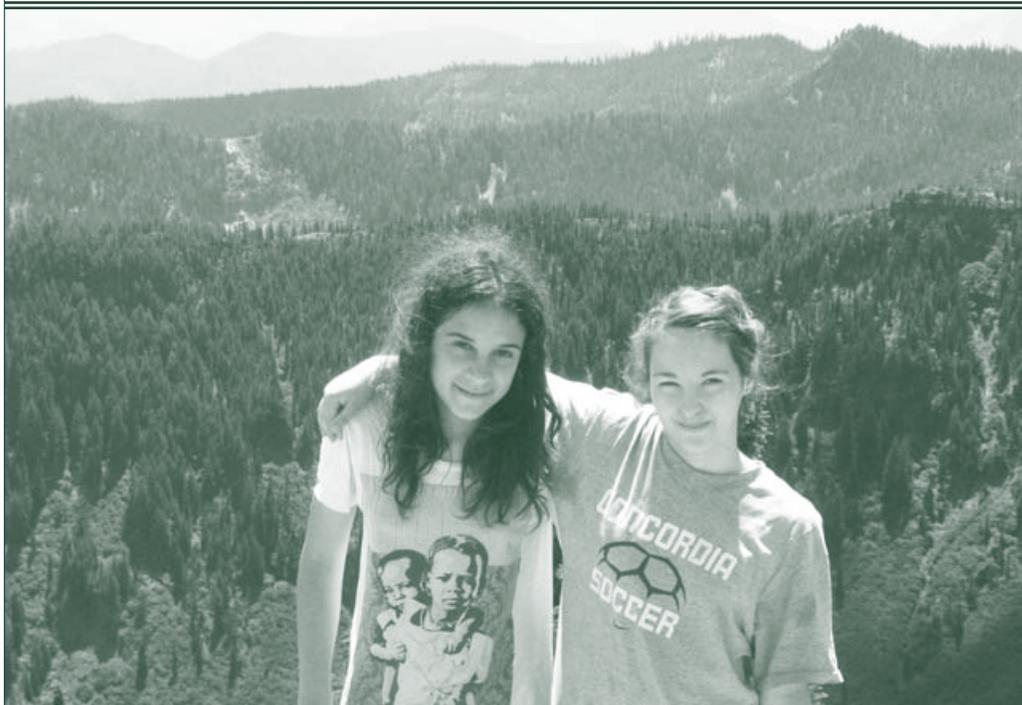




# OPAL CREEK ANCIENT FOREST CENTER



## EXPEDITIONS 2012

**July 8–13** Back to Basics

**July 15–20** Fire on the Mountain

**July 22–27** Peaks of Opal Creek

**July 29–August 3** Oregon's Uncut Gem

**August 5–10** 40 Lakes in 4 Days

**August 12–17** Beyond the Gates:  
Jawbone Flats to Desolation Canyon

**August 19–24** Advanced Skills

**August 26–31** Beyond the Gates:  
Opal Creek to the Ochocos

Online registration available at  
[www.opalcreek.org/opal-creek-expeditions](http://www.opalcreek.org/opal-creek-expeditions)

*Opal Creek Expeditions veterans Ilana Gottfried  
and Nina Greene on 2010's Peaks of Opal Creek*

## Program Participant Spotlight

by Kristina Oldani

**O**n March 23rd I sat down with two, four-time Opal Creek Expeditions veterans, Nina Greene and Ilana Gottfried, to discuss their experiences on the trail with Opal Creek Ancient Forest Center. Nina and Ilana joined fellow 2011 Sub-Alpine Lakes Backpack participant Camille Bales on May 11th to speak to our Evening for Opal Creek guests about their experiences and what they see as the value of environmental education. There's nothing like hearing a young person articulate their love of the environment and the lessons to be learned therein. In addition to hiking Sub-Alpine Lakes in 2011, Nina and Ilana participated in 2008's Beginning Backpack, and 2009 and 2010's Peaks of Opal Creek. Here are some snippets from our conversation.

