling pelicans; you decide and then tell us about it on video in ten minutes or less.

That’s right, **send us your short video on your dream expedition by October 31, 2010**, and you might win a four-week NOLS Wind River Wilderness course in Wyoming—including all the needed gear and domestic airfare.

See www.nols.edu/contest for full rules and details.

2010 WRMC



WILDERNESS RISK MANAGEMENT CONFERENCE

PRACTICAL SOLUTIONS FOR CHALLENGING ISSUES

OCTOBER 14-16, 2010 | CROWNE PLAZA, COLORADO SPRINGS, COLORADO | WWW.NOLS.EDU/WRMC

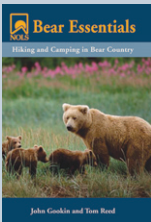
Photos left to right: Mike Hessel/OB, SCA, and Fairview Wilderness/NOLS

BOOK REVIEWS

Rivers and Hikers and Bears, Oh My!

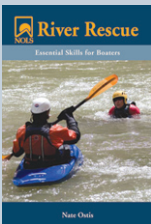
Two New Titles Added to the NOLS Library

BY JOANNE HAINES



NOLS Bear Essentials: Hiking and Camping in Bear Country

By John Gookin and Tom Reed
© 2009 by NOLS, 112 pp, \$9.95
Published by Stackpole Books



NOLS River Rescue: Essential Skills for Boaters

By Nate Ostis
© 2010 by NOLS, 112 pp, \$9.95
Published by Stackpole Books

NOLS has been publishing its curriculum for public consumption since 1974 when Paul Petzoldt wrote his tome *The Wilderness Handbook* and the school compiled its first copy of the *NOLS Cookery*. The *Cookery* is now in its 5th edition and is a bestseller for NOLS, the entire NOLS library now boasts 13 general titles, and we supplement our instructors’ toolbox with 8 instructor notebooks. All of these quality educational materials help to further our mission of being the leader in wilderness education that serve people and the environment.

In the past few years, in addition to our student textbooks—full-length features, so to speak, of the skills that NOLS specializes in teaching—we have added titles that delve into concentrated topics for the outdoor enthusiast, the newest of which are *NOLS Bear Essentials* and *NOLS River Rescue*.

NOLS Bear Essentials: Hiking and Camping in Bear Country was written by NOLS curriculum and research manager John Gookin and former field instructor Tom Reed. Both authors have years of experience working, playing, and hunting in bear country in the Rocky Mountain West, and their combined expertise provides practical advice for minimizing our impact on and exposure to bears in their natural habitat. The book heralds the respect we should have for these creatures and common sense tactics for being bear aware. *Bear Essentials* draws on NOLS’ 45 years of experience leading

trips in bear country as well as the input of noted scientists who have studied bear behavior. There is even a companion video at www.nols.edu/bears.

NOLS River Rescue: Essential Skills for Boaters lays the foundation of basic river knowledge, including hydrology and the anatomy of rivers, general risk management, and various rescue techniques. Senior NOLS river instructor and author Nate Ostis has paddled, guided, and instructed on whitewater in seven countries. He also teaches for WMI and runs swiftwater rescue classes through his own business in Idaho. We anticipate that this small skills manual will be a prelude to a more in-depth river travel textbook in the future.

Stay tuned for more upcoming titles to the NOLS library. We are publishing a field edition of *NOLS Cookery* in August 2010, designed around a smaller trim size with spiral binding and waterproof paper to better stand up to field use. Then in the spring of 2011, the much awaited *NOLS Expedition Planning* will hit shelves. All of our titles, both textbooks and instructor notebooks, can be found at www.nols.edu/store.

Historical Snapshot of the Full NOLS Library

- 1974: *NOLS Cookery*, now in its 5th edition
1974: *The Wilderness Handbook*, now in its 3rd edition as *The National Outdoor Leadership School’s Wilderness Guide*
1988: *NOLS Soft Paths*, now in its 3rd edition.
1992: *NOLS Wilderness Medicine*, now in its 4th edition
1992: *NOLS Wilderness Ethics*, now in its 2nd edition
1993: *NOLS Wilderness Mountaineering*, now in its 3rd edition
2003: *NOLS Wilderness Wisdom*, 1st edition
2005: *NOLS Winter Camping*, 1st edition
2005: *NOLS Wilderness Navigation*, 1st edition
2008: *NOLS Backcountry Cooking: Creative Menu Planning for Short Trips*, 1st edition
2008: *NOLS Backcountry Nutrition*, 1st edition
2009: *NOLS Bear Essentials: Hiking and Camping in Bear Country*, 1st edition
2010: *NOLS River Rescue: Essential Skills for Boaters*, 1st edition

FACES FROM THE '70s



A Poignant Reunion

BY APARNA RAJAGOPAL-DURBIN,
NOLS PR SPECIALIST

Carolyn Gillette (right), **Marjorie Miller** (center), and **Sally Fairfax** (left) took their NOLS course in the Wind Rivers back in 1972 “when they put you in the back of a stock truck to get you to the road head,” says Carolyn. Recently, the three women reunited to enjoy the mountains in which they all first met. They discovered that they had much in common: their fierce independence and ambition born of the 1970s—and their love of NOLS.

Most memorable instructor:

Carolyn says, “Rich Couch was the quintessential mountain man: a large wool-knickered man, an authoritative leader with a huge smile. He had an air of confidence that put me at ease.”

Most memorable gear:

Carolyn says, “I was at NOLS in the era of ‘Go Heavy’—20 pound boots, 80+ pound packs, army issue equipment, and wool. Not Smart-Wool. Bulky, heavy, scratchy wool.”

Most memorable thing about coursemates:

Marjorie says, “I was about 15, and to me, Sally was this impossibly old person of 29 who taught me perseverance and all about the natural world. And Carolyn was an example for me because it all came so easily for her.”

Greatest lesson learned:

Marjorie says, “I was the baby in my family when I went on course. Suddenly, it was ‘carry your weight’ and ‘be a leader.’ I can remember the first time we rappelled, thinking ‘my mom taught me not to walk off a cliff, and here I am doing just that.’ Trusting my colleagues and taking risks were all lessons that have served me very well.”

These remarkable women have carried their NOLS experience with them for several decades. Carolyn became one of the few female NOLS instructors during her era and is now a librarian and proprietor of a bed & breakfast in Dubois, Wyoming. Sally is Professor Emerita at U.C. Berkeley’s College of Natural Resources, and has published numerous books and articles on land stewardship and conservation. Marjorie became a foreign correspondent for the *L.A. Times* in the 1980s, has lived around the globe, and is still writing for the paper.

NOLS 1965–1980

- 1965

> Paul Petzoldt founds NOLS on March 23. Starting in June, he runs three courses with approximately 100 male students.
- 1966

> The first women enroll on NOLS courses.
- 1969

> The film *30 Days to Survival*, documenting a 30-day NOLS course, is filmed during the summer; airing on the Alco Hour on January 20, 1970.
- 1970

> NOLS East opens in Connecticut.
- 1971

> Four new operating locations: NOLS Mexico, NOLS Alaska, NOLS Tennessee, and NOLS Washington.
- 1972

> NOLS East and NOLS Tennessee both close.
> Scab Creek (Three Peaks Ranch) near Boulder, WY, is purchased.
- 1973

> The Noble Hotel is purchased on May 24.
- 1974

> NOLS runs semester-length educational expeditions—the first in the industry.
> The first course at NOLS Kenya goes into the field.
- 1975

> Paul is named senior advisor, and Jon Hamren steps in temporarily as NOLS executive director, followed by Peter Simer.
- 1980

> The University of Utah and NOLS form a partnership offering students college credit.



GO PADDLIN WILD: INSIDE PA IN THE NA

BY PHIL MAGISTRO, JSPA-2 01/30/04



"I THINK IT JUST SWAM UNDER US!" APRYLE SAID,

staring wide-eyed into the green void beneath our kayaks. We had ducked into a fifty-yard wide inlet on the north-central British Columbian coast to refill our fresh water supplies and for a brief respite from the wind, waves, and swell raging in the Queen Charlotte Sound to our west. We were not alone, however. A massive humpback had decided that the long, narrow inlet was a good place to chase a meal and followed a few hundred yards behind us as we paddled inland in search of a stream.

We had filled our water bags with tea-colored stream water and began to paddle back out towards the Sound when schools of herring began to ripple the water all around us. We set down our paddles and craned our necks to find the cause of the disturbance. Moments later, the water frothed as the gentle giant lunged skyward and crashed back into the sea, close enough to gently rock our kayaks as we recovered our composure. The whale surfaced again and again, each time appearing closer to the mouth of the inlet, then gracefully arched its back, raised a knobby fluke high above the surface, and dove deep. We smiled huge smiles at one another and paddled back out into the maelstrom, fighting our way further north.

