Thin Mints, STREAM girls and trout

Outdoors

By Anne Janik

Cookies, Girl Scouts, and trout may seem like an unusual combination, but, last month, 18 Girl Scouts from Western Slope chapters became STREAM Girls. This Colorado Trout Unlimited workshop is designed to introduce youth to their local watershed through river conservation and recreation. STREAM stands for STEM, recreation and art. Ross Reels, Able Women, and the local Trout Unlimited (TU) chapter — the Gunnison Gorge Anglers hosted the workshop.

The day started with an icebreaker where the girls were grouped by their favorite Girl Scout cookie. Barbara Luneau, TU youth programming volunteer, engaged the girls in a watershed discussion. She explained the path of our rivers from their headwaters to their terminus. The Uncompangre and Gunnison Rivers are tributaries to the Colorado River, which comprises the third largest watershed in the country. The Columbia River Watershed is second, and the largest watershed in the U.S. is the Mississippi River. "Our rivers here are very hard working with many demands for drinking water, irrigation, livestock and recreation. These rivers are closely managed to meet everyone's needs," Luneau explained. "How much water do you think makes it to

the Gulf of Mexico? Very little."

The new Colorado Outdoor facility in Montrose provided easy access to the Uncompahgre River, where the girls explored the river corridor. Volunteers guided the girls with probing questions to help them use all their senses to observe the nuances of the river and adjacent riparian habitats as if through the eyes of a scientist, angler, and artist. The girls described the river sounds and smells, and sketched their observations in their STREAM Girls field notebook.

Ready to learn how to measure



Ada Malott and Giselle Keller-Chibiko reference an aquatic insect guide to identify species. (Submitted Photo/Anne Janik)

stream flows, the girls stepped into a small channel of the main river wearing hip waders. The scouts timed the travel of a ping-pong ball from a release point upstream to its catch by a scout 30 feet downstream, repeating this three times for an average. The girls rocked at the math, calculating channel area (average width and depth), velocity (distance and time), and finally flow in cubic feet per second. "This is math under pressure adding, dividing, and multiplying without a calculator!" said Luneau.

Kick nets were next on the agenda. The girls stirred up the stream bottom with their feet so aquatic insects drifted into the nets. With giggles and laughter, the girls enthusiastically scuffled about while trying to keep their balance! They rinsed the nets into buckets, and transferred samples into trays for critter identification.

Referencing an insect guide, the girls identified species by using characteristics like shape, tails, location of gills, and cases. Of course, this activity also required math skills to determine overall stream health using the diversity of specific bugs (Caddis flies, Mayflies and Stoneflies) and their abundance. Luneau explained that high numbers of these bugs, which are highly sensitive to pollution usually indicate a healthy stream. Guess what? This section of the Uncompanding River scored well!

With a grasp of stream flows and aquatic insects, the girls had a better idea of where trout hang out and what they like to eat basics for a successful angler. This is where the Gunnison Gorge Anglers stepped in to help each girl set up her fly rod and learn to cast. The girls and instructors began casting around the pond. Each Scout

looked like they were determinedly practicing the summoning charm from Harry Potter, "Accio -trout" that will magically bring whatever item is summoned.

Fly fishing is all about tricking the fish into biting your artificial fly thinking it is the real thing, and the art of fly tying is to imitate the look of those tasty morsels. After identifying the common aquatic insects, the Scouts had a better idea of what those morsels look like. Now, sitting at a fly tying station, each scout was patiently guided by a CTU volunteer on how to tie a midge or a winged emerger. With quiet concentration, the girls carefully created art for fishing.

To recap the day, the Scouts returned to the river to complete a scavenger hunt for the key ingredients of a stream, and began working

See THIN MINTS page 10

Learning about the outdoors

Most people who recreate outdoors, be it hunting, fishing, camping, backpacking or hiking, learned about it through experience. The old "college of hard knocks" has been my biggest education tool, and still is for that matter.

When I was a kid, I wanted to learn everything I good about the outdoors and survival. I figured when I knew enough, I would move into the mountains and live off the land and never be bothered by school or work.

My grandparents no longer hunted or camped by the time I came around. In order to stop my constant complaining about wanting to learn woodcraft, they pawned me off on an old man who was a friend of the family. Mr. Caster was the perfect instructor for my 12-year-old brain.