**Kristina O. (KO):** Why is environmental education important?

**Ilana G. (IG):** If no one learned about [the environment], then no one would care about protecting the forest and the natural areas.

**KO:** Great! I just wanted to see if you guys knew what our mission was apart from the activities we do, seems like you totally do! I'll go back to the beginning now. What was most

memorable about your first trip to Opal Creek?

**Nina G. (NG):** I went with my fifth grade class, so it was only for a couple days, one night. It was just really fun and really beautiful. I thought it was a lot different than the gorge, because usually I go on hikes in the gorge with my family. And the trees are different and there were pools and

it was brighter colors and I thought it was really pretty.

**KO:** Do you remember what your first backpacking trip was with Opal Creek?

**NG:** It was Beginning Backpack. It was the first time I'd been backpacking, and we bought a new backpack for me to go. I was kinda nervous, I like hiking, but I didn't know what it would be like to carry everything on my back, but it was really just a fun thing, to just have everything you need on your back.

**KO:** Okay, what was most surprising about the backpacking experience?

**NG:** I was surprised that it wasn't so hard to carry everything on your shoulders. It was a lot easier than I thought it would be.

**IG:** I had gone to other camps before, I was surprised how cool the counselors were.

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## FROM THE EXECUTIVE DIRECTOR

Hello Opal Creekers,

Thank you for all of your support! It was great to see many of you at our Evening for Opal Creek a few weeks ago. We had a great turnout and it was wonderful to see so much Opal Creek love in one room! Thanks to your generosity, the event raised over \$7,500 to support our mission and programs at Opal Creek.

The 2012 program season is in full swing in Jawbone Flats. Already we have taught 612 Oregon students from 18 different schools about the wonders of the ancient forest. Fifty-two more kids and adults took part in one of the 5 workshops we have already run this spring. Some of you may have already taken your first visit of the season to Jawbone Flats. If not yet, I am sure it will be soon.

Spring is flying by and staff are currently wrapping up our Outdoor School season and shifting gears to summer. We are excited for some new programs this summer, including an Opal Creek Expedition to the Ochoco Mountains. Backpackers will spend the first night in Jawbone Flats learning about the Douglas Fir, Western Red Cedar and Western Hemlock forest of the western Cascades and will then travel to the east side of the Cascades to compare and contrast their findings in Opal Creek with the Ponderosa Pine forests of the Ochocos. Our Opal Creek Expeditions are 6 day backpacking trips aimed at teaching students safe back country travel along with the science behind the areas they are travelling in. This year marks the first year we journey outside of our watershed to compare other



*Childpeace Montessori students take a moment to update their field journals outside the lodge.*

ecosystems in Oregon to the ancient forest at Opal Creek.

We are happy to welcome two new board members to our team. David Yudkin, owner of Hotlips Pizza and Stephen Hatfield, REI's Outdoor School Director, joined our board in April. We are excited to have them both aboard and look forward to working with them to continue to refine our

dynamic programs and get the word out far and wide about the opportunities at Opal Creek!

Thank you for your continued support of and participation in our programs. We cannot do the work we do with students of all ages without the dedication of our member base. Thank you. Our programs inspire learning and exploration. Students leave Opal Creek with

an awakened sense of the world around them and their place in it. Thank you for your role in supporting this vital experiential education.

We have plenty of opportunities to visit Opal Creek this season. Take our yoga workshop, learn about local edible fungi in our mushroom workshop, send your son or daughter on an Opal Creek Expedition, rent a cabin, or just come on up for a hike!