WHY WE ARE HERE

Ever since completing a NOLS Semester in Patagonia in 2004, I had been eager to plan and execute a long wilderness trip of my own. My wife, Apryle, was ready for a change of pace. In researching possible destinations, the idea of kayaking the length of the Inside Passage kept bobbing to the surface.

The Inside Passage is a series of mostly protected waterways well over a thousand miles in length that begins in Seattle, Washington, and traditionally ends in Skagway, Alaska. The area encompasses many thousands of islands, traverses wild coastal rain forests, and is home to a tremendous diversity of flora and fauna. According to guidebook author Robert Miller, "The Inside Passage is something of a holy grail for contemporary sea kayakers. It is without question the most scenic and challenging paddling trip in North America."

While the desire to explore one of the wild places of the world encouraged us to undertake this journey, our passion for conservation motivated Apryle to seek a greater purpose for our expedition. In researching the Inside Passage, we learned that wild Pacific salmon are under extreme duress in parts of British Columbia. As land-locked Coloradans, we were all but oblivious to the host of issues that are well-known along the coast and realized that paddling 1,200 miles through prime salmon habitat would be a great opportunity to raise awareness of the plight of the salmon.

Salmon are ubiquitous on the Inside Passage. For many hundreds of years this anadromous species has formed the backbone of the entire coastal ecosystem. By feeding at sea for several years before returning inland, these fish effectively transfer nutrients from the ocean to the coast. Returning wild salmon feed resident pods of

AND SO IT BEGAN

On May 2, 2009, we paddled north out of Gig Harbor, Washington. That night, a storm of unprecedented fury battered the beaches and lashed the madrona trees around our campsite. We slept fitfully, worried that we might have bitten off more than we could chew. However, dawn came clear and cool, and before long the pre-trip frenzy of gear selection, packing, route-planning, and preparing mail drops fell away to be replaced by the daily grind of loading the kayaks, dancing the tides northward, selecting a beach camp, and settling in for the night. Wilderness came on slowly, beginning in the developed campgrounds and congested waterways of the Puget Sound, and then gradually awakening with the wildlife and wildflowers of the San Juan and Gulf Islands. We awoke each day to the

WHILE THE DESIRE TO EXPLORE ONE OF THE WILD PLACES OF THE WORLD ENCOURAGED US TO UNDERTAKE THIS JOURNEY, OUR PASSION FOR CONSERVATION MOTIVATED US TO SEEK A GREATER PURPOSE FOR OUR EXPEDITION.

orcas and serve as a major source of pre-winter protein for grizzly and black bears. Eagles and gulls scavenge the carcasses, and the remnants fertilize coastal forests. Moreover, wild salmon fuel the economy along much of the coast by attracting sport and commercial fishermen.

However, over the last two hundred years, mining, splash dams, clear cutting, massive hydroelectric projects, overfishing, ineffective hatchery policies, and other forms of habitat degradation have made life very difficult for salmon on the Pacific coast. Most recently, the introduction of Atlantic salmon in open-net salmon farms has raised concerns over juvenile salmon mortality resulting from parasitic sea lice, which many scientists trace directly to the presence of salmon farms along wild salmon migration routes.

To help raise awareness of this issue, we called ourselves the "Go Wild Expedition" and partnered with the Living Oceans Society. We set out to examine issues that are thought by the scientific community to be contributing to the localized extinction of pink and chum salmon, and to raise money for the Living Oceans Society salmon farming campaign.

crash of surf and the skittering of eagles, and enjoyed a daily entourage of harbor seals shadowing behind us with curiosity evident in their unblinking black eyes.

When asked what the weather would be like on the expedition, our usual reply was "55 degrees and rainy!" The first few weeks met our expectations, but on the east coast of Vancouver Island, dry weather and hot sun forced us out of our dry suits and into t-shirts. My arms burned and peeled despite an hourly slathering of sunscreen. Contrary to our expectations, hot and dry weather would be a theme for the rest of the trip. High pressure and clear skies along the Inside Passage generally bring strong northwesterly winds, though, and we often found ourselves rising early to take advantage of the relative calm morning weather before the afternoon wind machine turned on.

When we arrived in the Johnstone Strait north of Vancouver Island, we spotted our first black bear, battled the first of those fierce northwesterly headwinds, and started to feel the immensity of our undertaking. Port Hardy, our last resupply before the wild coast of central British Columbia, seemed to recede into the distance as we paddled nearer. Day by day we put the miles behind

GOING THE INSIDE PASSAGE THE LONG WAY HOME OF SALMON



All the makings of a dream expedition: (photos left to right) Paddling off Kaiete Point, BC. Keeping our distance from a giant humpback near Bella Bella, BC. Dinner at sunset near Metlakatla, BC. Resupply in Roche Harbor, San Juan Islands, WA. Spawning pink salmon near Admiralty Island, Alaska. Afternoon paddle in central British Columbia.

us, and before long we had arrived for a brief respite in Sointula, where we visited with the friendly folks at the Living Oceans Society. Rested, refreshed, educated in the issues regarding salmon farming, and briefed on what to expect further north, we put our heads down and paddled 22 miles the next day to our Port Hardy resupply.

Paddling the central coast of British Columbia was an unforgettable experience. In crossing the Queen Charlotte Strait from Vancouver Island to the mainland coast, we passed over both an immense physical barrier (the crossing, though dotted by islands, is some fifteen miles wide) but a psychological one as well. Committed, we renewed our determination to reach Alaska and prepared to round Cape Caution, where we would first encounter the great swells of the open Pacific.

CHOOSING OUR BATTLES

On the dawn of our attempt to round Cape Caution, the VHF radio crackled a startling 4:00 a.m. forecast as we listened by candlelight in our snug Burnett Bay camp. “Queen Charlotte Sound, gale warning in effect. Winds four-five to five-zero knots. Southwest swell four to five meters.” We were stormbound. The wind and surf continued unabated for three days, roaring like trucks speeding down a rain-soaked highway. On the fourth morning we couldn’t hear the pounding surf at dawn and the forecast had diminished to “light winds.” We loaded the boats and paddled around Cape Caution with nothing but ocean to our west. Four-meter swells, vivid memories of the furious weather of the past few days, heaved our kayaks, and I heaved my breakfast while leaning unsteadily against Apryle’s stern. After six hours and seventeen miles, we set up a tidy camp and slept well on Brown Island.

Further north in British Columbia, we found the whales. We had seen distant spouts in the Puget Sound and seen the immense fluke of a solitary humpback rise to blot out the sun while we paddled the swells of Cape Caution. The rich waters of River’s Inlet, though, were teeming with salmon and whales. For the next two weeks we would enjoy the constant company of breaching, lob-tailing, and spouting humpbacks. Near Bella Bella and north into Alaska, the humpbacks served as our alarm clock, waking us with their ghostly trumpeting. I can hardly blame the early cartographers who heard this pe-

WATCHING SEEMINGLY INFINITE SCHOOLS OF SALMON SUCCESSFULLY HURL THEMSELVES AGAINST THE THUNDEROUS FLOW OF KETCHIKAN CREEK WAS A SOURCE OF INSPIRATION THAT BOTH APRYLE AND I DREW ON EACH TIME THE WIND AND WATER CONSPIRED TO SLOW OUR RELENTLESS PACE.

culiar noise emanating from the dark or foggy ocean and wrote, “Here be dragons!”

My NOLS training in the fjords of Patagonia paid off handsomely time and time again on the coast. Wary of encroaching storm tides lapping at the tent door, we sited our tent high and dry every night. When the rain came in Alaska, we stayed dry under our tarp kitchen while bear camping. And of course, we ate well! Twice daily we sat down to a pot of oatmeal or a Fry-Bake full of pancakes, pizza, calzones, gado-gado spaghetti, or empanadas with curry and cheddar. Hardly a day went by without some dormant NOLS memory springing forth, from the sparkle of bioluminescent waves to the thrilling satisfaction of a safely executed surf landing. Without a doubt, my experience from Patagonia inspired and provided a solid foundation for a safe and rewarding personal expedition.