Mr. Caster hunted, fished and camped whenever he felt like it. He was retired so work never got in the way of his outdoor pursuits. Mr. Caster cussed like a sailor on shore leave, smoked Chesterfield Kings and drank whiskey from a bottle, in other words, a perfect role model.

I eventually learned how to build a fire using a few pieces of kindling, a small pile of tinder, and half a box of strike anywhere kitchen matches. He taught me how to cook over a fire, and eventually



Tips from the Posse

By Mark Rackay

eat the stuff I cooked. Mr. Caster taught me about wild animals and tracking. I learned that when you see fresh bear tracks, close by there is probably a fresh bear.

with Mr. Caster, whining was not an option, as he had little tolerance for complainers. If I became injured (which was a regular occurrence, Mr. Caster taught me how to mop up the blood and "tough it out."

Seriously, there is very little, if any, formal training for people who want to learn basic survival and woodcraft skills. People asking for guidance, and learning opportunities ask me regularly where they should turn

should turn.

Most of us have turned to outdoor magazines and books. There are literally hundreds of books available on the subject, but reading a book does not carry the same power of live teaching. The computer is a good place to research these skills, and there are a number of classes you can take on-line, but I still prefer live teachers.

Recently I was asked to help out several teachers at Olathe Middle School with an annual program for all middle school kids, called Problem Based Learning or PBL.

PBL places a problem at the feet of the students who work as a group of three.

The group of students then gets to research the subject, both in books and on-line. Then a panel of experts comes to meet with each group and agrees to be interviewed and questioned on the assigned subject, thereby providing insight to the young

minds.
There were seven teachers involved in this years exercise, including Judy Hauger, Michelle Tracy, Tyler Shaw, Judy Jacobs, Mark Liebenthal, Marc Alton and Paige Ready. The subject for this PBL was survival and it was given to about 40 kids.

Each group of kids was assigned a location where they are stranded and in need of rescue, but must survive. They would need to decide what items they would need to survive, what items they could bring, Each group was given a machete and a pan to hold water. The group was allowed to select one "mystery item" of their choice to bring along.

For several weeks, the kids researched the area they were stranded in. Some were in the rainforest, Rocky Mountain National Park, African Desert and the Tundra near the Arctic Circle. The kids must learn the

See LEARNING page 10

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LEARNING

FROM PAGE A9

climate; extreme weather conditions possible, edible plants, poisonous plants, and animals for food source and dangerous animals.

The students were also given a session with local experts in search and rescue. Paul Gottlieb of the Posse and Hunter Safety Instructor David Hardman were the panel the kids got to interview. They asked about what equipment was necessary, first aid skills, and how to signal for help, among other things.

Once the kids completed the projects, each group had to make a presentation to a panel of experts and teachers. The panel for the presentations consisted of David Hardman, Jim Neigherbauer and me from the posse. When the presentation was complete, the panel asked questions of the kids.

Each group started with a computer screen presentation of their location where they were stranded. The kids described in detail the climate and weather hazards faced. Shelters were to be built and the kids gave detailed accounts of the material to be used and the matter in which it would be water and weather proofed.

Food sources, including plants and animals were also discussed, and the methods they would use to harvest them. Most kids had a different idea on how they would build a fire and find, purify and store water.

After the video presentation, the kids showed off a diorama made by them. The diorama displayed a model of their shelter, water source, fire, and the plants and animals indigenous to their area. The presentation last-



If you are taking to the friendly skies this holiday season, or on a future hunting trip, and firearms are going with you, here are a hints to make your travel easier. (Special to the Montrose Daily Press/ Mark Rackay)

asked several questions of each group and made comments.

These kids were absolutely amazing. They had a good answer for every question thrown at them. The presentations made by them were delivered well and thoroughly researched. I congratulate the students and teachers for a job well done.

I doubt these kids are ready to dive into a survival situation of the magnitude presented to them, but they are on a course for success. The concept is to get them thinking and solving problems as they are thrown at them.

scenarios included one of them getting hurt or sick, and they had a plan to deal with it; yes, learning about my old pal Murphy and dealing with him.

I wish more teachers would use a survival-based situation for the PBL program like this bunch from Olathe Middle School. Kids get stranded in the woods just like adults and it is never too early to teach these necessary skills.

Not everyone has a Mr. Caster to teach them about the woods and survival. He passed away when I was around 20 and I have thought about him often. Sometimes I go up in the

woods and can still feel his presence, and realize how much I miss him and his surly way of teaching.

