

# *The Missouri Trekker*

## *The Coalition of Historical Trekkers*

### *Missouri Chapter*

*April-May 2007*

#### **Report from the National Gathering**

I arrived on Wednesday evening to set up camp and was surprised by how many people had beaten me to the punch. There were already contingencies from Arkansas, North Dakota, Kansas, Georgia, Wisconsin, Colorado, Oklahoma, Nebraska and Alaska. As the weekend neared there were more people coming in and we ended up with a gathering that was as well attended as any I've been to.

There were many planned activities this year and a great thanks to Tater for getting these things together. He will be looking for people to take over certain activities next year. There was an observation course where you were to walk a trail and mark all of the ordinary or not so ordinary objects that had been placed or hidden along the way. On Thursday afternoon a few hardy souls including myself and Tom Hansen embarked on an overnight canoe trip down the Missouri. Water level was good but the wind was from the east which makes for much harder work as the wind and current seemed to just cancel each other out making for a good amount of paddling. We camped along the river overnight and shared much conversation and brotherhood. While on the canoe trek the idea was "floated" to have a trip to the Steamboat Arabia Museum next year either instead of the canoe trek or in addition to it. By the end of the gathering there seemed to be enough people interested in doing both. We arrived back in camp Friday morning.

Dick Underwood from Alaska gave a presentation on blacksmithing and although I was unable to attend he did get some of my tent stakes to look less like S hooks and more like tent stakes. Thanks Dick. Bob Dorian gave a presentation on field fortifications that was well attended and spurred quite a few questions and discussion from the audience. Bob is knowledgeable in many fields associated with the period of history we represent and I hope will continue to present for us. Kathy (Kate) Johnson gave a talk on persona development which was also quite good. Almost as if she had published a book on such things ??? ("Who was I?" by Kathy Johnson, Graphic Arts Press) I'll plug her book even though she passed on every opportunity to do so. I read it and found it very helpful.

The South Central folks got together for a pot luck dinner Friday night which was quite tasty. Then we had our membership meeting. Not much new business to discuss there were some announcements regarding the Time Traveler's Gazette and the deadline for yearly dues which I will talk about later in the newsletter. Later in the evening the tavern opened up with Ed Wilde and Kathy Johnson hosting the activities. Many dice were rolled and many songs were sung and some woman brought in a cake for some nameless faceless person whom could not really be turning 40. (I'll get her back)

The activities continued Saturday morning although the tactical had to be called off due to the prevalence of mud in the bottoms where it would have been held. Music in camp was provided by Barbara and Dennis Duffy and their friend Carol from Tennessee. Barbara played the Hammered Dulcimer, Celtic Harp and Guitar with Denny playing cittern and guitar and Carol on fiddle and penny whistle. They also performed for a contra dance after dinner with a very good caller who's name I'm afraid I have forgotten. Several couple participated and we are working on having this activity again next year.

There was a silent round robin trade and later the COHT auction to raise funds for the organization. It was a great success again this year raising over \$2000. Thanks to all who donated goods. There was a camp wide potluck Saturday night before the dance and we did open the tavern again after the dance.

Sunday morning we got a group tour of the new educational center being built next to the fort to house the museum, gift shop and auditorium that are currently in a little Butler building up the road. The center should open memorial day and the museum should be complete this fall. This is a very smart building and super energy efficient as well as having very good climate control for the preservation and storage of artifacts.

After the tour a couple rain drops were felt and the clouds started to threaten to camp was broken very quickly to avoid wet canvas. It was great to see all who attended and hopefully even more will turn out next year.

## **New Deadline for Dues**

As of this year the \$35 individual dues and \$45 family dues are to be paid June 1<sup>st</sup> and membership terms will run through the next May. Those who pay between now and June 1<sup>st</sup> will also run through next May. Those joining after the month of June will be pro-rated through the next May. Remember the annual dues are our major source of funding for the organization so don't forget to renew. Renewals should be sent to

## **COHT**

### **c/o Membership Director**

**Jim "Wart" Perkins**

***P.O. Box 172***

***Warsaw, OH 43844***

The New Time Travelers Gazette is available online. Those not able to access the web site may receive a black and white copy by mail but we need to know who you are so if you need this call me at 816-250-2434 so I can make sure you receive it.

