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April 2020 Newsletter

COVID-19 PRECAUTIONS:

The safety of our community is our top priority, and we are committed to doing our part to limit the spread of COVID-19 (aka coronavirus). We are closely monitoring guidelines from the Center for Disease Control (CDC) and Colorado Department of Public Health and the Environment (CDPHE), and how these might impact our programs. We are also coordinating with our US Forest Service partners to remain in compliance with their COVID-19 response guidelines.

Stay Safe and Healthy!

NEW WEBSITE!

www.fomelc.org

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Forest Service COVID-19 Information

- **Pike National Forest, Arapaho and Roosevelt National Forests and Pawnee National Grassland have Closed Developed Recreation Sites (including Brainard Lake):** *"Given the demonstrated risk of exposure to COVID-19 from large, concentrated gatherings of people, USDA Forest Service Rocky Mountain Region officials are temporarily discouraging continued recreational use on the national forests and grasslands. Crowded conditions in recent days in parking areas, trailheads, and at popular forest and grassland destinations are undermining the country's critical efforts to contain the spread. At this time, all restrooms, including those at trailheads, on the Forests and Grassland will be closed. Picnic areas and day use areas that are typically open this time of year will also be closed. The warming huts at both Berthoud Pass and Brainard Lake are already closed."*
- If you are heading to the mountains, the Forest Service strongly recommends that you reconsider and stay closer to home while Colorado is on a statewide stay-at-home order. You can still recreate outdoors, just do so in your own neighborhood parks and outdoors spaces. Visitors from the Boulder-Denver metro areas and other Front Range cities have been heading to the mountains in record numbers causing issues with social distancing and strains on local services. In response, state parks and national forests have begun closing facilities and trails to the public. Rocky Mountain National Park and the adjacent town of Estes Park are closed. Mountain communities like Estes Park and Nederland have declared emergencies to prevent the further spread of COVID-19 in their at-risk mountain communities. Some roads into mountain areas and towns have begun restricting access to local residents only. Clear Creek County has also closed many roads to residents only.
- More information and answers to many questions are available on the Forest Service website:
<https://www.fs.usda.gov/about-agency/covid19-updates>

Note from the Chairman –

Our FOMELC Chairman, Peter, is currently down with the COVID-19 at home. Keep him in your thoughts and prayers. We wish him a speedy recovery.

Watch for his article for the May Newsletter.

Current Event Status

- We are working closely with the Forest Service for policies regarding volunteer work on National Forest.
- Monthly FOMELC meetings are suspended until it is safe to resume gatherings like this one.
- Recruitment events at the Foothills Home, Garden & Lifestyle Show are unavailable since those events are postponed.
- **The Spring Training weekend in May is cancelled for 2020.** Any plausible postponement would only detract from necessary field activities, but we are considering alternative ways to engage new volunteers (see below).
- Multi-person field activities, like All-Hands Days, remain in flux as we consider how the public health environment progresses into the summer.

Alternate Projected Activities

(Depending on Forest Service COVID-19 Policies)

- For every person receiving this newsletter who remains on the sidelines, please consider becoming a volunteer this year. For those who are already volunteers, look around at your friends and neighbors and think about whom you might introduce to this privileged work.
- There is nothing more rewarding than spending a day in Wilderness and making a difference, either by improving a trail or conducting a trail patrol. This requires training. We hope to undertake training this year by in-the-field mentorship in limited groups of 1-4 people.
- Please contact admin@fomelc.org if you wish to take a mentorship-training hike.



1918 Flu Epidemic -- Arthur Carhart, Trappers Lake and Colorado

Here are some anecdotes to consider about today's COVID-19 and wilderness connections to the 1918 "Spanish" flu epidemic, Arthur Carhart, Trappers Lake and other events in Colorado:

1918 Flu:

- Incorrectly called the Spanish Flu because many thought it started in Spain, which it did not.
- Once the US joined in fighting the Germans in WW 1, many American soldiers died in the trenches, not from battle, but from the flu and the spread of the epidemic in close quarters.
- 50 million died worldwide from the 1918 flu
- 675,000 died in United States from the flu

Arthur Carhart:

- 1892 – Born in Mapleton, Iowa (Sept. 18, 1892)
- 1916 -Graduated from Iowa State College with B.S. degree in Landscape Architect.
- 1917 (Sept.) – entered the Army but was not sent to War in Europe, instead he was stationed at Camp Meade, Maryland outside of Washington DC
- Served as a 1st Lieutenant in the Sanitary Corps overseeing the "health" and "sanitation" of the soldiers; concern of germs and diseases – including the flu -- spreading through training camp.
- 1918 (Fall) Carhart came down with the flu at Camp Meade but his newlywed wife (Vee) nursed him "instead of having to tough it out in the camp hospital."
- 1919 -Hired by Forest Service and reported to work in Denver, District 2 (now Region 2) on March 1, as a Recreation Engineer responsible for work with scenic, simple highway landscape improvement and sanitation. Salary was \$1,800/year.
- 1919 – Famous trip to Flat Tops, summer of 1919 to survey and plot "several hundred" home sites on the lake shore and survey road around the lake.
- 1919 – September, gave his Trappers Lake survey to immediate Supervisor Carl J. Stahl and recommended the area "remain roadless."
- 1919 – Famous meeting between Aldo Leopold and Arthur Carhart at Denver Office on December 6, 1919.
- 1919/1920 – Developed Squirrel Creek "health" camp for auto camp conveniences, forerunner to today's Forest Service developed campgrounds.

1918 Flu, Denver, Gunnison, Colorado:

- 1918, beginning in late summer 1918, flu spread from East Coast hitting Colorado in late September 1918.
- First it sickened a dozen soldier-trainees in Boulder and then was reported in Pueblo, Colorado Springs and Denver. Doctors told people to breathe fresh air, avoid crowds and remember the 3 C's" clean mouth, clean heart and clean clothes. Schools closed and churches cancelled services. Waiters and bank tellers told to wear surgical masks.
- In Gunnison, officials prohibited train passengers from disembarking and posted guards to turn away other potentially flu-laden travelers. Gunnison seemingly escaped the flu.
- 8,000 died in Colorado from the flu from September 1918 to early January 1919.

REFERENCES:

- The Quiet Revolution: The Grass Roots of Today's Wilderness Preservation Movement by Donald N. Baldwin, 1972
- Colorado: A History of the Centennial State, Fourth Edition, Carl Abbott, Stephen J. Leonard, Thomas J. Noel, 2005
- Arthur Carhart: Wilderness Prophet, Tom Wolf, 2008

Leave No Trace Principles

Leave No Trace is a **core philosophy, promoting sustainability and conservation in the outdoors**. Each of us plays a vital role in protecting our wilderness, national forests, national parks and state parks. As we spend time outdoors, in the natural world and in wilderness, it is important to be conscious of the effects our actions may have on plants, animals, other people, and even entire ecosystems. Following the **Leave No Trace Seven Principles**, summarized below, can help us minimize those impacts. They can be applied anywhere, at any time, while taking part in recreational activities. These principles were established by the Leave No Trace Center for Outdoor Ethics, and built on work by the US Forest Service, National Park Service, and Bureau of Land Management in the mid 1980s. This relationship continues today. The principles are based on and informed by scientific research in the fields of recreation ecology and human dimensions of natural resources. Leave No Trace is a set of outdoor ethics promoting conservation in the outdoors.

Leave No Trace Seven Principles

- **Plan Ahead and Prepare**
 1. Know the regulations for the area (very common to see regulations at Trailhead sign).
 2. Prepare for weather, emergencies, and hazards.
 3. Use a map and compass or GPS.
- **Travel and Camp on Durable Services**
 1. Stay on trails and assigned campsites.
 2. Camp at least 200 feet from lakes and streams.
 3. Walk single file on trails.
- **Dispose of Waste Properly**
 1. Pack it in, pack it out.
 2. Deposit solid human waste in catholes 6-8 inches deep, 200 feet from water, camp and trails.
 3. Wash yourself and dishes 200 feet from water.
- **Leave What You Find**
 1. Preserve the past: observe, but do not touch, cultural or historic structures and artifacts.
 2. Leave rocks, plants, and other natural objects as you find them.
 3. Avoid introducing or transporting non-native species.
 4. Do not build structures, furniture, or dig trenches.

- **Minimize Campfire Impacts**
 1. Where fires are permitted, use fire rings.
 2. Keep fires small.
 3. Burn all wood to ash, put out completely, and scatter cool ashes.
- **Respect Wildlife**
 1. Observe wildlife from a distance.
 2. Never feed animals, damage their health, or alter behaviors.
 3. Protect wildlife from food and store trash.
 4. Control pets at all times and keep dogs on leash.
- **Be Considerate of Other Visitors**
 1. Respect other visitors and be courteous.
 2. Step to downhill side of trail to allow pass.
 3. Avoid loud voices and noises.

Why is Leave No Trace Important?