Hope to see you soon in the forest,

Katie Ryan

Executive Director

### STAFF

Katie Ryan <i>Executive Director</i>	Ellen Incelli <i>Science Instructor</i>	Andy Pilarski <i>Assistant Cook</i>
Brian Campbell <i>Facilities Director</i>	Tucker Lee <i>Program Director</i>	Logan Shane <i>Science Instructor</i>
Aislinn Dugan <i>Science Instructor</i>	Mary Lugg <i>Lead Instructor</i>	Carmen Tomas <i>Assistant Cook</i>
Gabbi Haber <i>Registrar</i>	Kristina Oldani <i>Development Associate</i>	Rebekah Yglesias <i>Food Service Director</i>

### BOARD OF DIRECTORS

Adam Lane <i>Board Chair</i>	Stephen Hatfield Thor Hinckley
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Rick Schaefer <i>Treasurer</i>	Liam Sherlock Sean Sullivan
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Nancy Bales	Dave Yudkin

### MISSION

*Promoting ancient forest stewardship through educational experiences inspired by Opal Creek's natural and cultural history.*

**KO:** So of the four trips you've been on, which has been your favorite so far and why?

**NG:** I think I liked Peaks of Opal Creek the best because it's really cool – you've been hiking all day and, you know, you're exhausted and all of a sudden, around the corner, you get to the top of the hill and there'd be this awesome view and you can see like four different mountains and that was just really rewarding.

**KO:** Can you explain the dynamic in the group at the beginning of the week versus the dynamic in the group at the end of the week?

**IG:** Usually at the beginning of the week those people [who sign up and come together] are just talking to each other and not really talking to anyone else, but by the end of the week, everyone's friends.

**NG:** By the end of the week you really get to know [each other] in depth and that's pretty cool, because you rely on each other for entertainment [laughs] so it's a really fast way to get comfortable with someone!

**KO:** Is there a particular day on the trail for either of you that stands out as being really difficult? And what got you through it?

**NG:** It's usually the first day. I remember for Lakes and Peaks, the first day we hiked up that really steep trail that's on the way into Jawbone Flats ...

**KO:** Whetstone?

**NG:** Yeah, Whetstone, and that's a tough hike!

**KO:** Yeah, I've done that hike a few times, but never with a pack. And without a pack it's a tough hike!

**NG:** Yeah, it is. You want to start out easy breezy and all of a sudden it's like huge uphill and it's really difficult ...

**IG:** But then the rest of the week is really easy by comparison.

**KO:** So what gets you through that first really tough day?

**IG:** Thinking of where you're going. Because where you're going is super cool, so if you have to work hard to get there, it'll be worth it.

**KO:** So have you ever found yourselves on day one of a trip telling other participants, "Trust me, it'll be worth it when we get to the top!"?

**NG:** Yeah, we take a lot of rest breaks, especially when we're hiking up hill, and so when we're resting the counselors will try to enforce

that it is worth it and we definitely back that up! That this is the hardest part, but it will be worth it when we get to the top, and it will get better.

**KO:** What kind of food do you cook on Expeditions?

**NG:** Tortillas and cheese, burritos and chili and pasta. And you're always a little worried that the food will be gross. It's in a bag, or a can, or dried, and honestly, it's the best food you've ever eaten! Because you're so hungry and you're like, "I've burned up all my calories! Give me something to eat!"

**KO:** So Nina, you went to visit colleges the other day. What are you thinking about studying?

**NG:** I'm not really sure, I have a lot of interests, I know that when I go to college I want to be close to the outdoors. Even if I don't study something that has to do with the environment, I want to be in it.

**KO:** Do you think that's partly because of the experiences you've had at Opal Creek?

**NG:** Yeah. That's how I was brought up. And that included Opal Creek. I'm just a very outdoorsy person and that will always be a part of me. I'm very aware environmentally and I try to encourage that in other people and I think that's also due to my upbringing and seeing places like Opal Creek and how beautiful it is and how I want to protect that.

**KO:** On the Expeditions, how much focus is placed on what you do as an individual and

how it affects the environment?

**IG:** It's one of the main ideas. On top of Mt. Whetstone or Beachie there's the border you can see from up there. There are all the trees in the Opal Creek area and then outside of that there are areas where there are no trees. You look at that and you think about what you use and how much and what you actually need.