## **Turkey Hunt Troubles**

Posted online by John Meyer

Hi, everyone, Sorry I missed you all at Fort Osage this year, I was on a bit of a trek myself. This one didn't happen to be done with period equipment, but a lesson I learned applies to all of us that get off the wagon tracks a bit. I mixed up weekends and set up a solo turkey backpack in hunt in southern Missouri the same weekend as the Fort Gathering. It's hard to describe why I went hunting instead of hanging out at the Fort. I guess I just needed a few days of quiet and this was the only weekend it would work out.

On to the story. In the Ozarks, I found a conservation area that is a little over 37,000 acres of all huntable, backpackable public land with very few roads. I loaded my backpack and set out Thursday planning on driving down, hiking in a few miles, finding a water source and setting up camp. My first problem I discovered driving in was a serious lack of water in the hollows that were supposed to have creeks running in them. After driving a long time on some poor gravel roads, I found a pond barely visible from the road. Since it was pushing on dusk, I grabbed my pack and gun and set up camp about a hundred yards from the truck near the pond, my only water source it was looking like. I have a quality filter, so contamination isn't too much of a worry for me, but I do like to stick to clear water. I was surrounded by Ozark Ridges covered in mature oaks, and a few pines here and there. Very little underbrush, and no livestock, or farming. I camped that night in my tent. For some reason I felt hemmed in sleeping inside. But, I was tired and slept hard that night. The next morning, while turkey hunting

the valley floor I was at the head of, I discovered a disappearing stream. It was beautiful, crystal clear water. What decided my new camping spot, was finding a rock overhang just perfect for unrolling a sleeping bag under. The turkey hunting was poor, but I was having a great time anyway. I returned to my first camp, loaded up the backpack, and headed down the valley leaving the tent in the truck. I set up camp at my new home for the next few days, and enjoyed a nice dinner, and a very peaceful relaxing evening reading a book, watching the darkness fall. The next morning, the hunting was no better, but it was pretty difficult terrain. It was a warm sunny day, but I took my time hunting the ridgelines, stopping often to rest and drink. That afternoon, after the season closed at 1 pm, I took a scouting hike on down the valley, following what turned into a beautiful clear stream. I returned that afternoon around 5, and ate my evening meal. The whole time, I snacked on jerky, summer sausage, cheese, and my favorite peanut-m&m-rasin mix. Dinner was more of the same, adding some instant oatmeal to the mix. I was really enjoying things. About a half hour after dinner, my heart began pounding in my chest as I was sitting there reading a book. It got my attention, because I hadn't been exerting myself for some time. I checked my pulse, and it was somewhere over 100. Something just felt really wrong inside, but I had absolutely no idea what it could be. I decided that a 20 minute hike and a 40 minute drive to the nearest small town was way to far to take chances waiting things out, so I loaded up my pack and began to hike up those steep Missouri Ozarks ridges back to the truck. I knew I had about a 20 minute hike to the truck under good circumstances, so I was beginning to get pretty nervous. I made it about a third of the way back with a lot of difficulty, and finally it hit me that the backpack wasn't really that important, not as much as making it back to the truck. Therefore I took out the full canteen, and let the pack drop. I made that walk uphill to the truck finally, got in, and sped off to find a camp I knew was down the road a bit to get help. At the camp, I could barely stand, my heart was still racing, and I knew things weren't getting better. They gave me a ride to the nearest town, and a phone call in route got an ambulance to meet me there. AT that town, after at least a half hour ride, my pulse was still over 120....something was definitely wrong. The ambulance arrived and took me on another 15 minute ride to the closest emergency room. After a barrage of tests, EKG's, x-rays, they found out my heart was healthy as could be. What got me was something I never even thought about. Over 3 days of camping and hunting, I'd slowly become dehydrated, which isn't good, but what really got to me is my potassium levels were way too low. After analyzing what I'd done over the past few days, my diet included most everything needed to get by for a few days EXCEPT potassium. I had carbs, protein, sugar, calcium, salt, lots of water, (but apparently not quite enough) and it was a rounded diet except for the potassium. This is also when I

