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Support Our Efforts: Become A Member Today!



FEATURED VOLUNTEER: MIKE MARONICK

This fella has been hanging out with Bob peeps for the last 7 years on volunteer projects. He even pitches in during the off season to help us with our fundraising. Please meet Mike Maronick. He's one cool dude.

► How many BMWF trips have you done?

I have worked several week-long projects: Sunburst Lake Campsite Restoration, Historic Phoneline Project, Weed Eradication at Castle Lake with a stay at Granite Cabin (including a float trip on the Middle Fork of Flathead River) and trails on Bartlett Mountain and Albino Basin.

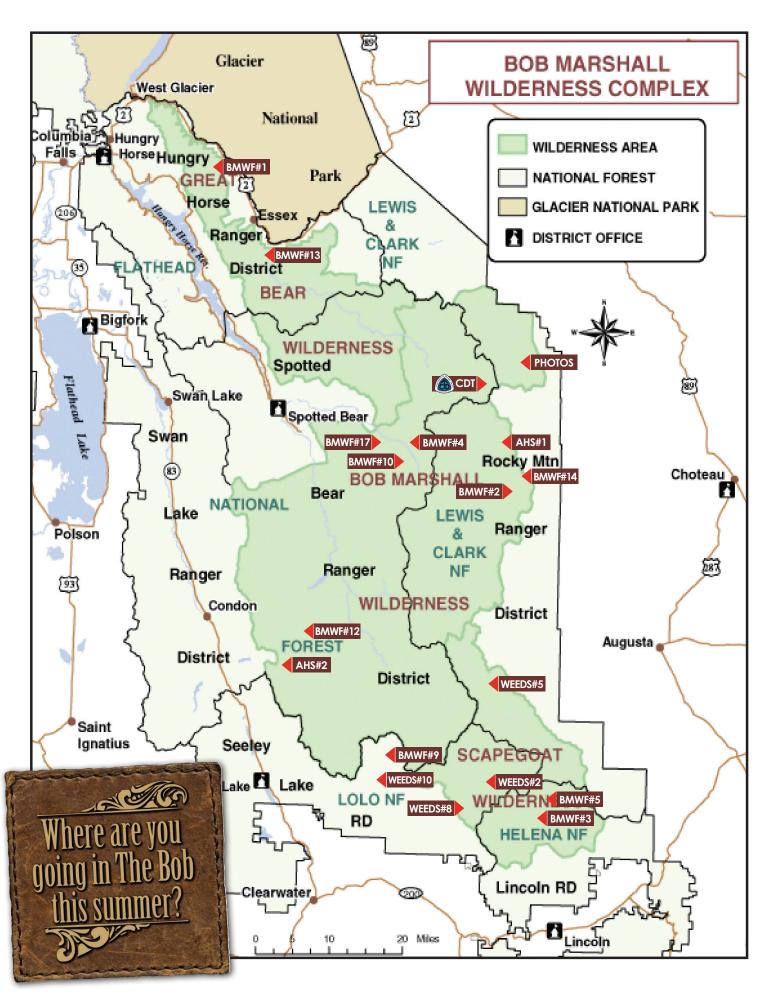
► What is your favorite BMWF trip memory or moment?



There are too many good memories to mention, but the Bartlett Mountain trip and the life-lasting team of friends that bonded in accomplishing a major project challenge clearly stands out. Overall, I feel I have developed a great camaraderie with the crew, the volunteers, the packers and even Bob Marshall's history as an individual.

▶ What's your inspiration in coming out and giving back to The Bob?

I had hiked many places throughout Montana and the world, including all of Glacier Park, the Himalaya and the Alps, among others. But I had not had much experience in the Bob. I took a weeklong trip through the Bob several years ago and I was so incredibly awed at the mystique, grandeur, ruggedness and quiet of the Bob that I promised myself that I would hike and visit every year. The Bob Marshall has a personality and splendor that cannot be outdone by anyplace else in the world and we are fortunate to have it in our own backyard. The BMWF has served as the ideal vehicle for me to do just that and give



A Note From the Program Director



Rebecca Powell

My good friend Kristy told me each year when she gets the spring newsletter she studies the Bob trips, looks at a map and circles the ones she wants to join. Soon the newsletter finds its way to the recycle bin and her summer passes by in a flurry of outdoor activities, none of which is the circled trip with the BMWF.

