

Excerpts From My Journal

I kept a journal while in the woods. The first entry has a date on it, but I soon lost track of calendar time. I started each entry with 'New Day'. The following are selected portions from my journal. They should relay the 'on the spot feeling' that I had when I wrote them. Anything in () is from my journal. Notes that are in [] are bits of information added for clarification.

April 26, 2004: It was a rainy drizzly day when I got up at 4:00 am. I had only been to sleep about four hours. I had a big day on Sunday, one of many the past few days. Last Friday...I worked on packing and storing my stuff. Everything had to be stored, sold, given away, or trashed. Even my dog, Mender and my car. This is a big trip/journey.

Then on Friday afternoon I went with Mike W... he wanted to stop by Warriors Path State Park. He wanted to go [to the rec. center]. The building was locked, but the lady let us in anyway and asked if we were there for the conference. What? Turns out it was...a surprise party for me.

They had a book made up of cards and things that people said and remembered that I did and how they felt---WOW---I had no idea. The book made me cry.

I...finished packing, swept the floor and managed to wake Mike. He came down to see what I was doing.

I smudged some sage and tobacco in the back yard (in the rain). Floor swept—everything packed—ready to go—good night. Just a few more hours to go. [After breakfast] Mike and Chris took me to the Airport – got checked in – and headed for the gate. We said our 'see you later's", hugged – and I was off on my journey... no turning back – press on – Finish the course.

It was snowing a bit when I arrived... It is somewhat colder than TN. I was picked up by a rather woodsy looking gal.

This is another world. It doesn't take long to see that. The world I left seems so far away. It was only a few days ago that I was working at Cracker Barrel. Now it is ancient past.

New Day- not so cold this morning, but it is raining a bit, starting to clear.

Two more people came in last night. They are from Germany and Canada. So far there are 4 people from 4 countries here.

We had stew last night with deer heart and lung in it – chewy.

What a day this has been. Luke and Peter and I butchered a road kill deer... .skin, gut, dismember, pack and freeze the meat.

Later on... the seekers that are here (4 of us) and some staff went over to the camp to clean up. Then we went swimming. I thought it might be awkward—but not. It was just us guys – everyone was naked – then the woman came along –

she too –Then we all went walking down the trail after a short dip, (the water was cold) and we were all naked.

===hang around – chill out – be. That is how the morning went.

It is very interesting being here. The vast diversity of people – with their thoughts – Ideas – beliefs – and opinions is a wonderful thing. I am excited to see how things develop.

We move out to camp in a couple days. From what I understand, we will be walking. It should take under three hours. The bulk of our stuff will be delivered for us.

=== ...we went to town. We stopped at a few stores in Three Lakes...then we went to Rhinelander. We went to the Wal-mart. The lights and colors were loud...I smelled the snack bar all over the store. We had to get something to eat...I had chicken strips and grapefruit juice and a bit of chocolate.

I got back [to the Center] just in time to go da'i, it was a long walk.

At supper time we only had one serving of food, we will be fasting tomorrow. The moon is near full. Mars and Jupiter are shining bright. It is a cool night.

We will be walking to camp over land.

===Well – we are here now. It snowed several times...as we were [being] split up into two camps. We got into our boats for the first time --- interesting --- it will take getting used to. I came to the east side of the lake with Travis, Ty, Kai, and Chris. Setting up our tents was our first chore. Then we went and got or picked out a da'i spot.

===Last night was a low cold record breaker. My water bottle in the tent froze. My feet were very cold. (I was informed that it got down to 19 degrees)

I got into the water up to my knees, it is still cold for me – but I need to wash off from time to time.

===I took a short ride in my boat this afternoon...then we went over to the other side for a meeting. It was windy and the paddle across was a bit unnerving. I survived ☺ It just will take time to get used to the motion.

===Up early. I heard someone with a boat. I took the Tin Can to get the food and water, only it was not there. Surge showed up from the other side, then went back.

I went to lay down in the leaves of a birch grove. I felt that I didn't have to be anywhere and I didn't --- just be here. I soon went back to camp as a storm loomed (it passed over).