**KO:** Do you feel like your backpacking experiences at Opal Creek have changed you?

**NG:** I think that they've made me more independent and more aware of my surroundings. Like if you want to know, "Are we there yet?" counselors want you to look at a map and figure it out for yourself. And I think that goes along with a lot of things that you learn to rely on yourself when you need something.

**IG:** Yeah, it does teach you how to be independent, but it also teaches you how to depend on other people. Like if you don't go help another person pump water, then it's just not going to get done efficiently. If you don't help cook, you don't eat until 8 o'clock. You have to work together. I learned teamwork. It's a different camp experience, because you get a lot closer to people. I've been to camps since I was little, a lot of different camps. Opal Creek is just different. It's better than all of them!

*Thank you Ilana and Nina for taking time out of your spring break to come chat with me about Expeditions! It was wonderful talking with you! ■*

### FROM THE KITCHEN

The Jawbone Kitchen meals are a highlight for many of our guests. Food Service Director Rebekah Yglesias shared this crowd pleasing cake recipe with us so you can bring a taste of Jawbone right into your own kitchen ~ enjoy!

#### BATTLE AXE ORANGE CAKE

This luscious citrus cake with a toasted caramelly edge is a real crowd pleaser. If the cake is browned well, the edges are the best part. Note: this recipe is vegan and can be made gluten free by using a gluten free baking flour mix and baking soda.

flour	3 cups
sugar	2 cups
baking soda	2 teaspoons
salt	1 teaspoon
orange juice	2 cups
(make strong if using concentrate)	
veggie oil	2/3 cup
orange zest	2 tablespoons
white vinegar	2 tablespoons
vanilla	2 tablespoons
poppy seeds	3 tablespoons

Preheat oven to 350 degrees. Grease 13" x 9" pan with oil (we prefer grape seed oil). Whisk the flour, sugar, soda and salt together in large bowl. Whisk the rest of the ingredients together and stir well into the dry ingredients. Bake for 30-40 minutes until brown on top. Sprinkle with powdered sugar after cooled.

Variations: Top can be sprinkled with coconut before baking. ■

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## Did you know...

**“April showers bring May flowers,”** and Opal Creek is awash with wildflowers. Yellow Johnny Jump-ups and white Trillium shot out of the ground right after the snow melted (last week). Vine Maple and Alder are budding and adding new growth with beautiful red bark to the spectrum of color in the ancient forest.

The birds that have come back after winter compete with the flowers to see who has the most vibrant colors. Stellar’s Jays are a splash of bright blue amidst the dark green of Douglas Fir needles. Rufous hummingbirds, with a bright red-brown back, buzz and chirp as they protect their territory from iridescent green Black-chinned hummingbirds.

Amidst all of this beauty, it’s easy to forget the forest is engaged in life

and death struggle. The Rufous hummingbird (*Selasphorus rufus*), for example, is constantly hours away from starvation. Beating its wings 52-62 times per second all day would deplete its energy quickly, so most time is spent perched. Overnight the bird reduces its body temperature and slows its metabolism, a temporary hibernation state called torpor, to conserve energy during sleep. These adaptations help the Rufous hummingbird, averaging only 3 inches, migrate 7,800 miles each year.

## THEIR OWN WORDS

*“I wanted to say that this camp experience was remarkable. Yes, the stellar weather made it all sparkly fabulous...but I was extremely impressed with the staff. Too often, as of late, we encounter science camp instructors that feel the need to ‘jazz up’ science or make the delivery ‘over the top’. I truly appreciate the approach here – that science is all around us, we are a part of it, and so it is a more calm, inquisitive, natural approach. I could tell the instructors adapted to our younger students – Thanks! Opal Creek is certainly top of my list as an educator to be referred to others... Awesome experience, Thanks so much!”*

– Amy Esheby, Childpeace Montessori Teacher