I have a feeling she is not alone in this act of desire that never comes into fruition. So I am asking you to take the next step. Visit our website and register for that trip, fill out the registration packet and pay a \$50 refundable deposit. That's it, that's all. Three easy steps will get you into the Wilderness, and recharge your summer.

As Dr. Seuss said "Today is your day! Your mountain is waiting. So...get on your way".



YOU DON'T WANT TO GET DIRTY & SWING A TOOL?

THAT'S COOL, TOO

THEN BRING YOUR FAVORITE SPATULA INTO THE BOB

It's hard for us to believe that not everyone out there wants to wake up in a tent with sore muscles after a hard day's work on the trail. We love this stuff! But...we understand.

So how about volunteering as a Camp Cook? These volunteers are just as important and more beloved to our trail crew volunteers then their shovel. After working on the trail it's really great to come back to camp with a meal in progress.

BMWF provides the food budget, cooking gear and hungry people. You create the food menu and have your days free to explore. Join us solo or with your best buddy. Cook on a car-camping project or backcountry project (food and gear is packed in with mules). If you're interested let's chat. Take a look at the project dates and contact Rebecca when you find one that suits you: program@bmwf.org or 406.387.3808.







QUESTIONS? THAT'S OK - YOU'RE NOT THE ONLY ONE.

This is just a short list of the most common questions we recieve. We have other Frequently Asked Questions in our FAQ link online you might want to check out. Go to www.bmwf.org > Volunteer (FAQ link is last in the menu list).

Do I need prior trail maintenance experience to participate?

No, we just ask that you come to the project ready to work, willing to learn new skills, and motivated to make the trip and project a success.

What kind of work can I expect on a BMWF trip and how much?

Since you will be signed up as a Forest Service volunteer, expect to put in an 8 hour work day, and 40 hours per week on the longer trips. Trail maintenance projects involve use of primitive tools such as cross-cut saws, axes, pulaskis, hand saws, shovels and loppers, which you will be trained for and supervised by a BMWF project crew-leader. Trail work can involve strenuous lifting, bending, and hiking to and from work site each day. There are a variety of tasks on each trip and we encourage volunteers to take turns and try all of them. The BMWF crew-leader will assign appropriate tasks to fit your comfort and skill level as well (i.e.-you won't be expected to saw tree's out of the trail all day if you would rather cut brush with loppers instead). On the longer trips, you will also be expected to help out with camp chores such as cooking, cleaning, and general camp duties.

Will I have time off to explore the backcountry?

We schedule time at the end of each workday, and one full day off on the weeklong trips for you to explore and enjoy the area you will be working in.

More questions answered at

www.bmwf.org > Volunteer > FAQs

TRIP DIFFICULTY RATINGS KNOW YOUR ABILITY AND CHOOSE WISELY PLEASE

When you are physically prepared for your project it makes the work and outcome more enjoyable for everyone. Please read the difficulty ratings below to determine the right level for you.



Easier: Usually day trips with either light trail maintenance or restoration work. No other experience other than hiking required. May include hiking 1-5 miles with a daypack.



Moderate: Day to overnight trips where hiking distances are further and project work is moderately strenuous. Some experience with longer day hiking (5-10 miles) is required as well as backpacking on overnight trips.



Strenuous: Longer, backpacking trips with travel over rough terrain and possible significant elevation gain. Should have experience with backpacking and backcountry living, as well as physically fit to perform more strenuous trail maintenance work for an extended period. Hiking into and out from camp may be 6-15 miles in length with full packs (40-50 lbs).











2012 BMWF Volunteer Projects

Take a look. Circle your favorite. Then register at www.bmwf.org > Volunteer. Hurry, some projects are already full!

before.