Mark Rackay is a columnist for the Montrose Daily Press and avid hunter who travels across North and South America in search of adventure and serves as a Director for the Montrose County Sheriff's Posse. For information about the Posse call 970-252-4033 (leave a message) or email info@mcspi. org

For outdoors or survival related questions or comments, feel free to contact him directly at his email elkhunter77@ icloud.com

ed around 10 minutes and the panel and they responded well. Each of their More than 4,900 locally written stories, columns, letters to the editor, and photos in the past year Get Informed. Stay Connected. Get notifications on breaking news and top stories on your mobile device. Save and share the articles with your friends and family. Get local stories on the go. Text "montrosepress" to 555-888 MONTROSE PRES to download the app or go to montrosepress.com/newsapp Google play App Store (970) 249-3444

THIN MINTS FROM PAGE A9

on a necklace. Colored beads represent those key ingredients: water, wood, rocks, and plants with the added charms of mayflies, feathers, and bugs. Kate Senn from Ross Reels, a Girl Scout alumna, awarded the Scouts their new patch, and congratulated each with their special Scout handshake. What was their favorite part of the day? "Going into

News tip or story idea? Contact the Daily Press:

the water with the waders; ... finding all the bugs; ...being able to see what's in the water," were a few of their responses. The day undoubtedly inspired new, young anglers, but their experience of standing in the river and understanding the river dynamics will be remembered long and vividly. Kudos to all Colorado Stream Girls - our rivers need more stewards.

Colorado Trout Unlimited provides a voice for our rivers. CTU works to conserve, protect, and restore Colorado's coldwater fisheries and their watersheds. CTU offers a week long River Conservation and Fly Fishing Camp designed to educate 14 to 18 vear old students. For

(:05) *** Friends With Benefits (2011) Justin Timberlake, Mila Kunis. Complications (10:57) *** Searching (2018, Sus

(:25) *** The Hunt for Red October (1990, Susper

nfold when two friends add sex to their relationship. 'R' (cc)

(8:52) *** Fast Times at Ridgemont High (1982, Comedy)

youthcamp.

Gunnison Gorge Anglers, a chapter of CTU, hosts multiple activities including youth education, fly casting and fly tying lessons, and stream improvement projects. For more information visit: gunnisongorgeanglers.tu.org

Able Women is a non-profit public outreach initiative designed to spread the word about fly fishing and the many emotional, physical, and spiritual benefits it brings to women. Find out more at: able-

womenflyfish.com Friends of Youth and Nature is a non-profit that promotes opportunities for youth and families to go outside, experience outdoor activities, and explore nature. For more in-