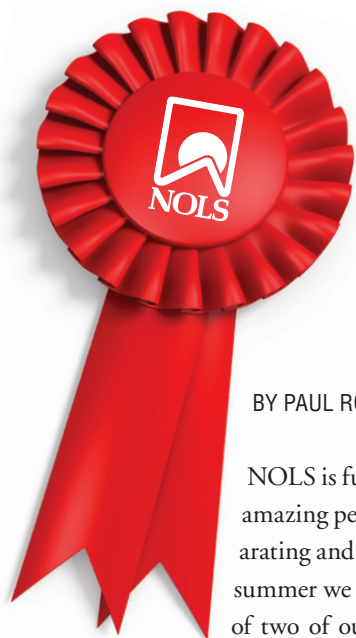
ALL FOR THE FISHES

Whether from their diminished numbers or the fact that our trip started before their runs began in earnest, we saw very few salmon during the early parts of our trip. Their presence, however, was everywhere. Fishermen loaded supplies at every dock along the coast. Puget Sound campsites warned would-be riparian trampers of “Salmon at Work!” Salmon farms and their detritus dotted coves and beaches all through the otherwise pristine Discovery Islands. In the Alaska panhandle, we paddled among huge schools of salmon. Landlubber that I am, I was astonished to discover that salmon not only leap to clear waterfalls, but frequently fling themselves from the sea. We actually found ourselves ducking to avoid being walloped by eight-pound piscine missiles! Watching seemingly infinite schools of salmon successfully hurl themselves against the thunderous flow of Ketchikan Creek was a source of inspiration that both Apryle and I drew on each time the wind and water conspired to slow our relentless pace.

On day 111 we packed up our camp on Pleasant Island in Icy Strait on a rainy morning, much like the previous three weeks. As we paddled along the north coast of the island, a curious sea otter lazily rolled and splashed just a boat length away, bringing smiles to our soggy faces. We paddled the last few miles to Glacier Bay on a friendly tide and braved hordes of no-see-ums for the last hour to Barlett Cove. We had hoped to continue paddling up into the Bay, but gone were the sunny days of central British Columbia; winter was upon us. Most compelling, however, was the imminent departure of the last ferry of the season to Juneau from Glacier Bay. We took a day tour of the Bay, marveled at the speed that a gasoline engine can convey, and packed for the journey home. Our journey on the Inside Passage had come to an end.

The Go Wild Expedition was truly more about the journey than the destination. Over the span of four months we became extremely intimate with 1,251 miles of coastline in a beautiful and fragile part of the world. Though our fundraising efforts only started in earnest with slideshows this spring, we’ve already raised a few hundred dollars for the Living Oceans Society. We saw the impacts that humans can have on even the wildest places, and renewed our commitment to preserve the wilderness for future generations. We took heart in the exceptional kindness offered by fellow travelers and strangers, now friends, along the route. And we learned what only the human-powered traveler knows: just how far a thousand miles really is.

Phil Magistro and Apryle Craig live at 7,500 feet in the Colorado Rockies and are avid climbers, hikers, and conservationists. They are grateful to Current Designs, Kokatat, Werner Paddles, and all their sponsors for helping make the Go Wild Expedition a success. To learn more about their adventures or to donate to the Living Oceans Society, please visit www.ElevatedAttitude.com.



Going Places

Extraordinary NOLSies Taking Exciting Paths

BY PAUL RONTO

NOLS is full of interesting and amazing people who lead exhilarating and inspiring lives. This summer we are especially proud of two of our distinguished instructors and former students. Alexander Sox-Harris and William Oppenheim have been honored with prestigious awards for their lofty pursuits. NOLS is delighted for the success these two have found and will continue to have.

Visit to the White House

Alexander Sox-Harris first came to NOLS in the summer of 1981 for a Semester in Alaska and quickly returned in 1982 for a Mountain Instructor Course. Before returning to school at age 30, Alex instructed for NOLS for 11 years, leading trips in Alaska, Mexico, and South America.

Currently living in Palo Alto, California, Alex is working for the Veterans Affairs Palo Alto Health Care System (VAPAHCS) as a researcher. Alex's research at the VAPAHCS aims to improve mental health care by focusing on the development and validation of treatment quality.

"In order to have a health care system that provides high-quality, patient-centered and efficient care, health care systems need valid measures of health care quality," Alex said in a Palo Alto news article.

"In order to have a health care system that provides efficient care, [we] need valid measures of quality."

Alex is one of 100 recipients of the 2009 Presidential Early Career Award for Scientists and Engineers, one of the nation's highest honors for beginning researchers. The award honors individuals for their commitment to community service and the pursuit of ground-breaking research at the leading edge of science and technology. Alex, along with fellow recipients of the award, was honored in a ceremony at the White House last fall.

"These extraordinarily gifted young scientists and engineers represent the best in our country," President Obama said. "With their talent, creativity, and dedication, I am confident that they will lead their fields in new breakthroughs and discoveries and help us use science and technology to lift up our nation and our world."

"Going to the White House was truly thrilling. I finally had to buy a suit, and President Obama was funny and inspiring," said Alex. "It's a tremendous honor and it's really nice for our field to be recognized."

In addition to his work with the VA, Alex is also a member of the Washington Circle Public Sec-

tor Workgroup for Substance Use Disorder treatment and a statistician for the VA Center for Bone and Joint Rehabilitation. He holds a master's degree in statistics and a doctorate in counseling psychology from Stanford.

"I got interested in psychology while working NOLS courses. I thought I'd like to be a counselor. I just happened to do an internship and post-doctoral fellowship at the VAPAHCS where I learned about health services research as a possible career."

This August Alex will receive the 2010 American Psychological Association Division 18 (psychology in the public interest) VA Section Outstanding Researcher

Award. This award recognizes Alex's research as "high impact, policy relevant, and directly impact[ing] the nature and quality of care received by Veterans," according to a press release from the VAPAHCS.

In addition to being an award-winning researcher, Alex is also an active member in the community as

a Cub Scout volunteer, an ultra-marathoner, and a family man. Great job, Alex, keep up the fantastic work!!

Next Stop, Oxford

In the summer of 2003, William Oppenheim III enrolled and completed his first NOLS course. Willy was the youngest member of the Wind River Mountaineering course, and by the end of his course not only had he celebrated his 17th birthday but was elected to be a leader of his independent student travel group. Instructors on the course agreed that, "Willy was a star in the course and a key member who gave a huge amount to the trip."

Course leader Christian Steidle said, "Willy was an excellent role model of hard work, organization, punctuality and, in general, somebody who wants to take advantage of every minute."

A few years after his course, Willy moved to Brunswick, Maine, to study at Bowdoin College, a highly selective liberal arts college with a long history of educating leaders in all walks of life. In May of 2009, Willy graduated from Bowdoin College *magna cum laude* and Phi Beta Kappa, with a self-designed major in anthropology, religion, and education. While at Bowdoin, he founded the Omprakash Foundation, a free online database of education-driven volunteer opportunities that concentrates on connecting volunteers and donors. Omprakash has grown from Willy's conviction that "positive social action must be built upon global dialogue and the humility that

it produces." His foundation has received hundreds of volunteers, over a quarter of a million books, and raised just under \$300,000 to date; yet, Willy's core goal is simply "the exchange of perspectives."

If that's not enough, this resolute young 24-year-old also founded the Global Citizens Grant while at Bowdoin, which empowers students to participate in international volunteer projects as well as promotes the enrichment of their home communities through service and learning opportunities. We're also proud to count him among the ranks of NOLS field instructors.

"Positive social action must be built upon global dialogue and the humility that it produces."

"I am a student of world religions, a social entrepreneur, a baker, a fly-fisherman, a perennial tent-dweller, a musician, a woodworker, and a poet, but above all, I am an educator: a person compelled to actualize the expansive possibility of 'leading out' implied by the word 'educate,'" says Willy.

This fall Willy will embark on yet another exciting journey, one that will take him across the pond and to one of the most prestigious universities in the world. As one of only 32 Rhodes Scholars selected for 2010, Willy will make his next home at Oxford University. Rhodes Scholarships are awarded for attributes that include high academic achievement, personal integrity, leadership potential, and physical vigor.

Cindy Stocks, Bowdoin's Student Fellowships and Research Director, said, "The Rhodes Scholarship application process is extremely challenging and seeks to identify the very best in terms of qualities of mind and qualities of person. Willy is just such an individual: a deeply inquisitive thinker, a passionate educator, a visionary founder of a non-profit organization, a loyal friend, a prize-winning poet, and an avid hiker and skier, who

brings a deep sense of humility and gratitude to all that he does."

Willy plans to pursue a Master of Science in Comparative and International Education at Oxford. In the future he aims to "establish a series of schools that model the educational possibilities of global engagement by building curricula around relationships with international social actors," he says.

Congratulations, Willy! NOLS is proud of you and excited about your future endeavors!

Head on over to page 14 and check out the Recipe Box. Not only is Willy an award-winning writer and scholar, but he could win awards for his bread baking skills too.



Alex Sox-Harris earned the Presidential Early Career Award for Scientists and Engineers in 2009.



Willy Oppenheim is heading to Oxford University as a Rhodes Scholar.