BMWF #1 Stanton Lake Date: 6/2

Hike: 1-4 miles Elevation Gain: >500' Availability: 20 people Deadline: Wed, May 30th





Show your love for trails on National Trails Day! Join us as we give the popular trail to Stanton Lake some seasonal upkeep. We will divide and conquer the work with some crews clearing logs and brushing, while others will focus on re-treading trail sections. Feel good about getting this trail in shape for a busy season! After a day on the trail, the Bob Marshall Wilderness Foundation invites all volunteers to a tailgate BBQ at the Hungry Horse Ranger Station from 4-6pm. BMWF will provide the grub.

BMWF #2 Deep Creek Date: 6/13-17

Hike: 8 miles to camp Elevation: +800' Availability: 6 people Deadline: Thurs, May 17



This project is our first backcountry, overnight project to kick off the season. We will hike 4 miles in and set up base camp at the confluence of Erosion Creek and Deep Creek. This trip has a little bit for everyone. The crew will be doing some campsite cleanup, clearing trail of brush and retreading portions of the trail.

BMWF #3 Webb Lake Date: 6/22-27

Hike: 8 miles to Webb Cabin Elevation: +962 Availability: 8 people Deadline: Friday, June 1st



This trail offers a taste of what the Scapegoat Wilderness looked like before the Canyon Creek Fire of 1988. Webb Lake itself has a shallow water level that is maintained by the activities of dam-building beavers. The crew will be based out of the Forest Service Cabin on the shore of the lake. The work will focus on repairing and maintaining some water bars and doing some maintenance on a puncheon (which is a wooden walkway over a bogs or streams).

Fall asleep to the sound of the Wild and Scenic, South Fork River flowing by camp! I

expect you will sleep well after a day of sawing logs along Hodag Ridge. This area

has experienced some heavy downfall in the past and we are looking to clear the

trail. The crew will hike the ridge each day to reach where they left off the day

BMWF #4 Hodag Ridge Date: 6/22-27

Hike: 10 miles to camp Elevation: +962' Availability: 8 people Deadline: Friday, June 1st



BMWF #5 Landers Fork Date: 6/22-28

Hike: 5 miles to camp Elevation: +717 Availability: 8 people Deadline: Friday, June 1st



This trip is great for anyone who wants get some time with a crosscut saw. There is a lot of blow down on this trail from the 2003 snowtalon fire, so we will be doing some clearing. This trip has an extra bonus of a personal chef. No hot dogs here! Volunteer packer Jim Boorman and friends will be packing in all of our gear and sticking around for the week to cook for the hard working crews. What a treat!

Weeds #2 Cabin Creek Date: 7/2 -7

Elevation Gain: +700' Availability: 4 spots left



Hike: 11 miles to camp

Deadline: Mon, June 18th



Montana native plants means beautiful landscapes and wildlife. Let's keep those weed invaders out! Help us fight noxious weeds in the in the Scapegoat Wilderness. This area was burned in the 1988 Canyon Creek Fire and weeds have taken root after that disturbance. As a certified herbicide applicator, the BMWF crew leader will train each volunteer on plant ID and herbicide application to meet our goals. Enjoy stunning sunsets and the rosy glow of Evans Peak (8,979') from the expansive bottomlands of the Dry Fork/Cabin Creek confluence near camp.

AHS#1 Route Creek Date: 7/15-21

Hike: 11 miles to camp Elevation Gain: +2100' Availability: 8 people Sign up at americanhiking.org



The crew will hike in over the beautiful route creek pass. Portions of the North Fork Sun River area were burnt in the 1988 and need a lot of work to brush back the regeneration of saplings and keep the trail corridor open. This trip will also require cross-cut sawing (2 person, 6' saw) to remove logs on the trail. Other trail work includes installing and maintaining drainage structures to keep erosion to a minimum. Hike will be 2 to 5 miles each day to the work site. Enjoy a day off during the project to relax, fish, swim or hike to the Chinese Wall!