In 1987, a “no trace” program was formed for wilderness and backcountry travel. The U.S. Forest Service, National Park Service and Bureau of Land Management cooperatively distributed a pamphlet entitled “Leave No Trace Land Ethics.” In the early 1990s, the National Outdoor Leadership School (NOLS) was enlisted to develop hands-on, science-based minimum impact education training for non-motorized recreational activities. Then, in 1993, an Outdoor Recreation Summit with land management agencies, NGOs and members of the outdoor industry convened in Washington DC to form an independent Leave No Trace organization. Leave No Trace, Inc., was incorporated in 1994.

The organization, now known as the Leave No Trace Center for Outdoor Ethics, develops and expands Leave No Trace training and educational resources. The Leave No Trace Center conducts important research that impacts public lands and the general public. It engages with a diverse range of partners from the federal land management agencies and outdoor industry corporations to nonprofit environmental and outdoor organizations and youth-serving groups.

The idea behind the principles is to leave nature as unchanged by our presence as possible, so that future generations can enjoy it too. In essence, the purpose of Leave No Trace is to **keep the wilderness wild.**



Thank you for doing your part to protect our natural world. Stay safe and healthy.

The Leave No Trace Recommendations for Getting Outside During Covid-19

The coronavirus pandemic has altered all of our lives. The Leave No Trace Center for Outdoor Ethics aligns with the [CDC recommendations](#) to help slow the spread of the virus. Let's keep ourselves, our communities and our natural world healthy.

1 You and Your Outdoor World

You may be asking: *Can I go for a hike or walk on the beach right now?* Your personal vulnerability, the health of others in your community, access to local and uncrowded spaces and more play into this decision. Then there are communities and states with either lockdown, shelter in place or stay at home mandates. Where Covid-19 is spiking, it may not be possible to get out at all, so pay close attention to guidance in your community before heading outside. Then follow physical distancing guidance, meaning staying at least six-feet away from anyone not living with you.

2 Expect Closures

As businesses limit services or direct their staff to work remotely, closures should be expected. The result could be a lack of water, restrooms, campgrounds, or other facilities—or even entire areas closed to the public. Many experts are recommending that you refrain from using public restrooms and other open facilities at all right now. Take necessary precautions like bringing extra food and water, learning how to go to the **bathroom outdoors**, and being ready to pack all your trash out with you.

3 Pack Out Your Trash

With limited staff and services likely in many parks and protected areas, trash and recycling receptacles may not be emptied as often as normal or at all. This can result in trash overflowing from receptacles which becomes litter and can harm wildlife. Instead, pack your trash and recyclables out with you all the way home and utilize your own receptacles.

4 Avoid Times and Places of High Use

Absolutely avoid crowded parks, trails, and beaches. Physical distancing applies in the outdoors just as it does anywhere else. To avoid being part of the creation of large crowds and groups at popular outdoor areas, spread out to less popular spots, and avoid times of highest use if possible. **Follow guidelines at [usa.gov/state-health](https://www.usa.gov/state-health) about group size restrictions.**

5 Proceed With Caution

Keep in mind that as our healthcare system becomes more overwhelmed, it's important to reduce potential accidents that would add to the stress on first responders and medical professionals. As much as possible, stick to activities and areas that are within your regular routine and take it easy.

6 Don't Forget the Leave No Trace 7 Principles

Just because times are tough, doesn't mean the Leave No Trace **7 Principles** fly out the window. Our outdoor spaces will likely be receiving less attention from staff and volunteers right now. This means our shared spaces need us to act as stewards more than ever. Remember, it is still just as important to prepare for spring weather conditions, stick to trails, dispose of our waste properly, minimize fire impacts, leave what we find, keep a safe distance from wildlife, and generally do your best to eliminate impacts.

7 Be Considerate and Kind to Other Visitors

We are all in this together. Be considerate of others in the outdoors by ensuring that you practice physical distancing. Be particularly kind to park staff during these challenging times. Help them do their job by doing your part to take care of each other and our beloved outdoors.

We will see
you out
there on the
other side!



**The idea of wilderness
Needs no defense.
It only needs more defenders**
- *Edward Abbey*



FOMELC Mission Statement:

The Mount Evans and Lost Creek Wildernesses encompass 194,400 acres with over 170 miles of trails in Colorado's Pike and Arapaho National Forests.

We work in partnership with the US Forest Service, engaging in education, outreach and stewardship activities to preserve the wilderness character of these lands for current and future generations.

I Have a Question!

Got a general or specific trail question? Admin@fomelc.org email will go to all board members and one of us will get back to you.

How do I become a volunteer with FOMELC?

Check out our **NEW website** to sign up. www.fomelc.org