ALUMNI IN ACTION

A Legacy of Leadership

On Everest, Lacrosse, and Life In Between

BY APARNA RAJAGOPAL-DURBIN, NOLS PR SPECIALIST

“It was a s**t show,” said the voice on the other end of the phone, in a quintessential British accent that was at once both lilting and commanding. The voice belonged to Anne Parmenter, and that was a nutshell summary of her Everest debacle in 2006.

Anne has had a long and illustrious career as a field hockey and lacrosse coach, a wilderness guide, and an alpine mountaineer, and has conquered Aconcagua, Denali, Cotopaxi, Mont Blanc, Ama Dablam, and Everest. But it only took one call for me to realize Anne is a compassionate, sincere, and humble woman to whom Everest and its accolades take second fiddle to the joys of her 30+ year coaching career.

Her Everest story reads like an action film. Bad group dynamics thwarted her first attempt to climb the mountain, forcing her to abort the expedition.

“I didn’t feel safe with the people I was climbing with,” Anne told *Sports Illustrated* in 2006. That was the tactful way of putting it. Anne’s group was so fractured and her teammates so divisive that their failed ascent became the subject of her climbing partner Michael Kodas’ book, *High Crimes: The Fate of Everest in an Age of Greed*.

On Anne’s journey, it was leadership that made the difference between success and failure.

“Summit at any cost” seemed to be the team mantra,” Anne later wrote in an article for *The Washington Post*. “Members were bullied, gear was stolen, and threats were made against me and my climbing partner.” Despite her grim experience, Anne was undaunted, and successfully summited Everest two years later.

“I was fortunate to rewrite my Everest nightmare,” Anne later wrote. “With cooperation, teamwork, and a little luck, we spent 45 minutes on the summit together—with blue-bird skies, no wind, and a view that remains etched in my memory today.”

Anne’s story is the archetypal NOLS leadership story. Bad weather and lack of preparation can often hamstring major expeditions, but on Anne’s journey,



NOLS grad, alpinist, and lacrosse coach: Anne Parmenter takes leadership to heart.

it was leadership that made the difference between success and failure. So often, people place too much emphasis on competence, but competence on the mountain is only part of the equation—if your team cannot work together you have lost before taking that first step up the mountain.

Anne’s backcountry leadership lessons were cemented back in 1990 on her NOLS Instructor Course. She remembers showing up on day one positively confident that her well-worn British sleeping bag would be appropriate for the Wind River Mountains in May. She quickly realized that her group would be post-holing and snow camping for the entire course and she would need to rely on tentmates for body heat. (A good lesson in expedition behavior.) These same tentmates, Anne recalls, gorged themselves on the day of her course’s re-ration to the point that they became ill. This made for a much lighter load for the rest of their trip, but it also meant that two weeks later, they were scrounging for food and had to invent edible items using the dregs of their rations kits with only flour and raisins to choose from. (A good lesson in judgment and decision-making.)

Now that Anne has rewritten her Everest nightmare, she is translating the expedition-based leadership skills she learned in the backcountry to the lacrosse field: “I need a connection with wild places, places of solitude with incredible features. I need that experience to make me feel like I can make a difference in the world.”

Read Anne’s *On Leadership* article in *The Washington Post*: <http://views.washingtonpost.com/leadership/guestinsights/2010/04/everest-climb.html>

FACE FROM THE '80s



Long List of Accolades

BY PAUL RONTO

In the summer of 1981 **John Gookin** came to NOLS as a student on an Instructor Course (IC), and by the fall of ‘82 had already logged three courses as an instructor and was heading off on a Winter IC. Thirty years later, John remains an integral part of the NOLS community. Currently, he is the curriculum and research manager and recently was awarded the Paul K. Petzoldt Award for significant contributions to the field of outdoor leadership.

“I proudly accept that award as long as people understand how much I share the glory with Paul Petzoldt, Tap Tapley, Jim Ratz, John Gans, Molly Doran, Chuck Callanan, Jim Howard, and my mom,” says John. “The first seven were important mentors and allies in this work I got credit for. The last one is the one who told me hundreds of times, ‘You kids go play outside!’”

“John is a dedicated educator who has passionately provided leadership to legions of NOLS instructors and students for embracing experiential education,” says Drew Leemon, NOLS Risk Management Director.

John has more than 250 weeks in the field as a NOLS instructor and has been the father of the NOLS curriculum for over 20 years. John’s resume includes experience as an adjunct professor at the University of Utah in the Department of Parks and Recreation, a stint with the United States Marine Corps (USMC) during Operation Desert Storm as a senior non-commissioned officer for a specialized Marine Rifle Company, as well as a Chief Instructor Trainer for the USMC’s Arctic Warfare Training Unit in Greenland where he trained over 10,000 marines. John was a charter recipient of the NOLS Instructor Award and also spends time with the Fremont County Search and Rescue as Chief of Operations where he received a U.S. Department of Justice National Volunteer Award.

Before NOLS, John was a high school science teacher in Baltimore, Maryland, where he taught physics, biology, earth science, and environmental science. He was a recipient of the Teacher of the Year award in 1981 and even spent time as the school mascot for basketball and football games.

Congratulations again, John, you are truly a model to aspire after and an inspiration to outdoor educators!

NOLS 1981-1995

1981 > The first NOLS Wilderness First Responder course is taught.

1984 > Jim Ratz is named executive director of NOLS.
> The Instructor Development Fund is established to help instructors develop their leadership and outdoor skills.

1986 > The first NOLS alumni reunions are held in five U.S. cities.

1990 > The Wilderness Medicine Institute (WMI) is founded by Buck Tilton & Melissa Gray in Pitkin, CO.

1990 > The first Patagonia Semester operates in Chile.

1991 > Paul Petzoldt is named President Emeritus.
> The facility in Tucson, AZ, that had been operating as a base of NOLS Rocky Mountain becomes NOLS Southwest.
> NOLS offers its first course in India.
> NOLS runs its first Leave No Trace (LNT) course.

1993 > Current facility in Driggs, Idaho is purchased. Officially becomes NOLS Teton Valley in 1999.

1994 > NOLS coordinates the first Wilderness Risk Management Conference (WRMC) at NOLS’ Pacific Northwest in Conway, Washington.

1995 > John Gans becomes NOLS’ Executive Director.
> The first NOLS base in Canada opens in Smithers, B.C. Later it moves to Whitehorse and becomes NOLS Yukon.

RECIPE BOX

Field Perfect

Easy and Inspired Baking

BY ANGELA FINFROCK, NOLS ALUMNI INTERN

This recipe creates a bread that will put the world right. Its creator, NOLS Wilderness Mountaineering grad and current instructor Willy Oppenheim, says, “I started making bread as a NOLS student when I was seventeen. When I started working for NOLS, I realized I needed to take the ‘lowest common denominator’ of all my favorite recipes to create one that required the simplest ingredients and was easiest to remember.”

Helpful Hints

- We cut the recipe in half, which resulted in plenty of bread for two hungry people.
- We added fresh ground pepper for spice and, at step 4, after adding only a few tablespoons of whole wheat flour, our dough was ready for kneading.
- This recipe is easy to transfer to an indoor kitchen. For a frontcountry version, replace the directions in step 7 with the following: Preheat the oven to 450 °F and bake for about 35 minutes or until done.

Do you have a great backcountry recipe? Send it to theleader@nols.edu. If your recipe is printed, you'll get a free copy of the NOLS Cookery!

EVERYMAN’S BREAD

Submitted by Instructor Willy Oppenheim, WMT 06/12/03, SIC 07/06/07

Ingredients

- | | |
|------------------------------------|------------------------------|
| 4 cups white flour | 2 cups whole wheat flour |
| 4 tsp. baking yeast | Oil |
| 2 ½ cups warm water | Dried fruit, nuts, seeds, or |
| 2 tsp. salt with 2 tsp. warm water | spices to your taste |

Directions

- 1) Put the white flour, yeast, and warm water in a large mixing bowl. Don’t worry about making a well or anything like that. Mix well. You should have very wet, elastic dough. White flour or low-density wheat flour is best at this stage.
- 2) Mix the salt with 2 tsp. warm water, add to the dough and mix well.
- 3) This is the creative stage. Add whatever you want: rosemary and poppy seeds, sesame seeds with a dash of sesame oil, cinnamon and raisins—the list goes on. You can also skip this stage completely and add nothing if you want a plain bread. Mix well.
- 4) Slowly add about 2 cups more flour (whole wheat is recommended). Add a little bit at a time, stirring with a spoon until it is “dry” enough that it won’t stick to your hands.
- 5) Knead the dough well for about five minutes.
- 6) Almost done! Now just set your dough in a large bowl, lightly oiled, and cover with a damp towel, you can also let it sit in a large sealed plastic bag. It doesn’t need to rise long, but longer is better.
- 7) When you are ready to bake, shape the dough. You can braid, make baguettes, rounds or anything else you can think of. Use a knife to cut slits in the tops of the loaves. Place them on a lightly oiled pan, and let them rest about 20 minutes.
- 8) Bake using a twiggy fire for about 20–30 minutes. The loaves are done when you can tap the bottom and get a nice hollow sound. They should smell very good at this point!