Weeds #5 Green Fork Date: 7/25-29

Hike: 12 miles to camp Elevation: +1500' Availability: 2 spots left Deadline: Wed, July 14th



Meet at 6pm, 7/25 at Augusta Information Station. From there carpool to the trailhead and spend the night for a hike to camp early on 7/26! This project is located in one of the most scenic places in The Bob - just beneath Scapegoat Mountain Massif. Volunteers with help hand-pull an infestation of Spotted Knapweed in the Green Fork drainage; no chemicals are planned for this project. There may be some steep terrain and much hiking offtrail. BMWF crew leader will train volunteers on plant ID and treatment methods. Before this growth has a chance to take hold in the heart of the wilderness we hope to nip it in the bud - literally!

Boone & Crockett Photography Clinic Date: 8/2-7

Hike: 5 miles to camp Elevation: +300 Availability: Only 2 spots left! Deadline: Friday, July 19th



The BMWF has teamed up with Professional photographer, Jeff Van Tine to offer our first ever photography clinic and weeds trip! We have also partnered with the Boone and Crockett Club and the Montana Wilderness Association to host one of our most exciting projects yet! Volunteers will spend 2 nights tent camping with a full day devoted to photography workshops at the Boone and Crockett Club's Theodore Roosevelt Memorial Ranch. This 6,000 acre ranch with a world class education and research facility lies in the foothills of the east slope of the Rocky Mountains near Dupuyer, MT. Volunteers will then head into the field for a 3 day backcountry trip to fight noxious weeds. After work we will continue our photography workshop with Jeff. This area is a photographers dream!



AHS#2 Palisade Creek Date: 8/5-11

Hike: 10.5 miles to camp Elevation Gain: +3800' Availability: 8 people Sign up at americanhiking.org





Palisade Lake is high on the crest of the Swan Mountains in a sub-alpine region making trail maintenance difficult. Volunteers will clear the trail of downed trees and brush with hand saws. Other work includes drainage maintenance and installation to keep the water off of the trails and campsite rehab. We will enjoy a day off in the middle of the trip to explore, fish, swim, relax and enjoy this amazing area. It's a tough hike and hard work so strong volunteers are needed!

BMWF #9 Monture Creek Date: 8/16-23

Hike: 10 miles to camp Elevation: +250' Availability: 4 spots left Deadline: Friday, Aug 3rd



Enjoy a week of trail work in the beautiful Monture valley. Take an evening stroll to 20 ft. Monture Falls, as we will be camping in close proximity to it! The trail work will be primarily retreading some sections of trail that have been falling into disrepair in the past few years. This is a backcountry camping trip with primitive campsites. BMWF will coordinate pack support to bring in tools, food, group gear and maybe some personal gear.

BMWF #10 Pivot Mtn Date: 8/18-25

Hike: 10 miles to camp Elevation: +1500' Availability: 8 people Deadline: Friday, July 23rd



This group will utilize the Pentagon Cabin for cooking and sleep under the stars near the Spotted Bear River. The best of both worlds! Each day you will work your way up Pivot Mountain armed with crosscut saws, pulaskis and loppers. As we work on reestablishing the tail most of the work will be done where the rubber meets the trail, literally.

Weeds #8 N. Fork Cabin Date: 7/22-27

Hike: 7 miles to camp Elevation: +600 Availability: 4 spots left Deadline: Wed, Aug 1st



For this project we'll be revisiting an infestation of Yellow Toadflax that we worked on last season, help us restore native species and rid the North Fork of invasives! The work will be focused on eradicating weeds around the North Fork Cabin on the North Fork of the Blackfoot River. As a certified herbicide applicator, the BMWF crew leader will train each volunteer on plant ID and herbicide application. Volunteers on this project will be asked to handle herbicides under direct supervision as well as hand pulling invasive species. During down time, the North Fork waterfalls are not to be missed just a mile up the trail and the North Fork affords great fishing opportunities.

