

## CampFest 2017

Friday March 3, 2017 – Sunday March 5, 2017

Chicot State Park Group Camp

\$10 per person (Under 12 Free)

*Due to space limitations, you must be a member of the Louisiana Hiking Club to attend this event.*

Friday March 03, 2017

- 3:00 PM      Arrival & Check-in
- Used Equipment Sale Open
- Swap and Give-Away Table Open
- 5:00 PM      Nature Photography presented by Chuck Cantrell
- 7:00 PM      Dehydrating Food for the Trail Part 1 presented by Karla Coreil
- 8:00 PM      Zen and the Art of the Alcohol Stove presented by Raymond Johnson
- 9:00 PM      Night Hike

\* Dinner on your own Friday evening.

Saturday - March 4, 2017

- 7:00 AM      Breakfast on your own
- 8:00 AM      Louisiana Wild: The Protected and Restored Lands of the Nature Conservancy presented by C.C. Lockwood
- 9:00 AM      Children's Tent Relay
- An Introduction to Birding presented by Jane Patterson
- Turning Sunlight into Ice presented by John Garrett
- 10:00 AM     Dutch Oven Cooking by    Le Chien Cookers
- Become a Junior Ranger presented by Kenneth LeCroy
- Physical Fitness for Hiking presented by Emanuel Andrews
- 11:00 AM     Dehydrating Food for the Trail Part 2 presented by Karla Coreil
- 12:00 PM     Lunch on your own/Please visit our vendors
- 1:00 PM      Backpacking Gear Clinic
- Preparing for your AT Hike presented by Raymond Johnson
- Leave No Trace Camp OH NO!

- 2:00 PM      Basic Outdoor First Aid  
Vendor Gear Demonstrations  
Hiking the Camino Primitivo presented by Ann Reilley Saxon  
Guided Arboretum Hike
- 3:00 PM      Bikepacking presented by Coach Kevin Nee  
How to Start a Fire  
Hiking Club Jeopardy presented by Curt Auzenne
- 4:00 PM      Compass Exercise
- 5:00 PM      Ramen Noodle Cook-Off organized by Mooi Lee
- 6:00 PM      Potluck Dinner/Jonathan Trumps will prepare BBQ Chicken, Pork &  
Sausage for club members  
*Please bring a dish for the potluck dinner. Kitchen and dining hall  
available.*
- 7:00 PM      General Membership Meeting
- 8:00 PM      Movie: Hunt for the Wilderpeople  
Campfire  
Music Gathering

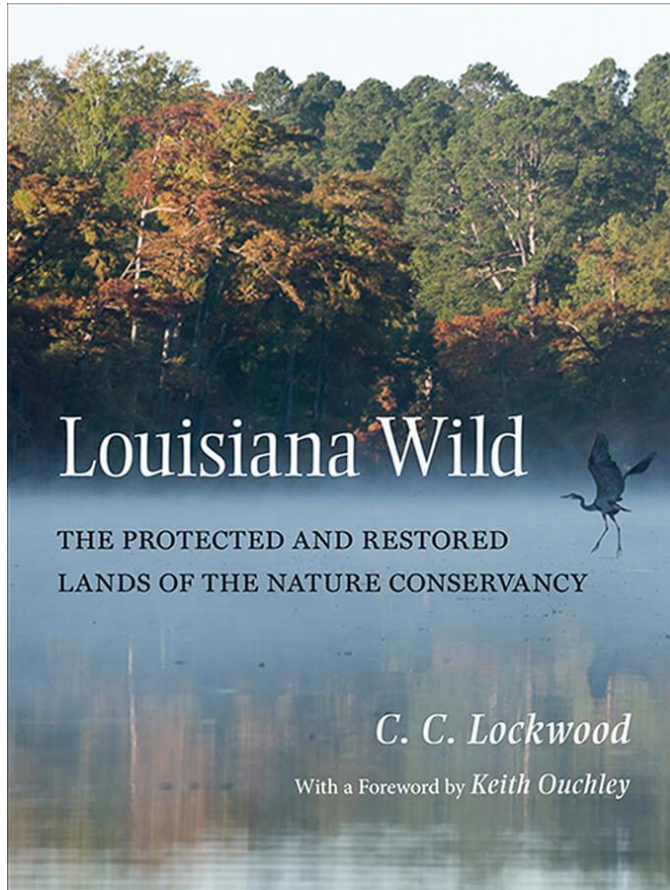
Sunday - March 5, 2017

- 7:00 AM      Pancake Breakfast provided by LHC  
Bird Walk for Intro to Birding Participants  
(Participants will eat breakfast early)
- 9:00 AM      Chicot Paddle/Co-Leaders Chuck Cantrell/Mike VanEtten  
Arboretum Hike/Leader Emma Debenport
- 11:00 AM     Arboretum Nature Program
- 12:00 PM     Check-out

*\* The group camp does have showers.*

## CampFest 2017 Sneak Peek

**LOUISIANA WILD** presented by C.C. Lockwood



Wildlife photographer C.C. Lockwood has lived and worked in fragile ecosystems whose preservation shapes his artistry. Through words and images, he has captured the unique sense of space in wild places as diverse as Louisiana swampland and the rugged back country of the American West. His work has earned him international acclaim as an environmental artist, including the Sierra Club's Ansel Adams Award for conservation photography. His newest book, *Louisiana Wild, The Lands Protected and Restored* by The Nature Conservancy, portrays the good work this organization is doing on over 280,000 acres of land in our state. C.C. said, "I felt like a kid in a candy store, when I started this project, for I got to visit swamps, lakes, marshes, prairies and oyster reefs from the Arkansas border to the Grand Isle wetlands."