Test cooks Angela Finfrock and Paul Ronto about to enjoy the final product.

GEAR ROOM

Drink Up

Recommendations for Field Water Filters

BY ANGELA FINFROCK, NOLS ALUMNI INTERN

Dear NOLS,
I find that one often needs to replenish water bottles during long day hikes or extended trips when boiling water is not an option. Can you advise on your best recommendations for a low cost filter device that can be used to effectively filter stream, river, or lake water to refill one’s bottles fairly rapidly?

– Nancy Leon, 1974 Ski Mountaineering

Thanks for the letter, Nancy! What a great opportunity to do a gear test!

Pure, drinkable water is important in the backcountry. Most water, though, is not as clean and clear as it looks. With the proper use of a disinfection system, water becomes much safer to drink and can be virtually free of harmful microorganisms. When boiling your water isn’t feasible, many of these contaminants can be filtered out using a .2-micron or smaller filter, or by using a chemical treatment or UV radiation for disinfection.

After researching backcountry water systems for Nancy, we wanted to see the Katadyn Hiker Pro Microfilter, the MSR MIOX Purifier, and the SteriPEN Adventurer Opti go head-to-head.

Katadyn Hiker Pro Microfilter

This filter is designed to remove protozoa, bacteria, some sediments, and algae. Viruses are too small for the Katadyn to handle, but it may be able to filter out particles that viruses are attached to. Considered a lightweight option, the Katadyn has gotten rave reviews on the web. In our tests, however, we found it to be a bit bulky and cumbersome. It was a little overly complicated and with the number of pieces involved, you might be out of luck should any parts be lost or damaged in the field. The Katadyn sells for around \$80 and has a capacity of up to 300 gallons.

MSR MIOX Purifier

This is a light, compact, easy-to-use filter that is ideal for disinfection. It inactivates bacteria, protozoa, and viruses with the use of mixed oxidants (MIOX). This filter is battery-operated, supposedly maintenance-free, and is highly rated. We found the MSR MIOX Purifier to be easy to use, but it takes a long time (4–5 hours) to fully kill the common harmful microorganisms found in the field. The MIOX is also a tad pricey at over \$100; batteries will last through around 53 gallons of filtering.

SteriPEN Adventurer Opti

The SteriPEN Adventurer Opti uses ultraviolet (UV) radiation to disinfect water. The UV radiation inactivates microorganisms by damaging their DNA and rendering them incapable of reproducing, and thus incapable of causing illness. This is a very lightweight, compact unit that will “zap” your water quickly. It is designed to inactivate bacteria, viruses, and protozoa,



The winner of our tests: the SteriPEN Adventurer Opti. Find it at www.steripen.com.

but won’t eliminate harmful inorganic matter, such as heavy metals. Also, UV water treatment is dependent on light penetrating water; therefore, cloudy water will need to be pre-filtered (using a bandanna works well).

Bottom Line

The SteriPEN is by far the easiest disinfection system I have tested or used. It is very fast (sterilizes up to 1 liter of water in as little as 90 seconds) and is affordable (retails at \$99.95 and the UV lamp lasts over 2,000 gallons treated). I recommend the SteriPEN and would gladly buy one for personal backcountry use. Another great option, not tested in this issue but used by NOLS routinely, are Aquamira chlorine dioxide drops. They are easy and are very cost effective at \$13.99 per kit for 30 gallons (120L) of water.

Write to theleader@nols.edu and share your gear thoughts, questions, and opinions. If it ends up in print, we'll hook you up with a NOLS t-shirt or hat.

Many, More, Most

Record-setting Education for 45 Years

BY ANGELA FINFROCK, NOLS ALUMNI INTERN

In honor of NOLS’ 45th anniversary, we would like to shine a few spotlights on instructors and students with “mosts” on their resumes. From the most student courses taken to the most field weeks as an instructor to the most grads in a single family... let’s do the numbers.

Instructor With the Most Field Courses

Here’s a shout-out to Cody Paulson who has worked an amazing 143 field courses. Cody took a Wind River Wilderness course in 1970 and instructed his first course in 1971. Since then, he has maintained an average of 3.7 courses per year.

Instructor With the Most Field Weeks

Marco Johnson’s claim to fame, at least in the NOLS world, is his record number of weeks spent in the field. Marco has worked 175 contracts with NOLS, 122 of which have been field courses that add up to a whopping 612.7 field course weeks!

Instructor With the Most WMI Courses

Daniel DeKay has worked a staggering 168 WMI courses since NOLS and WMI merged in 1999. This equals 275 weeks of instructing and an impressive 51 of his 168 courses have been monthlong WEMT courses. Daniel has influenced more than 4,000 students over the years and clearly loves his job.

Instructor With the Most Decades at NOLS

Coming to NOLS as a student in 1968 and working his first course in 1969 (as a porter for the crew that filmed *30 Days to Survival*) instructor Doug Dalquist has worked at least one course every decade since NOLS was founded. With 47 courses under his belt since the ‘60s, Doug says “there are still lessons for me to learn and every course is unique.”

Students With the Most Courses

Highlighted five years ago at our 40th anniversary celebration, Tim Mulvey is a NOLS grad 13 times over and continues to hold the record for the student with the most field courses. Following on Tim’s heels are Hans Anger and Thomas Manda tied with 8 courses each. In addition, the grad with the most WMI courses is Robert Walker at 12.

Most Grads in a Single Family

Diane Newbury Shoutis, currently the NOLS Alumni Relations Coordinator, leads the pack with 28 family members who are NOLS grads. Her sister Martha was one of the first women to take a NOLS course in 1966. Cousin George was the NOLS Pacific Northwest director for 23 years and his father, Diane’s uncle, Allan, joined two semester courses in Kenya in the 1970s. That gives the Newburys the accolades of three generations of NOLS grads as well! And if that isn’t enough, Diane’s daughter, Emily, is the first second-generation instructor, following in the footsteps of her parents. Needless to say, the Newbury’s seem to win the award for the most Mosts!

FACES FROM THE '90s

A Beacon in the Dark

BY PAUL RONTO

Let’s face it, people love lighthouses! Steve Lanwermeyer, a 1994 NOLS Adventure Course grad and current WMI Instructor, has found a passion for rehabbing dilapidated lighthouses on Alaska’s southeast coast. As director of the Cape Decision Institute, part of the larger Cape Decision Lighthouse Society, Steve is excited about his current endeavor: “It’s pretty special. I’ve always wanted property in Alaska and we have 216 acres of probably the coolest property in the state.” We caught up with Steve and asked a few questions about his course back in 1994:

Favorite food while on course:

“Fried pasta is what I remember from that course. We ate a lot of fried pasta, and got our baking skills on with some excellent cinnamon rolls.”

Most memorable instructor:

“Andy Tyson, hands down, still is! He was just a model instructor. I tried to emulate him, and I was super impressed by his skill set, his endurance, and his overall approach to being in the backcountry.”

Greatest lesson you learned at NOLS and how it translates into your life today:

“The biggest lesson I learned on that course was that strong leaders can bring groups through challenging situations with good communication and teamwork. I try to bring the same level of passion to my WMI

courses as Andy and the rest of my instructor team did.”

Steve brings that same enthusiasm and passion to his current lighthouse project as well. After discovering the Cape Decision lighthouse

in 2005, Steve was intrigued by the restoration projects going on. “I realized that they were trying to restore the facilities there, but I wanted to know to what end and what the purpose was,” he says. “When I was told there was really no clear vision, I suggested that it would be a great place for a field station for running outdoor education programming—to use it for a launching point for backcountry expeditions but also as a classroom.”

Currently, Steve is working with NOLS by hosting historic preservation service projects at the lighthouse and eventually aims to have the lighthouse and surrounding wilderness areas open all summer. “We’re stoked about working with NOLS out there, it’s a great place to learn about Alaska’s marine debris problems, as well as the natural history of Cape Decision.”

For more information about the Cape Decision Lighthouse Society go to <http://capedecisionlight.org>.