BMWF #12 Shaw Cabin Date: 8/31-9/3

Hike: 15 miles to camp Elevation: +3680' Availability: 8 people Deadline: Wed, Aug 8th



Always wanted to re build a turnpike? Don't know what a turnpike is? Well here is a good time to learn! The hike into this project begins at Holland Lake and passes over the swan crest via Gordon Pass. The pass itself has outstanding scenic views into the Bob Marshall Wilderness and high alpine Cirques. Once over the pass you will head to the Shaw cabin where you will be based. The crew will be rebuilding and updating an existing turnpike (turnpikes elevate a trail above wet ground using native gravel and wood. This work is very rewarding - join us.

BMWF #13 Java Creek Date: 8/31-9/3

Hike: 4 miles to camp Elevation: +400' Availability: 6 spots left Deadline: Fri, Aug 10th



Looking for an extended weekend trip? This is it! Meet us on Friday morning and bring your river shoes. The group will be fording the Middle Fork of the Flathead and setting up camp along the river. The trail work will be on little used Java Creek trail. The trail is thick in some places, so we will be opening it up and clearing some downed trees. On Monday you will hop in a raft for a short float down to Essex river

BMWF #14 Our Lake & **Headquarters Pass** Date: 8/31-9/2

Hike: 4 miles on longest day Elevation: +2200' Availability: 8 people Deadline: Fri, Aug 10th



This is the perfect 2-day trip in the late summer season! Our Lake is a short, but uphill trail that winds through forest and scree fields and end at a pristine alpine lake. Headquarters Pass looms beneath the highest peak in the area (Rocky Mountain, 9392'). The crew will clear any blow down left behind by the blustery winter and clear drainage features to keep water off the trail to minimize erosion. If you haven't been up these trails before - join us. The views are worth the uphill slog! This is a car-camping trip with a primitive campsite near the trailhead.

Weeds #9 **Monture Guard Station** Date: 9/1-5

Hike: 1-6 miles, day hikes Elevation: +250' Availability: 4 spots left Deadline: Sat, Aug 18th



Help us help wilderness! This is a 4 day project in the proposed wilderness of Monture Creek, a major access to the Southern Swan Range of the Bob Marshall Wilderness. We'll take on weeds on the trails from the Monture Trailhead and spend a few nights at the Historic Monture Guard Station. Built in the 1920s and in use by Forest Service personnel since, Monture was recently renovated and added to the Forest Service cabin rental program for winter use. This is a car camping trip with outhouse facilities.

BMWF #15 Bartlett Mtn Date: 9/7-15

Hike: 26 miles (over 2 days) Elevation: +3100' Availability: 8 people Deadline: Fri, Aug 24th



If you're lookin' for a challenge, this may be the toughest project of the season! With a 2-day hike to camp over two passes in the Swan Range, it is one of the most difficult and beautiful hikes into the heart of The Bob. Camp is on the Wild & Scenic South Fork of the Flathead River, one of the most pristine watersheds in the lower 48 and home to one of the best native fisheries in the nation. The work will be sawing, sawing, sawing! You'll work hard, but also enjoy stunning panoramic views. Are you up for the challenge? Join us for a tough and rewarding trip!

BMWF #17 Limestone Pk Date: 9/9-15

Hike: 8.5 miles to camp Elevation: +1400' Availability: 8 people Deadline: Mon, Aug 27th



If you're lookin' for a challenge, this may be the toughest project of the season! With a 2-day hike to camp over two passes in the Swan Range, it is one of the most difficult and beautiful hikes into the heart of The Bob. Camp is on the Wild & Scenic South Fork of the Flathead River, one of the most pristine watersheds in the lower 48 and home to one of the best native fisheries in the nation. The work will be sawing, sawing, sawing! You'll work hard, but also enjoy stunning panoramic views. Are you up for the challenge? Join us for a tough and rewarding trip!