We had a plant walk to discover some wild food for us to eat. I worked on my bow drill set, (no fire). I must go to the woods to seek wood that no one else has used. I made one fire, but none since then.

===...I got up early. I got a fire going and roasted some left over ribs that I cook... there a few left today.

It is strangely quiet this morning. I did not hear the bird that I usually hear in the early dawn.

Yesterday was the sweat lodge ceremony—it started mid day or so—very interesting. We Seekers did not go in --- we stayed outside. 15 Grandfathers (rocks) were heated in a fire just outside the Mother Lodge. Then everyone undressed and stood in a circle while a lady came around and smudged everyone and everything used in the ceremony with cedar.

It was a strange sight seeing 15 naked people in a circle waiting to be smudged --- it was a bit weird being one of them.

After [the sweat lodge ceremony] was over we all went back to the hearth to eat stew and ribs (and cookies too).

===Last night we had a rain storm with a bit of lightening. It came on as we finished supper. It didn't last too long – and today is nice and fresh – with that clean feeling.

It was a small challenge to get a fire going this morning – with everything damp – but I did it. I cooked up some hard boiled eggs and venison strips, topped off with a hand full of nuts.

Kai is still having trouble understanding some of my English wording. When I speak figuratively she takes it literally. It is my challenge to say things so that she knows just what I mean.

I guess that is part of getting to know these 3 strangers (plus the other camp) as multi-cultured as we are. For several English is a second language.

Blindfold walking – we started doing that yesterday. It was very interesting. The first time I tried it I got completely lost. Then I walked...to winter camp. It is fun and opens up a whole new world.

===I just got out my mirror --- ooo ---weight loss and exposure to the wind and sun seem to have changed my face. And I have more gray hair in my beard than I remember. I am guessing that I may have lost 10 to 15 pounds in the past couple weeks.

We start on tanning soon. Buckskin is a big project – we must do several to make cloths out of them.

Ty and I went [for a walk]. When we got back to camp I noticed something...it was a squirrel that was hurt by Ty's dead fall. I killed it the rest of the way. Ty skinned it, and then we cooked it up. It was about lunch time anyway.

Later in the afternoon...I got some more fire board material. I tried my fire set and got fire. **FIRST FIRE!** As far as I know – no one else has made a set.

I went to get [the food drop] in the Tin Can [at the boat landing]. The whole other camp was there – too much stuff for one small boat. It was getting dark and I had trouble finding the canoe channel [on my way back].

===A new person comes today. She could not get here at the start. I think she will be at the other camp. That will make 2 women and 7 men. Chris...said Katie was on her way across the lake. He wanted us to come and meet her. It was a tad windy and slow going as I paddled over.

We had a meeting about thresholds, cravings and such. I am surprised I don't have any [cravings]. There are lots of things I miss – but no real cravings --- strange.

Then a storm came up --- I thought it would pass by, but no. It rained good and heavy...when I was on the lake. ...it did not take me long to go across – I went rather fast. I came straight to my tent – got out of my wet things and got in my sleeping bag. It was nice and warm and soon I was out. Next thing I...hear, “Coyote! Food's ready” [We had] veggies in one pot and venison and orange in another. Very good. Supper over – back to bed.

One more thing --- I sometimes do a hic-up/burp. Kai said it sounds like a donkey and a bullfrog singing in concert. We all got a good laugh out of that.

===It was still rainy and cold today. I managed to get up anyway. Ty and I went for a long walk. I just can't stay in bed all day.

[We had a meeting] and the talk got very personal – even to tears in a couple people. They are coming to the end of themselves or [are] pushing through to a new level and it is fearful for them. (it is good) I shared my journey to Duck Medicine because it seemed like a good time to do so.

===a good nights sleep, but still feels chilly. As it turns out – it was more than chilly. We had frost last night.

===I worked on a hide stretching tool, and found a scraping beam. I...need to get it to camp. The search continues for other tools and parts for hide tanning.

Ty and I took the Tin Can with two scraping beams to the boat landing [they were from last year; we need to get our own.] It was a fun trip. He said something about standing the whole time --- and I turned to look. He said, “Did you just turn around?” That was funny, cause I never hardly turn when I am in the solo.