A Cut Above the Rest

BY PAUL RONTO



“The difference between a \$100 knife and a \$400 knife is all in the details,” according to Joel Bukiewicz, a 1999 NOLS Semester

in Kenya grad. Owner and operator of Cut Brooklyn, a specialty knife manufacturer in Brooklyn, New York, Joel has been featured on Gastronomista.com, Chow.com, *The New York Daily News*, and *The New York Times*, and his work has been dubbed “the Ferrari of knives.” We had a chance to chat with Joel and ask him about his NOLS course:

Most memorable instructor:

“Muhia Karianjahi. He was the leader of the whole crew and set the tone for everything. He was a badass but he had a soft touch about things. He made an experience that could have been a pretty strong culture shock into something we all felt good about at the end of the day.”

Greatest lesson learned at NOLS and how it translates into your life today:

“The most valuable thing for me was the lesson in risk management. There were super immediate results; if you screwed something up, you could end up down in a giant gully. I took away a better appreciation and understanding for the complicated calculus that is

involved in risk management; that is, what’s important to weigh when you make decisions.”

Your sister Lori was on the '99 Kenya Semester with you. What is she up to these days?

“Lori is now in the public health field and is living and working in New York City for Asthma Free School Zones, a non-profit that is concerned with air quality around schools. The course definitely brought us closer; we developed a respect and pride for one another that will always be with us.”

Becoming a knife maker is not what Joel had always dreamed of. Trained as a writer with a Master’s of Fine Arts in fiction, Joel was living near Atlanta when writer’s block found him in his back shed grinding knives. Now Joel is moving Cut Brooklyn from its 200-square-foot artist’s studio to a new 2,800-square-foot building complete with a basement, office, and storefront. Part of the motivation for the move was an invitation to show off his work at the Williams-Sonoma booth at the Food and Wine Classic in Aspen this summer. If everything goes as planned, Cut Brooklyn will be launching a line with the kitchenware giant in January.

For more information on Cut Brooklyn, check out <http://cutbrooklyn.com/splash.html>.

JABBERWOCKY

Contact the Alumni Office via telephone (800-332-4280) or email (alumni@nols.edu) to find contact information for any of your coursemates or to submit your information for the next issue of *The Leader*.

GRADS FROM THE '70s**Neil Short, MG 06/01/70**

Neil, a former NOLS instructor and Board member, just completed a one-day R2R2R (rim to rim to rim) hike across the Grand Canyon and back. Neil says it was the hardest long distance trip he's done to date. The R2R2R is 45 self-supported miles with 10,301 feet of elevation gain, 10,701 feet of elevation loss, and temperatures as high as 100 degrees. Neil is very excited about this successful hike and is probably already training for the next one.

Marc Silber, WRW 06/08/70 & SIC 06/02/71

A professional photographer for 40 years, Marc's images have left a durable impression. He studied photography at the celebrated San Francisco Art Institute and has released a new free ebook titled *Focus on Beauty*. Find him at www.silberstudios.tv.

Don Kinser, ADV 07/28/72

Don is the President of American Whitewater (www.americanwhitewater.org) and remains very active in his outdoor pursuits in his area of Marietta, Georgia.

GRADS FROM THE '80s**Edward "Ted" Lange, WMT 06/27/83**

Ted has pursued a 20-year career in environmental advocacy working for several nonprofit organizations. He now works for the Gallatin Valley Land Trust Community Trails Program. In Bozeman for ten years, Ted and his wife Christine have a 9-year-old son, Ian. They enjoy rock climbing, mountain biking, paddling, hiking, and skiing.

James "Jim" Mackenzie, PWS-2 07/24/88

Jim graduated in May 2009 from nursing school and is now a registered nurse in Pennsylvania. He is also the longtime owner and president of Octoraro Native Plant Nursery, www.octoraro.com.

GRADS FROM THE '90s**Jessica Falkenhagen, FSR-1 09/09/91**

Jess lives in Topanga Canyon, California. She's working on her doctorate in anthropology, having adventures with her family, and trying to stay sane as a mom of three young children.

Felix "Marco" Farrell, BAJ 12/30/93

Marco has traveled all over the world and he looks back on his NOLS Baja Sea Kayaking course as some of the best times of his life! He is starting a neoprene bracelet company, UltraBands.com, to help raise funds and awareness for small groups and nonprofits. He spends his weekends exploring, whale watching, free diving, and spear fishing the Santa Barbara Channel Islands.

Ed Friedman, SIS 09/09/97

A Maine resident, Ed is a certified welder as well as a farmer, EMT, professional ski patrolman, avalanche control worker, and kayaking business owner. He is also the president and chief pilot of Point of View Helicopter Services.

Keith Heger, SIC 07/29/99

Keith works for The Northwest Passage in Illinois and has also guided expeditions to the South Pole for a company called Polar Explorers. Many NOLS grads have probably met Keith, as he instructs NOLS' one-day kayak seminars in Chicago as well.

GRADS FROM THE '00s**Brian O'Sullivan, ROC-1 07/19/00**

Brian proudly wore his NOLS ballcap to the summits of Mt. Rainier and Mt. Kilimanjaro. This summer he is climbing Mt. Whitney with his son and daughter.

Christopher Robinson, SEK 07/17/01

Christopher works as a ski instructor in Park City, Utah, and is completing his PSIA Level 2 certification. He recently participated in river guide training and is completing his Utah Commercial Guides License. He plans to instruct beginner rafting and paddling with the Wasatch Mountain Club.

Lisa Evans, SOE 01/14/04

Lisa, a current NOLS Advisory Council member, lives in Tucson, Arizona, and remains active in the outdoors and with NOLS. She became a first-time grandmother to Jaden Daniel Jackson Evans on January 20, 2010.

Nick Renold, ROC 07/21/05 & WEMT 06/15/09

Nick is a junior at Northwestern University studying engineering. He is very active with the school's outdoor program, taking day hikes on the Appalachian Trail and canoeing on the Chatooga River. Nick plans to put his WEMT training to use doing volunteer work in Seattle this summer.

Brian Kwan, WEMT 07/14/08

Brian works for the Pasadena Fire Department as a volunteer EMT. It's urban and not backcountry, but it's a high-call-volume, high-acuity department. He learns a ton from the paramedics he works with and reports his NOLS/WMI training as being invaluable.

Sue Coughlin (Hersman), WSW-4 08/03/08

Sue recently completed a cross-country bike ride from San Diego to Florida. Read about her trip on her blog at <http://seesuespin.blogspot.com>.

WILDERNESS QUIZ

Answer: Trappers Lake (*Question on page 5*)

Located in the Flat Tops Wilderness Area in the White River National Forest of Colorado, this lake was largely off limits to development in 1920 due to the recommendation of Arthur Carhart, hired by the Forest Service to make a survey for a road around the lake. It was the first such Forest Service property to be set aside in this manner. Because of this, some consider it the birthplace of the U.S. Wilderness Area system.

Giving Is Still in Style

NOLS has come a long way since its humble beginnings in Lander in 1965, but we can say with confidence that the school remains true to its roots, driven each day by the mission to be the leader in wilderness education.

It was 1988 when NOLS' first annual giving solicitation went out the door. Since then, the NOLS Annual Fund has become a consistent source of funding for scholarships, curriculum development and research, and classroom preservation efforts.

As part of the NOLS family, you understand the importance of making a NOLS education financially accessible, ensuring that deserving students are able to attend a course even if they can't afford it on their own. Supporting the NOLS Annual Fund has become a critical way for faculty, staff, graduates, and friends to give back to the school. What better way to express your commitment to wilderness education?

Help ensure that NOLS is around for another 45 years by donating to the Annual Fund today! Visit www.nols.edu/eDonate to show your support.

TAKE YOUR LNT TRAINING TO THE NEXT LEVEL

ENROLL IN A LEAVE NO TRACE MASTER EDUCATOR COURSE TODAY!

Developed by NOLS, the LNT Master Educator course is the highest level of Leave No Trace training available. As a graduate of the course, you will be qualified to offer and teach two-day LNT Trainer courses.

Upcoming 2010 Courses

August 23-27	Flat Tops Wilderness, Colorado	Backpacking
Sept 13-17	San Juan Islands, Washington	Sea Kayaking
October 4-8	Ouachita National Forest, Arkansas	Backpacking
November 5-9	Grand Canyon, Arizona	Backpacking

For more information on courses and available scholarships visit www.nols.edu/lnt or call (800) 710-6657 x3



MARRIAGES AND ENGAGEMENTS

Tiffany Yonker and Eric Wooley, LFB 07/22/07

Eric and Tiffany were married in Cody, Wyoming, on August 29, 2009. They live in New York City but have enjoyed applying their NOLS skills to rainy weekends in the Catskills and on the Outer Mountain Loop in Big Bend National Park. Thanks to their instructors, Ryan and Janeen Hutchins, for their expert instruction on the LFB!