Featured Partner Project - Continental Divide National Scenic Trail

CDT - Bowl Creek Date: 8/19 -26

Hike: 12 miles to camp Elevation: +3500' Availability: 8 people Sign up at catmontana.org





The Continental Divide National Scenic Trail (CDNST) runs from Canada to Mexico for 3100 miles along the Rocky Mountains. There are still sections in Montana that are not complete and many others that need annual maintenance. Join us on Flathead National Forest for a week to help build turnpike in boggy areas of the Trail. MT Wilderness Association leads the efforts to continue work on this special mountain trail. Be a part of history, roll up your sleeves and get away for a week in the backcountry of The Bob. Food, gear and pack support provided.



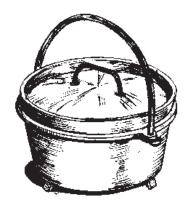












Backcountry Cooking

YOU DON'T HAVE TO BRING THE KITCHEN SINK TO HAVE A GOURMET MEAL IN THE WOODS. THIS RECIPE IS ONE OF OUR FAVORITES IN THE BOB. WE HOPE YOU LOVE IT, TOO!



Spending a day doing trail work or hiking 14 miles? This breakfast will help get you there. The main ingredient is Quinoa. Quinoa has become highly appreciated for its nutritional value, as its protein content is very high (12–18%). Quinoa contains a balanced set of essential amino acids for humans, making it a complete protein source. (You can find organic quinoa at Costco for a great price.)

This is a great recipe for a 'stick to your bones' breakfast. It's also backpacker friendly, vegetarian and a one-pot meal.

Creamy Cranberry Quinoa



Ingredients:

- 1 Cup Quinoa
- 2 cups water
- 6 TBS Powdered milk
- 2 TBS Brown sugar
- 1/8 tsp ground cinnamon
- 1 Small handful of nuts
- 1 Small handful dried cranberries

Directions

- Bring milk to a boil in a small saucepan. Add quinoa, and return to a boil. Reduce heat to low, and simmer, covered, until three quarters of the milk has been absorbed, about 15 minutes.
- Stir in sugar and cinnamon. Cook, covered, until almost all the milk has been absorbed, about 8 minutes. Stir in cranberries, and cook for 30 seconds. Serve with additional milk, sugar, cinnamon, and nuts. Makes 2 cups (one large serving).

You can make this even easier by packing this at home. Bag 1: Quinoa; Bag 2: Brown sugar, cinnamon, cuts and cranberries; Bag 3: Powdered milk.

TIME FOR A RESUPPLY?

Drinking coffee each morning just got even better. When you drink Bob Coffee blended by Montana Coffee Traders, you're not only getting your morning perk on, but you're also helping keep trails open and cleared in the Bob Marshall Wildemess. Drink up!





Order your Bob Coffee online at www. bmwf.org (Merchandise link) or pick up in Kalispell at Trailhead Supply or Rocky Mountain Outfitter.



Don't forget to put some Bob Coffee in your saddle bags and backpack this summer.

FEATURED VOLUNTEER: MIKE MARONICK continued...

back at the same time while building great relationships and experiencing new parts of the wilderness each and every year. I always walk away with a sense of accomplishment and memories and experiences that will last forever.

- ▶ Do you have any favorite spots in the Bob Marshall Wilderness Complex? The South Fork of the Flathead will always have a special place in my heart.
- ▶ When you're not working with BMWF, what do you do for work or fun? As a former pharmaceutical representative, I have since taken time to stop and smell the roses and volunteer in many different arenas along the way, I love to hike, fish, snow-ski, golf and raft / kayak.
- ▶ What's your favorite backcountry meal? I had a po-boy meal and a seafood linguine that were to die for. But, after a hard-days work, I could go for anything, especially protein and pastas (with spirits)!
- ► What piece of camping gear is essential for you in the woods? Simple: strong boots, warm clothes, a dry tent, a headlamp and a good Louis L'amour book (preferably the Sacketts).
- ▶ Other words from Mike: I like to say that working with the BMWF is the hardest work you'll ever love. Over the many miles and toil, I feel like the sweat equity is still balanced in my favor. I love to give back through volunteerism, but I feel that working in The Bob, I get much more out of it than I put in. I feel very fortunate to be able to experience new parts of The Bob each year and if I were to plan these trips on my own, they would not be nearly as logistically plausible or as cost-effective. It's a great challenge and commitment that I offer to myself every year. The hardest part of it all is coming out to reality at the end ... but I always take joy in looking forward to the next project.