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3	10			CBS	(N) (cc)	Theory (cc)	man (cc)	Returns (cc)	prepare for battle. (cc)		partner fail. (cc) (DVS	5)	Ten (N) (cc)	Colbert (cc)		James Corden	
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9	11	11		NBC	KKCO 11 News at 6:00 (N)	Wheel of Fortune "Shopping Spree"	The National Dog		1		Dateline NBC (cc)		The TEN on KKCO (:34) The Tonight 11 News Jimmy Fallon (N)			(:37) Late Night With Seth Meyers	
0	8	8		ABC	Inside Edition (N) (cc)	Entertainment Tonight (N) (cc)	American House- wife (N)	Jse- Fresh Off the Boat 20/20 "Switched at Birth or Stolen?" Kimber (N) (cc) (DVS)					The TEN on KJCT News 8	(:35) Jimmy Kimmel Live! Garth Brooks performs; Mike Birbiglia.		(:37) Nightline (N) (cc)	
B				cw	Family Guy (cc) (DVS)	Family Guy "Joe's Revenge" (cc)	Grandma Got Run Reindeer (cc)	Over by a	Penn & Teller: Fool holiday season. (N) (co		Seinfeld "The Gum" (cc)	Seinfeld George abstains from sex.	black-ish Dre's sister's wedding.	black-ish "Parental Guidance"		The Goldbergs (cc) (DVS)	
	2	235		cw	(5:58) The Big Bang Theory	(:28) The Big Bang Theory (cc)	Channel 2 News at 7:00pm (N)	Channel 2 News Special	Grandma Got Run Reindeer (cc)	·	Penn & Teller: Foo holiday season. (N)	Us Celebrating the	Two and a Half Men (cc)	Two and a Half Men (cc)	Channel 2 News at 11pm (N) (cc)	(:35) Modern Fam- ily "Sarge & Pea"	
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(7)	16	139	247	TBS	(4:15) ** Sweet Home Alabama *** Beauty and the Beast (2017, Children's) Emma Watsor discovers the kind heart and soul of a beast. (cc) (DVS) Staging Christmas (2019, Romance) Soleil Moon Frye, George Stults. Premiere. A					, ,	** Monster-in-Law (2005, Romance-Com Vartan. A shrewish woman clashes with her so Ice) Vanessa Lachey, Brendon Zub, Lina				** Sweet Home A Reese Witherspoon. (c	cc) (DVS)	
61)	30	108	252	LIFE	widower asks a woman	n to stage his home for	the holidays. (cc)	uis. Premiere. A			en's Christmas toys. (cc)				home for the holidays.		
®	14	241	241	PARMT	(5:00) ** Next Fri	day (2000, Comedy) I	ce Cube. (cc)		xt (2002, Comedy) Ice C		,				einhold, John Ashton. (
24	34	131	254	AMC	(5:00) *** The Polar Express (2004) *** The Polar Express (2004, Children's) Voices of Tom Hanks, Mic Animated. A conductor guides a boy to the North Pole. (cc)					Michael Jeter.	*** Kung Fu Panda (2008, Children's) Voices of Jack Black, Angelina Jolie. Animate A clumsy panda learns martial arts with legendary masters. (cc)				rence, Leigh-Allyn Bak		
23	24	105	242	USA				od Prince (2009, Children's) Daniel Radcliffe, Rupert Grint, Emma Watson. New			Modern Family "Lifetime Supply"	Modern Family "Party Crasher"	Modern Family	Modern Family "Phil on Wire"	Modern Family "Dude Ranch"	Modern Family "Mother's Day"	
233	36	136	248	FXP	0 //				na Kendrick, Justin Timberlake. Animated. Two *** Sing (2016, Children's) Voices of Mo			nildren's) Voices of Matt	hew McConaughey, Reese Witherspoon, Seth MacFarlane. Animated. ** Sing (201			*** Sing (2016)	
27	29	170		NICK	Top Elf "Season's Gre			SpongeBob		Friends (cc)	Friends (cc)	Friends (cc)	Friends (cc)	Friends (cc)	Friends (cc)	(cc) (:35) Friends	
23	53	176		TOON	World of Gumball	World of Gumball	American Dad	American Dad	Bob's Burgers	Bob's Burgers	Family Guy (cc)	Family Guy (cc)	Black Jesus	Eric Andre Show	Mike Tyson	Bob's Burgers	
æ	3	180	311	FREE	(5:00) *** Home Alone (1990) Macaulay Culkin. A left-behind poy battles two burglars in the house. (cc) *** Shrek (2001, Children's) Voices of Mike Myers, Eddie Murphy. Animated. A monster and a donkey make a deal with a mean lord. (cc) *** Shrek (2001, Children's) Voices of Mike Myers, Eddie Murphy. Animated. A monster and a donkey make a deal with a mean lord. (cc)												
32	33	118	265	A&E	(:06) Live PD: Rewind "Live PD: Rewind Live PD "Live PD 11.29.19" (N) (Live) (cc) Live PD "Live PD 11.29.19" (cc)												
34	26	140	206	ESPN	College Football So	outh Florida at UCF. (N)	(Live)				SportsCenter (N) (L	ive) (cc)	SportsCenter (N) (L	ive) (cc)	SportsCenter (N) (L	ive) (cc)	