NEW ADDITIONS

Scott Graves, FSR-10 09/14/95

Scott's wife, Alyson, gave birth to a beautiful and healthy baby girl on February 12, 2010.

Aaron Bannon, OEC 07/16/07 & SIC 05/18/09

Aaron and his wife, Joy, welcomed Sebastian James Bannon to the world on March 4, 2010. Sebastian weighed 4 lb, 4 oz and measured 18.5 inches long.

Matt Copeland (SSR-5 03/09/04, SIC 07/07/08) & Karly Rausch Copeland (FSB 09/30/03, SIC 05/17/07)

Matt and Karly are the proud parents of Everett Curtis Copeland, born April 25, 2010. He weighed 6 lb 11 oz and measured 19.5 inches long.

Nate Hintze (SSW 02/15/00, BAJ 01/04/02, KIC 04/15/04) & Kacy White Hintze (FSR-7 09/09/99, SIC 05/25/00)

Nate and Kacy are the proud parents of Berg Oliver

Hintze. Berg was born May 9, 2010, weighing in at 9 lb 3 oz and 22 inches long.

Jonathan Hamren, WRW 06/29/70, & Liz Bastiaanse Hamren

Jon and Liz became the proud and very happy parents of a baby boy on May 20, 2010. Jonathan Gerard Hamren weighed 7 lbs at birth.

IN REMEMBRANCE

Landon Carter Schmitt, ADV-1 07/05/96 & AKM 06/16/97

Landon, a native of Virginia, was vice president and anchor member of the boutique investment fund Indochina Development Partners, dedicated to investing in private enterprises in Vietnam and Cambodia. Landon died on June 4, 2009, at the age of 28.

Marc Appling, SIC 08/07/89

Marc passed away on April 25, 2010, in Salt Lake City. Marc came to NOLS in 1989 and taught rock climbing and whitewater courses until 1998. He was an avid whitewater kayaker, backcountry skier, and rock climber who was greatly admired for his exceptional athletic ability in all sports. Since 1998 he worked as a guide for Jackson Hole Mountain Guides and Utah Mountain Adventures. He is greatly missed by his family; his community of boaters, skiers, and climbers; and the numerous clients he guided over the years. Donations in Marc's name may be made to an environmental or outdoor charity of your choice.

FACES FROM THE '00s



A Giant Leap for Womankind

BY APARNA RAJAGOPAL-DURBIN,
NOLS PR SPECIALIST

On the morning of April 20, 2010, the Space Shuttle Discovery touched down at the Kennedy Space Center, with all on board safe, sound, and back on Earth after two weeks in space. Notably, the crew included seven NOLSies: Commander Alan (Dex) Poindexter, pilot Jim Dutton, and mission specialists Rick Mastracchio, **Dorothy (Dottie) Metcalf-Lindenburger** (above left), **Stephanie Wilson** (above right), Clay Anderson, and **Naoko Yamazaki** (above left center).

Furthermore, the Discovery mission set the record for the most female astronauts—and female NOLSies—in space. Dottie and Naoko (grads of NOLS' NASA Leadership Expedition (NLE) in the 2005) joined Stephanie (a participant in an expedition commemorating the Space Shuttle Columbia astronauts, who were all 2001 NOLS grads) and **Tracy Caldwell Dyson** (above right center; a 2001 NLE grad who was already in orbit).

Tracy is a former chemist and electrician, Stephanie is an aerospace engineer and robotic arm specialist who became the second African-American in space in 2006, and Dottie was a young woman in high school when she attended Space Camp and later became a high school science teacher before joining NASA's astronaut program. Naoko Yamazaki is Japan's second female astronaut.

"The biggest thing I took away from the course was self-care and self-management," said Dottie. "If you don't take care of yourself, you won't be useful to your team. Self-care is not selfish, it is necessary, both on Earth and in orbit."

Dottie also said she and her team used their NOLS leadership skills daily: "All of us have done NOLS, so it's pretty obvious that [NOLS] carries through. We all know when to lead and when to follow, when to say 'here's my idea,' and when to listen to others' ideas."

This female foursome's record for woman-kind comes two decades after the first American woman, Sally Ride, was launched into space aboard the Challenger, and over four decades after the first female astronaut, Valentina Tereshkova, rocketed into space on the former Soviet Union's Vostok 6.

For detailed interviews read Tariq Malik's article New Space Record at www.space.com.

We're Flexing Our Muscle to Get You Great

HOTEL DEALS

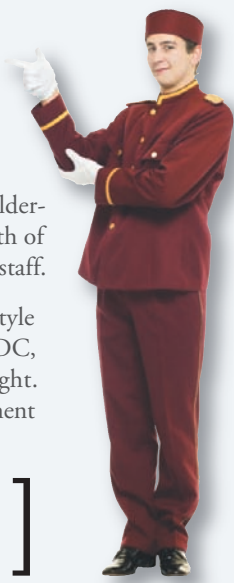
RATES FROM
\$56

The benefits of a NOLS education are many—skills, experience, wilderness, leadership—and now there's more. We're leveraging the strength of our over 100,000 grads to gain valuable benefits for our alumni and staff.

We've arranged for NOLS staff and grads to receive discounted, business-style lodging at Club Quarters properties in New York, Boston, Chicago, Washington DC, Philadelphia, San Francisco, Houston, and London. Rates start as low as \$56/night. Some restrictions apply and availability varies. Contact the NOLS Alumni department at (800) 332-4280 or alumni@nols.edu for details.



BECAUSE EVEN HONED WILDERNESS TRAVELERS
DESERVE A NICE HOTEL ROOM NOW AND THEN.



NOLS 1996–2010

1999

- > Paul Petzoldt dies at the age of 91.
- > NOLS announces the creation of NOLS Professional Training and purchases WMI.

2001

- > Administrative offices move into the newly constructed NOLS International Headquarters in Lander, WY.

2003

- > NOLS Kenya closes, but the school offers its first course in New Zealand.

2004

- > The NOLS Bus rolls out of Lander promoting NOLS, leadership, and alternative energies nationwide.
- > NOLS Australia opens.

2005

- > More than 400 people gather in Lander to celebrate NOLS' 40th anniversary.

2006

- > NOLS runs the first yearlong program in outdoor education, the NOLS Patagonia Year.
- > NOLS runs its first courses in the Amazon and on Baffin Island.

2007

- > The International Base Camp Initiative exceeds its \$10 million goal.
- > Noble Hotel renovation is completed and opens to the public.

2008

- > NOLS runs its first course in Scandinavia.
- > *Outside* magazine names NOLS one of the Top 30 Best Places To Work; the school earns the accolade again in 2009 & 2010.

TODAY

- > To date, there are more than 173,000 graduates of NOLS.

ALUMNI HAPPENINGS

Alumni Trips

If a month is too much to ask from the boss, the NOLS Alumni office offers shorter backcountry trips specifically designed for our working grads. We encourage you to bring family and friends along on these weeklong expeditions to reconnect with the school and introduce others to the NOLS experience. These trips have the same top-quality instructors, and though they aren't guided trips, we do cater a bit more to the desires and maturity levels of our participants. Customized trips are also available. Call us to design your dream adventure.

ALUMNI SERVICE TRIP

August 15–21, 2010 • \$500 – cost is subsidized by NOLS!

This trip takes NOLS grads, friends, and families into Wyoming's Wind River Mountains for a week of camping, connection, camaraderie, and service. We'll team with the U.S. Forest Service and Student Conservation Association to conduct meaningful and challenging service projects that protect public lands and enhance visitor safety and enjoyment in the backcountry.

ALUMNI HORSEPACKING

August 16–25, 2010 • \$1,535

This adventure starts at NOLS' Three Peaks Ranch where the school's horse courses and re-ration logistics are based. After an introduction to ranch life and horse handling, you'll ride into the mountains with a train of pack animals for a few days of camping, fishing, and riding. You'll focus on the art of Leave No Trace camping with the horses and pack stock.

HIKING ITALY'S DOLOMITES

September 10–17, 2010 • \$2,495

Join a small group of NOLS grads and instructors for a week of spectacular hiking in the Dolomites as you trek between rifugios (small, hostel-style lodgings) during the Italian Alps' early autumn. Connecting our string of rifugios gives you the chance to savor Italian cuisine and culture while mixing with other, mostly European, travelers in a dorm-style setting. Sleeping and dining (dinner and breakfasts) in the rifugios lightens packs considerably for your daily hikes among the stunning spires, valleys, ridges, and peaks of northern Italy.