===A funny thing happened today. I was planning on going for a swim and a bath. I needed to do some cloths, too. Ty mentioned that he was going down, too. [After we got there] I was naked and only up to my knees in the water. I was going to wash some things first. Ty was getting undressed when an older couple came along in a canoe. Then they saw us. The lady kept staring at the bottom of the boat the whole time – she would not look up at all. They came out for a nice canoe ride – and happened on a couple of skinny dippers. [I thought it was funny, as did the man. I think we ruined the lady's' day]

After a supper of fish, cauliflower, and pear, we sat around and told stories of things that happened to us. Some were true life ghost stories. Then to bed – sleep well.

===I went for a blindfold walk today from the hearth to the boat ramp, that would be over a mile.

We spent most of the day on a plant walk...to get leeks. [We actually had to drive to get them, as they were several miles away.] Before sunset some of us went for a small boat ride – it was fun.

===It was a very low energy day. I felt it from everyone. We started on lake water today, one sip in the am and one sip in the afternoon. The zage me [commonly known as mosquito] are getting thick, at least there are more of them, and this is just the start [of the season]. I have had more bites than in the past 15 years already. I have bites where I never got bites before.

===My trap has finally produced meat. A mouse. A (very) pregnant mouse at that. So – I went and got wood and cooked her up. I ate a pregnant mouse for breakfast.

Then I went out for some canoe therapy. I went across the lake...to see how the other camp was and have a chat.

Then it started to drizzle, so I came back, a very still and quiet day. [After supper] I set my trap before turning in.

===I finally managed to get out of bed. I checked my trap, and have another mouse. Female and maybe pregnant.

I went for a drink of lake water – then went to get my scraping beam. I managed to get it to the trail edge from the back of my da'i area.

Then I came back and skinned the mouse. I want to...cook it in the pan... instead of over the flames. Maybe I shall have a few nuts and fruit with it for breakfast. The mouse cooked up nice with a little bear fat and a few walnuts. [After a good meeting at the other camp, lunch, and a trip to my da'i spot to bring back my scraping beam] I am hiding in my tent from DOSA [Cherokee for mosquito]. I need to go wash – take a walk or something.

Finally, I heard voices from the hearth – supper was being fixed. Franz Joseph was over for a visit. I was feeling down. I don't have any food cravings, but I was starting to have 'people cravings', wanting to see someone outside our small circle – I need a hug. Well – I got one from Franz.

===Rain – Rain – and more rain. I am still in bed. I have no idea how late in the day it is. I must get out soon – my pee bottle is almost full.

I got out. I ate some nuts, a carrot, and an apple. After a drink of lake water I went for a walk to the boat ramp. Mostly windy – not much rain any more.

Where is the sunshine? How about some warm? Humm? Please! If I hear the others I might get back out – but for now I shall do some reading.

After a while, Ty said we will be meeting on the other side...[for a plant walk] The weather did not look or feel any better. I headed out. The lake was choppy. I tried to go with the waves or against them and not get in the troth. But about half way across, I got dumped. The water was not that cold, but the air was. I was near shore, and I managed to get on a submerged log and emptied my canoe...and get back in. [someone hollered and Chris and Franz came to assist] it took some

doing, but I got [to the other camp] Franz gave me a pair of pants to wear until mine are dry.

We went for a plant walk to see nettles. (They don't grow on [the east side] of the lake – so we must go a long way to get them.)

I left my canoe...and walked back. I ate some nuts and went to bed – cold hands and feet is all – but I would rather get warm than eat at this point.

===Hungry – Thirsty – Still chilly out. – Damp cloths. –Where is the sun? [Ty and I took the Tin Can across to gather nettles. After that we] went exploring. We wanted to find Lake Julia. We walked passed it on our way going, but found it on our way back.

This morning I went to chop and cut the tree that blocked the trail. I started thinking about bears. Then when I got to the tree, I looked back and Ty was behind me. All I saw was a dark shape. I was startled a good bit. He thought it was funny. He had been following me for a good way. (Don't sneak up on a man carrying a tomahawk.)