learned that low potassium levels play havoc with your heart. They make it pound like mine did, give an irregular heart beat, and really mess you up. At the hospital, an iv bag, and a glass of orange juice brought my blood levels back to normal. It was truly an eye opening experience. Its a little embarrassing to tell about an exploit like this, but I'm doing it because I hope you can learn from my lesson like I did. We read about getting by on a handful of cornmeal or flour for a few days and jerky, but keep in mind, our bodies need much more than that to sustain life especially when we're getting a lot more exercise than we're used to. And such a small imbalance can lead to such disastrous results. I'm not giving up trekking in the wilds, or even going it solo once in a while, But I'm planning my food much more carefully. I think I can make a few changes to my diet that will keep everything balanced, maybe in a period manner if possible. Also, always will be included a Ziploc of powdered Gatorade. A cup of the Gatorade would have prevented my whole mess. (And I'm sure my insurance company wishes I'd included it) It helps me to know also, that it didn't occur overnight, or with one hard day. I drained down over a period 3 days. There were warning signs if I'd recognized them. Now, I realize I was having trouble following the book, something I'd attributed to it not being a good book. But I now know I was having some trouble concentrating. What I did not have that is supposed to be a sign of low potassium is muscle cramps. For those trekkers that may be getting a little gray around the temples....one other thing I'm changing in my packing, is my ibuprofen will be replaced with aspirin. I won't debate the effectiveness of painkillers, but along with helping aches and pains, if I had been having a heart attack, aspirin may have saved my life. It's just a couple of minor changes that will allow me to continue trekking and enjoying the outdoors for years to come. I know we're striving for authenticity, but please consider taking the advantage of learning from my lessons, and that way you won't go through it.

## MAP EXHIBITION AT MU

The State Historical Society of Missouri is showing and exhibition of maps of Missouri through June 30<sup>th</sup> 2007. I had some down time during the state music contest this year and was able to scurry over for a bit. I found it quite interesting. It is free to the public but I suggest spending the \$5 for the Exhibition Catalogue written by Walter Schroeder. "The Stories They Tell..., Understanding Missouri History through Maps" gives you information on why each map was commissioned as well as any inaccuracies in the map itself. Some of the maps featured are: Map of the Northern Part of Missouri Territory, 1818; United States of America, 1820; Map to illustrate the Route of Price Maximillian of Wied in the interior of North America, from Boston to the Upper Missouri etc.

1906 (first printing 1841); Map of the Harbor of St. Louis, Mississippi River Oct. 1837.

The catalogue fills in a lot of the history of each map including border disputes between Missouri and Iowa, manufactured islands in the Mississippi River, names and places of counties that no longer exist, and land grant areas for war veterans. This latter I found quite interesting as there were lands in MO set aside for veterans of the Revolutionary War and the War of 1812 to claim. This was evidently their "GI bill" of the time.

If you have the time and will be close to Columbia try to take this in. It is located on the campus of MU. The entrance is just off Lowry Mall which is across the street from the Memorial Union.

## Welcome New Members

I would like to welcome some new members. Cynthia Rethemeyer of Harrisonville and Dennis and Barbara Duffy of Camdenton. The Duffy's provided the wonderful music for camp and for the dance at the National Gathering and have a couple Cd's I highly recommend available through their website [www.outoftheordinarymusic.com](http://www.outoftheordinarymusic.com).

## Upcoming Events

No treks of hunts scheduled for the summer yet. Several rendezvous are listed at [www.talking-bear.com](http://www.talking-bear.com) for the summer months. If you are heading someplace cool let me know.

Check out the website for pictures of the National Gathering [www.coht.org](http://www.coht.org) If you are not on the site yet get in touch with Dan Lambert [commdir@coht.org](mailto:commdir@coht.org) and he will get you set up.