TREKKING IN INDIA

October 11–23, 2010 | \$2,250

This hiking trip travels the Kumaon region amongst the high peaks of the Indian Himalayas. The staggeringly beautiful Kumaon, also known as the "Abode of the Gods," is rich in Indian myth, culture, and history. It is the birthplace of the holy Ganges River and a crossroads of ancient trade routes between India and Tibet. You will trek, with some donkey support, along the Pindar River to the toe of the Pindari Glacier. Along the way you'll visit teahouses and hike past villages and fields worked with water buffalo.



Rich Brame



Deborah Sussex



Rich Brame

Upcoming Reunions

Reunions are a great way to reconnect with NOLS and network with alumni in your area. Check out a great presentation, enjoy some refreshments, and maybe even score sweet gear in our raffle.

August 21, 2010 • Jackson Hole, Wyoming

6:00–9:00 p.m., Old Wilson Schoolhouse Community Center

In recognition of the Arctic National Wildlife Refuge's upcoming 50th anniversary, NOLS grad Kit DesLauriers and a team of fellow North Face mountaineers recently completed a traverse of the refuge, including a ski descent from the highest peak in the Brooks Range. Join NOLS alumni, friends, and families to hear about Kit's Alaska expedition and see images of this stunning and fragile wilderness landscape. Everyone is welcome.



Courtesy of Kit DesLauriers

BRANCH NOTES

NOLS TETON VALLEY

- We have successfully garnered two grants that will bring us into the solar-power age. The valley’s regional power entity, Bonneville Power, and Grand Targhee’s Protect Our Winters’ initiative have collectively awarded just over half of the funding needed to complete the project. We estimate the panels will offset roughly 30% of our annual electric use.
 - We are looking forward to our first ever all female two-week Adventure Course in July! Following the same format as our co-ed Adventure Courses, this is one of the first two courses NOLS is offering for 14- and 15-year-old girls. The other is a four-week hiking Adventure Course based out of NOLS Rocky Mountain.
- NOLS ROCKY MOUNTAIN
- It’s interesting to note that in 1975 when NOLS first started to use the Noble Hotel kitchen to feed courses, Gnat Larson was the manager. Over 30 years later, she’s in the Noble kitchen again, having returned in 2006 after a long hiatus!
 - We recently received a \$113,000 grant for an energy efficiency retrofit of the east wing of the RM. We will improve our heating and cooling

- system, replace windows, incorporate new lighting fixtures and sensors, and increase insulation.
- A new, smaller, light-weight, waterproof field edition of the NOLS Cookery comes out in August.
- NOLS SOUTHWEST
- In mid-May, NOLS Southwest finished up its 17th year of successful operations at our facility in northeast Tucson.
 - Our past success with lightweight backpacking has prompted us to add another option. We’ll run our first fall version of the Southwest Lightweight Backpacking course October 22–November 4 in the Gila Wilderness in New Mexico.
 - We have the El Niño to thank for the 11th wettest January–April stretch on record in Tucson. The fruits of this deluge have sprouted up all around the NOLS Southwest property in the form of saguaro, prickly pear, and ocotillo blossoms.



Courtesy of Lindsay Nohl

Three’s a Charm
NOLS Keeps Best Status

BY JOHN GANS, NOLS EXECUTIVE DIRECTOR

I’m pleased to announce that NOLS has once again been named to *Outside* magazine’s Best Places to Work. NOLS is the only nonprofit educational institution on the list and we are also on the list for the third year in a row, one of only a few companies to have this distinction.

The recognition of NOLS is far from a brief process or popularity contest. Over the past year, employees across the country were surveyed anonymously and confidentially about all aspects of their work life. These employees’ input culminated in the selection of NOLS as one of 50 companies that strive to enhance their employees’ work/life balance as well as environmental and social involvement.

This recognition is truly a credit to the entire NOLS community. Winning the award the first time meant a lot, but staying on the list in this third year is a true testament to the great focus that all of you put into our mission. Congratulations and thank you!!!!

*This could be
your job.*

If you love the outdoors and have great communication skills, instructing for NOLS may be your opportunity of a lifetime. Launch your NOLS instructor career with:

- **NOLS Instructor Course (IC)**, a monthlong course for aspiring NOLS instructors. You'll get the tools to teach the next generation of NOLS students—in-depth instruction on teaching the NOLS curriculum and training about NOLS protocols.
- **Professional Instructor Course (PIC)**, a 16-day course for very experienced practicing outdoor educators. We'll recognize your accomplishments and put you on the fast-track to working for NOLS.

Year-round work, instructor seminars to continue your growth, and NOLS support for personal expeditions are all part of the package. Work and travel the world with NOLS!

For more information, check out:
www.nols.edu/alumni/employment

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THE

BENTWOOD

INN

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“If it weren’t for the NOLS training, we would have been hit really hard by the economic downturn.”

– Augie C. Bering V,
Executive Vice President
Bering’s Retail Store



BELAY OFF

UNDER THE INFLUENCE OF NOLS

An enduring friendship ten years later

BY BETSY BAYNE, WSW-2 07/09/00

“When we work with 15- and 16-year-olds, we assign tentmates. But you’re adults, so we think you should pick your own tentmates,” Jim said. It is the evening of our first day on the NOLS 25-and-over Wyoming Wilderness course in 2000, and this is our strategy meeting with our instructors, Jim Ferguson and Kirk Nichols. Tomorrow we ride the bus to the Three Peaks Ranch, where we’ll meet our horse packer. Then we’ll spend the next 12 days backpacking with horse support in the Wind River Mountains. There are seven women and five men in our group, and our ages range from 25 to 50. I am 43 and one of the oldest. I look around the group, trying to read the faces and choose two people who I can share a tent with for the next two weeks.

OK, a little history. I grew up as the middle child, largely ignored by my parents and my two older sisters, always trying to please and keep the peace. I’m the poster child for passive-aggression. I’m unable to say what I want, and then I’m mad when I don’t get it. On my NOLS course, I decided that in picking my tentmates, my goal was to avoid the Type A drivers in the group, specifically the woman named Kathy with the short, strawberry blond hair. She was in her forties like me, but her voice was too loud, her laugh was too hearty. She seemed too confident, too sure of herself. If we were tentmates, she would run right over me, without even knowing it, and I would let her, and then I’d pout in frustrated silence. I didn’t need that for two weeks.

So Kathy and I were not tentmates, but we did get to know each other a little over the two weeks we were in the Wyoming wilderness, and I realized that my initial impression of her was wrong. We were actually a lot alike. We were the same age, and we were well matched in terms of hiking speed. We



Kathy (right) and me exploring the Hoover Wilderness in California, 2009.

both completed the course in spite of our aches and pains (Kathy has bad knees and I have bunions and a crooked back), we shirked no duties, and we are both very proud of our NOLS accomplishments.

But this story really begins a year later, in 2001, when I emailed the women in our NOLS group to see if any of them were interested in a backpacking trip that summer. Kathy and two other women signed up and we went to the Weminuche Wilderness in southern Colorado. We rented two llamas as pack animals, Buck and Rex, to carry part of the gear—and knowing that they could carry 75 pounds apiece, we brought things that never would have passed inspection at NOLS. The first night out we spent an hour and a half struggling to rig a bearhang. When it began to get dark, we gave up, frustrated and

sap-covered, with the food bags tied to the trunk of the tree, about five feet off the ground. (I wonder what kind of noise a bear makes when he’s laughing his ass off.) Besides bringing way too much food and bumbling the bearhang, it rained almost every day. Oh, and we lost one of the llamas. We found him again, thank God, but only after a morning spent looking for him in the rain. Don’t get me wrong, though, we had a great time...when we weren’t chasing llamas. And Kathy and I became great friends.

After Weminuche, Kathy and I have been backpacking together every summer. We haven’t used pack animals again, though it’s getting tempting as we get older, and with experience, we’ve gotten smarter about what to bring. We’ve seen a few bear hangs that were better than our first one, but we still aren’t very accomplished at that particular skill. Luckily for Kathy, I’ve let go of some of my passive-aggressive tendencies, but when they pop up now and then, she’s really good at letting me know about it.

We’ve hiked in some magnificent places and have collected some incredible scenery in our photo albums. We’ve seen animals walking around in the wild that most people will only see in zoos. In the ten years after NOLS, we’ve shared our most personal triumphs and our most heartbreaking losses with each other. We know that we will be friends forever. And we have NOLS to thank for that.

On my NOLS course, I decided that in picking my tentmates, my goal was to avoid the Type A drivers in the group, specifically the woman named Kathy with the short, strawberry blond hair.



Left: The two of us with Buck and Rex on the Continental Divide in 2001, a year after our NOLS course.

Right: Kathy and I showing off our pizza-making skills. Weminuche Wilderness, Colorado, 2001.



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