[We had a meeting at my camp] It was a good talk, some things came out. People are getting more in touch with themselves. Franz is struggling with something. I just want to reach inside him and pull the pain out. What do I do?

===Many strange dreams last night. The last was something about me bringing home a chicken (that was mad)...there was a garage full of egg boxes. The house was full because of a fashion show, dad was part of that. I saw mom in the living room talking to ladies – but I could not go in. Dad would not go do the chores – the hired man had to go do them in the dark. Then things switched to a music video. “I have Someone to Love” [The] camera panned left to right on peoples backsides. They were tugging up their pants from a ‘moon’ to almost cover their butt cracks.

Then I woke up – with the sun shinning on my tent – seems like a good day. SUN SHINNING!!

I checked my trap and had a mouse...I cooked it up with some nuts – along with some fruit and eggs.

While helping prepare supper – we were swarmed with zageme. I will be itching tomorrow.

===Our meeting today was on ‘mirroring’. That was very interesting. Speaking, moving, and walking as another moves and talks. I can't really explain what it does – but it is supposed to be good. As we ate supper, we practiced on one another. Interesting. Then off to bed.

===Trees are a blend of earth and sky.

===I spent part of the afternoon working on the food pit – getting it cleaned out and making a lid. The bottom of the pit was nasty. I must finish the lid tomorrow.

===In spite of the rain, I found a smoldering fire. I got it going again to cook some eggs for lunch. I ate my grapefruit for breakfast, then did something that I thought I would never do – I ate watermelon!

I figured I should at least try it. I didn't eat it down to the rind and said, "Don't fuss at me when I don't, because I am not going to."

===We will be having [fetal] fawn for supper. Ty did most of the skinning -- Travis and I helped. Travis did most of the butchering – I helped. Kai did most of the cooking. Everyone had a bite of raw heart – I tried it but could not swallow it. I had some ribs, kidney, diaphragm, and lung. [I also had] liver...and a hind leg. Very tender. And a very strange experience.

We talked a bit, cleaned up, then went to bed. Tomorrow we go in.

===misty rain [today] I cooked some eggs (HB) for breakfast and [to eat] on the way [to the Center]. I will be going by (my) canoe to see how it goes. [I didn't like the TD solo canoes]. It was a short portage to another lake...across private property. The owner doesn't like us doing so, but it is the only way. Then up a slow river to the [TDOS] property, then a short hike to the Center. We were wet from the rain...got a fire going...dry off...made phone calls...got on line...hung around.

I got my flute out and played for a while, then with a nice fire going, I went to bed.

===I checked on getting another canoe, -- [one that is] wider and a tad longer.

Just after noon we headed [back to camp] It went well, and though it was choppy on Lake Julia, I managed.

Soon we were back...and started supper. It was then that maggots were found on the meat – I was going to wash it off and cut it – but they over ruled (no meat). It turns out that the meat was OK – I ended up cutting it and cooked it in the morning.

===Ty woke me up. I went with him, David, Peter, and Surge to get leeks. The hike was about three hours one way. We got a good bunch of leeks.

When we were nearly back, we ran into John "Apple Pie"...he left us a surprise; a pie, salami, trout, and BBQ venison. OH BOY!!!

I had to get in the water...it felt good...[then] to my tent for a rest.

===Up late, I need to go da'i – I tried to hurry – but I didn't hurry fast enough. When you gotta go you gotta go! I almost got there – when I had to pick a spot off the trail and let it happen.

When I got back...I went out for some lake water – 'Morning Tea'. I nearly drink a full bottle twice a day. I am hoping all is going well inside me – that my system is in tune with all those little guys in the water.

It is a very low energy day. I went out to the woods to look for a scraper stick – and fell asleep.

===I heard some noise from the hearth area. So I got up. Ty was cooking breakfast. I had some 'leftovers' for breakfast. Then I went da'i. It is quite a chore pooping in the woods with a swarm of zageme looking for blood. Drop, squat, pinch, wipe, cover. The faster the better. Still, I got a few bites down under.