Mike Maronick at Sunburst Lake on BMWF Project

GET TO KNOW YOUR BOB PEEPS



Marchand started her time in the valley as a kid exploring the woods around the Walton Ranger Station and eventually moved to West Glacier; a great base camp location for all the adventurous . opportunities available in the Park and on the rivers. After college, she returned to the valley. Always in the mountains, she spends her winters on the Ski Patrol at Whitefish Mountain Resort. Her excitement of getting to know the beauty of The Bob is matched only by her excitement of meeting a great crew that she has heard so much about.



Jessup grew up on Montana's east side in the small town of Hardin. He went farther east for college and graduated from Southern Illinois University with a Bachelors of Forestry. Jessup loves to backpack, rock climb, and go fly fishing. As a former ranger in the Rattlesnake Wilderness outside of Missoula, he has been looking for an opportunity to jump over and explore the vast Bob Marshall Wilderness. He is looking forward to his summer with the BMWF, spending time in the backcountry and helping others share a great pride in working to maintain the integrity of the wild places.



Grant hails from West Linn, Oregon. He graduated from the College of Forestry at Oregon State University. He has worked on a wilderness trail crew in the Willamette National Forest. This gave him a taste for trail work and for spending an entire summer camping and backpacking in Wilderness. At the end of last summer he backpacked the Oregon section of the Pacific Crest Trail. Grant is looking forward to hitting the ground running in a new area (especially one as legendary as the Bob), meeting new people, and most of all doing trail work in Montana!



Don opened Rocky Mountain Outfitter, a retail mountain shop in downtown Kalispell, in the summer of 1976. He loves his work, as it allows him to meet all sorts of people with similar interests as himself. The outdoors has always been his passion, whether he is alpine ski touring, backpacking, climbing, hiking or cycling. He has skied across the Bob Marshall Wilderness several times and in multiple different routes. Don was also one of the cofounders of Glacier Country Avalanche Center and was on the Board of Directors for Big Brothers/Big Sisters for 10 years!



Al worked for the U.S. Forest Service and National Park Service for over 34 years. He retired as the District Ranger for the Wilderness Ranger District on the Gila National Forest in New Mexico. Al has

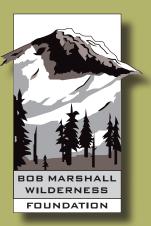
a passion for Wilderness and believes that teaching Leave No Trace principles to all Wilderness users is the key to sustaining a Wild environment.

Al enjoys hiking, bird watching and cross country skiing with his wife, Beth and their dog, Scout.



PETE METZMAKER BOARD MEMBER

Pete worked for Montana Dept. of State Lands from 1976 to 1981 as a forester and hydrology tech. In 1982 he took his knowledge to the classroom. Since then he has been a science teacher at the Whitefish Middle School. In 1986 he started working summers Glacier Guides/Montana Raft Co. as a hiking and rafting guide. He also coached track at the middle school for 29 years and referee both basketball and soccer. Pete does not have a hard time keeping busy! When looking to recharge, it is the Bob Marshall Wilderness that holds a special place for his hiking and skiing adventures.



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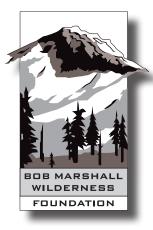
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- □ \$250 Double Bit Axe □ \$25 Hard Hat

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- ▶ To say thank you, we publish an annual donor list in our Trails Newsletter. _____ I would like to remain anonymous.
 - ► With my gift of \$100 or more please send me "The Bob" tee featuring Bob Marshall himself, olive green. (Women's tees fit very snugly; we recommend ordering one size up from your normal size.)

 Men's (circle one): Med Lrg XL XXL OR Women's (circle one): Sm Med Lrg XL

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