3	27)	144		ESPN2	College Basketball		Basketball		NIT Season Tip-Off, Fir				Wooden Legacy, Seco			UFC Flashback	
<u>36</u>		200 172		DISP	CNN Special Report Gabby Duran	rt (cc) Gabby Duran	Anderson Cooper Gabby Duran		3 (2019, Children's) Do			Just Roll With It	The History of Cor Gabby Duran	nedy (cc) Bunk'd (cc)	The History of Cor Coop & Cami	Raven's Home	
<u>an</u>		205		FNC	Tucker Carlson Tor		Hannity (N) (Live) (co		The Ingraham Ang		Special Report Wi		Tucker Carlson To	, ,	Hannity (cc)	Ravell's Home	
40	32				Supergirl Surf	World Surf League	Highlights	Golf Life	College Football Tex						World Poker		
12 2	17	138	245	TNT	*** Wonder Worr destiny. (cc) (DVS)	nan (2017, Action) Ga	l Gadot, Chris Pine, Cor	nnie Nielsen. Wonder \	Woman discovers her full	powers and true	** Batman Forevo	er (1995, Action) Val K vo-Face. (cc)	Cilmer, Tommy Lee Jones	, Jim Carrey. Batman fo	aces threats from the	★ Gone in Sixty Seconds (2000)	
44			249	COM	•		V) Vince Vaughn, Owen		,	<u>, , </u>	oall: A True Underd	, , , ,			ashers (2005) Owen V		
4 3	25	122		SYFY	(4:00) *** The Great Ancient Aliens: Sec		na) Tom Hanks, David A Ancient Aliens (N)		Van Helsing "Togeth (:03) In Search Of (Futurama (cc) (:05) Ancient Alier	Futurama (cc)	Futurama (cc) (:03) Ancient Alier	Futurama (cc)	Futurama (cc) (:03) Ancient Alier	Futurama (cc)	
43		120 183		TLC	Long Island Mediu		Long Island Mediu	, ,	Long Lost Family (, , ,	Long Lost Family	15 (CC) (DV3)	Long Island Medic		Long Island Mediu	, , , ,	
<u>a</u>		184			The Aquarium "Otter Tale" The Aquarium "Ready for the Jelly"		The Secret Life of the Zoo (N)		The Secret Life of the Zoo		The Aquarium "Ready for the Jelly"		The Aquarium "Otter Tale"				
60	57)	110	231	FOOD	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	
3 2	59	196	277	TRAVEL	Demon House (201				Ghost Nation "Trail		Destination Fear	1		8, Documentary) Zak E			
54		106	304	TVLAND	•			Love-Raymond		Love-Raymond	King of Queens			King of Queens		King of Queens	
6 5	54	132	256	TCM	wick. Hollywood direct	tor turns hobo for sociál	obo for social epic. (cc) philosopher becomes an over			n overnight sensation.	(cc) friendly Bronx butcher fir			1955, Drama) Ernest Borgnine, Betsy Blair, Joe Mantell. A plain but inds his soul mate in a teacher. (cc)			
5 5	19	185	312	HALL		Christmas in Evergreen: Tidings of Joy (2019, Romance) Ashley Williams, Jill Wagner. Premiere. A writer investigates a town's passion for Christmas. (cc) (30) Write Before Christmas (2019, Romance) Torrey DeVitto, Chad Michael Murray. Jessica Sends Christmas Detour (2015, Romance) Candace Cameron Bure, Paul Greene, Sarah Strange. Two travelers become stranded in Buffalo. (cc)										Bure, Paul Greene,	
					premium cable channels												
318	20	303	504	НВОР	Documentary) 'NR' (co	c) • · · ·	seeks justice against a	drug lord and his crew			comes under attack fro	om evil look-alikes. 'R'			journey of Angela's g		
349	22	311	516	MAXP	Mary (1998) Cameron Diaz. 'R' New Yorkers in the			(1996, Action) Sylvester Stallone, Amy Brenneman. Explosion traps olland Tunnel. 'PG-13' (cc)			Mossad recruits a wor	nan to become an agen	nt. 'NR'	IR' Redford, Brad Pitt.			
379	18	318	545	SHOW	(5:58) *** Jarhea Marines band together	nd (2005, War) Jake G during the Gulf War.	yllenhaal, Peter Sarsgaa 'R' (cc)	ırd, Jamie Foxx.	Flack A chef's woman trouble. (N) (cc)	izing ways cause	Shameless "Which in his new position. (c		Ray Donovan Ray his trail. (cc)	gets Detective Perry off	** Mile 22 (2018, berg, Lauren Cohan.	Action) Mark Wahl- 'R' (cc)	

(:32) * Jack and Jill (2011) Adam Sandler. A man dreads a visit (:04) Dublin Murders "Episode 103" All

(:11) ** Baby Mama (2008, Comedy) Tina Fey, Amy Poehler, Greg Kinnear. A career

of Knocknaree mourns Katy Devlin.

from his passive-aggressive twin. 'PG' (cc)

(5:42) Outlander Claire reveals the truth

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