===...we started on hide tanning [today]. After lunch we started scraping our first hide. I got the flesh side cleaned off and a small patch of hair; it started getting too dry so I had to soak it.

[At] supper time, as I was cutting meat, I had a cloud of mosquitoes around me – buzzing away. Ty was amazed – he thought there might be 150 of them flying about.

===Time to get up...and work on my hide. I managed to get the rest of the hair scraped off – but my beam is no good. Time to go hunting for a new log. But first – lunch.

I was not feeling well (not enough water yesterday). Then I had to hurry to my da'i spot. ...I wandered around looking for a new log.

[The afternoon was] spent...rendering bear fat and snacking on cracklings.

===it was warm last night. It is difficult to wear the amount of cloths needed to prevent so many mosquito bites.

Kai showed me where she got her...scraping beam, and I... got one from the same tree. I managed to get it to the scraping area by myself, even though it was heavy. I prepared it for scraping [by removing the bark]. Later I was...rubbing on the smooth surface. I wasn't thinking --- no words – it was just me and the smooth surface – rubbing. It was like I was at one with the surface on the wood – almost intimate – when I felt something press up against my arm. It was Ty. He was wondering what I was doing. I knew nothing – I was just lost in that smooth surface. It was so nice.

===last night we went out on the lake -- it was very calm. Some of us spent time just paddling around. Mosquito was very thick in the woods.

I went for a walk -- all covered up. I was wearing my [green Army] poncho and I had my green knit balaclava completely covering my face. I went to the boat ramp, a truck passed me – I wondered what they thought of me – all covered up – no face to see. Quadeim. [a nameless, faceless passer by] People (Katie and others) said I was 'freaking them out' with me having my face covered. – Sorry! But...

Tamarack came out with...mail. I got 3 letters. Soup for supper (mmm). Chat. Da'i. Then bed. P.S. My da'i time was the worst so far. Mosquito bites on the penis is no good!!

===...after two more sessions of scraping...I got my hide done. It is a very good looking hide. I got a good one...

Zageme are feasting today. I tried to stay covered...but I got chewed up on the hands and around the eyes – that's rough.

I had a 1/4 watermelon again, imagine that. It was an over all good day

===A very lazy morning...I am still in bed – but should get out – I need to go da'i and empty my pee bottle.

I found a dead vole in my trap. I cooked him up with some nuts.

Ty...cut a portion of watermelon...and cut his hand [in the process]. It was a deep cut. Kai took him to the Center to see if stitches were needed. [No stitches were needed. Pitch was used and the cut was healed in six days.]

We had a meeting that...turned into personal issues time. It was interesting and troubling at the same time.

Later the others went foraging. I stayed and worked on my hide rack. I got one corner done. It stuck together tight...that is good.

We had to wash maggots off our meat again before we cut it up for supper. It cooked up nice.

===I had a fast dash to my da'i spot – all went well.

I found a dead dragonfly in my tent. When I went for water, I...set her adrift on a small piece of bark.

There was a mouse in my trap...I cooked him up. He was smaller than the vole I had yesterday.

I worked on my rack and got it finished, I used 150 feet of string.

My bow drill fire lasted all day. We had raccoon for supper. I also made some mint tea. It was a good day.

===There is thunder sounding in the sky...not much rain, just the Thunder beings talking.

I went for a long walk. Zageme were out in mass numbers. I had a swarm around my head -- getting in my eyes. I ended up going...to the other side of the lake...for nettles...I got a good bunch. I [lost] my wool hat (that makes 2 gone) I hope I find it.

It was a clear calm starry night. I went out on the lake – I felt that I shouldn't make any noise or even break the surface of the water. It was a solemn experience.

===After breakfast I was going to work on my hide – but a meeting was called for the other side – so off I went. We had a talk about...the Mosquito Class (Song of the Mosquito) that is coming up...

Ty and I went to get nettles and a few other plants. Then on the way back, we had an interesting time crossing the lake. [Ty's hand was still bandaged and he couldn't paddle a canoe. He rode across with Travis. Travis had to leave early to do some other things (he took my canoe), while Ty and I went foraging. Ty and I came back across in Travis' canoe, which was larger than the TD solos.] Ty sat in the front and I on the seat of the one-man canoe. As we left the canoe channel... we could only go in circles, because of the weight in front. So I paddled across the lake backwards. [I thought it was funny, Ty said it was 'retarded'.]