**NATURE PHOTOGRAPHY** presented by Chuck Cantrell

This is a two hour opportunity to learn how to make better digital images.

Our focus will be on wildlife, landscape, and macro-photography with emphasis on using the element of thirds, framing, leading lines, space, de-cluttering, bokeh, ambient and artificial lighting.

Any 10 megapixel camera or camera phone should be adequate for the class. Bringing both will allow you to reap the most benefit from the class.

Instructor: Chuck Cantrell has a Bachelor of Fine Arts with a "focus" on photography. Chuck has two years experience as a photojournalist with Louisiana newspapers and has had his images published in several local and national magazines to accompany articles on the outdoors.

Since this is a "workshop", we will limit registration to eight (8) participants. Participants should wear long sleeves and insect repellent. A headlamp would be very helpful.

Cost: Free

Value: Priceless

**AN INTRODUCTION TO BIRDING** presented by Jane Patterson

Jane will focus on binoculars (pun intended) and field guides. Do NOT run out and buy binoculars, but if you already have some, you can bring them with you. Same with field guides. She will have both binoculars and field guides available for those that do not have them. Jane will offer suggestions on how to look for birds out on the hiking trail. You will put your new skills into practice on a bird walk early Sunday morning.

Jane is the current president of the Baton Rouge Audubon Society, as well as the education chair. She started a bird club for kids in Baton Rouge, (KidsWhoBird) and teaches beginning bird classes for adults through LSU Leisure Classes.

**PHYSICAL FITNESS FOR HIKING** presented by Emanuel Andrews

Emanuel will offer fitness advice to those preparing for a hike and to those who would like to keep hiking for years to come. He will share his own hiking anecdotes as well.

Emanuel is the Community Outreach Coordinator at Pennington Biomedical Research Center. He has an M.S. in Exercise Physiology, and is an ACSM Certified Personal Trainer. He completed internships with Duke Diet & Fitness Center in Durham, NC and Gatorade Sports Science Institute in Bradenton, Florida.

**HIKING THE CAMINO PRIMITIVO** presented by Ann Reilley Saxon

In recent years Ann has completed two treks of the Camino de Santiago, or the Way of St. James. She will speak on her most recent adventure, hiking the Original Way, or Camino Primitivo.

Ann is a retired plastic surgeon and long-time member of the Louisiana Hiking Club.

**ZEN AND THE ART OF THE ALCOHOL STOVE** presented by Raymond Johnson

If you are interested in a stove that runs on odorless fuel, want to carry as little weight as possible, like to go cheap, and strive to use ecofriendly renewable fuels, this presentation is for you. Raymond Johnson will share his experience building a wide variety of alcohol stoves over the past several years, and help you build your own stove.

**PREPARING FOR YOUR AT HIKE** presented by Raymond Johnson

Raymond Johnson completed a thru-hike of the AT in 2013. He will cover essential gear needed for a long distance hike, and share his own experiences on the trail.

**DEHYDRATING FOOD FOR THE TRAIL PART 1** presented by Karla Coreil

**DEHYDRATING FOOD FOR THE TRAIL PART 2** presented by Karla Coreil

How would you like to have fresh coleslaw on day 5 of your trip? How about Louisiana-style red beans and rice? Attend this seminar on dehydrating and learn how to make everything from dehydrated yogurt (yes, yogurt) to delightful fruits and veggies to delicious entire meals. It's economical and far easier than you think! Best part about the seminar? You'll get to sample some tasty dehydrated and rehydrated foods!

Karla has served as president of the Louisiana Hiking Club. She used to be the club's newsletter editor back when it was printed on paper and had to be sent through the mail! In 2007, Karla won Backpacker magazine's Reader Recipe Contest with Mom's Carlsbad Spread. (See Culinary Corner) She has presented food dehydrating seminars for Pack & Paddle in Lafayette and to students enrolled in the Backpacking 101 course through LSU Leisure Classes.

**RAMEN NOODLE COOK-OFF** organized by Mooi Lee

Rules and Regulations:

Participants can enter the contest as an individual or as a team of two members. Children and adults can team up, if they wish.

There are no age limits for this Contest.

Ramen noodles and water will be provided.

Each team is responsible to bring their own

-basic pantry items (salt, pepper, spices, herbs...)

-cooking pots/pans

-camping stove/portable burner

-cooking utensils

Teams are allowed up to 5 additional ingredients, no more than \$5 in total, to enhance their ramen noodle dish.

Each Team will be given exactly 30 minutes to cook their meals.

Judging Rules:

Teams will be judged by a three-judge panel.

Teams must create enough of their Ramen noodle recipe for each judge, as well as a bowl for the potluck dinner.

Teams will be judged on taste, creativity, and appearance.

This will be a blind-tasting; each contestant or team will be issued numbers.