I had to retreat to my tent...zageme were on a feeding frenzy.

===We have to eat our fish today. It is the last day to eat meat and cabbage... before the Song of the Mosquito Class. So we chowed down on meat [for] an afternoon feast.

I was able to rack my hide. I think I have the only rack finished – on both sides [i.e. both camps].

We had a good ‘coming to understanding’ today...concerning Personal Space issues. The ‘honeymoon’ is over and we are letting our true faces show. I was wondering how long it would take for some of these things to come up.

===...I went swimming and got water [to drink]. Adam [a visitor] was here...with Lacey [his friend]. He went [swimming] too. I just met the girl and she came by while I was in the water. It is strange having women around when I am naked/swimming.

===I went out to get water [I liked to get my drinking water away from shore] and it took me two tries to get into my canoe (I fell out the first time).

Ty, Travis, and I went to the Center to butcher a deer. Ty came only to watch [his hand was not healed yet, and he could not butcher]. It was a...doe [road kill]. We hung her up – skinned and gutted her while being assaulted by zageme. We had to roll up our sleeves [to do the job] thus allowing zageme free access. My forearms were covered with welts...(two hours later there was no trace of the bites) We...cut up the meat...and packaged everything. [We] carted off the guts, head, and spine to the woods. I [got] the hide to tan.

On our way back to camp we took a small detour to get some goodies at the store --- ooo ---.

===We have a sweat lodge...tomorrow, today we gather and chop wood for future sweats.

We got the hearth area tidied up...and spread pine boughs [around] We also cleaned the craft area. Things were getting messy.

I...scraped, trimmed, and sewed holes in the hide I got yesterday. It is real nice...raw hide.

===soon after we got up, it was time to prepare for the sweat lodge. It was good --- there were a couple times when I thought about leaving --- but I stayed. The sweat was 10 men and 5 women – all naked. [After it was over] we did... experiments to see how mosquito reacts. We [tested various colors] green, brown, blue, and red. Red drew them the fastest, they were not interested in green. They like...sweaty bodies’ best...calm people attract less mosquitoes.

===The ‘Song of the Mosquito’ [class] continued – The first thing Tamarack said this morning was, “Let’s all get naked!” We went to our test spots and stripped to see...how fast mosquito bit us.

We did tests with [various smells] balsam fur, onion oil, and smoke. [We did other tests and experiments]

Then we had a feast...salad and salmon. [The salad] had cucumbers in it, and I ATE them too. Another thing off my list [of the top ten things I won’t eat].

===I [was] thinking on some things that were talked about the past couple days. One of the people that came for the Song of the Mosquito...had several Christian tattoos...I commented on them. He said he used to be heavily into Christianity. One of my fellow seekers was once...into church. Now both are something or somewhere else.

I started writing a little thought I had [about Christians/church people]. I must let it set for a while and then read it again – to see what I wrote.

Later [in the day] I went foraging [for] milk weed...and bass wood leaves.

===in the morning Ty got out 2 bagels and some nuttela that Franz gave him --- it was good.

We [were informed] that our da'i spots should be 10 to 15 minutes walk from camp. I went for a long walk...and found a new spot. A grouse charged me – I guess her nest is near – and she wants me to stay away.

===Katie went to get [a food drop]. I took the big boat. The [strong gusts of] wind and [the big] waves were a challenge. I was pushed sideways by the wind... wow.

At lunch time, the rain stopped my fire – so sad – it was almost going. Travis and I got our food and went to winter camp to cook.

Later us guys went to the other camp to help with rack construction – good progress was made. Katie and I got hers put together. I helped Peter and David get a good start.

The moon is almost first quarter. The sky is clear and calm. This has been a good day.

===Ty, Travis, Katie, and I went to get nettles – we got a good haul. We saw some of the first strawberries...mmm.

We added milkweed to [supper] and it turns out that milkweed was voted out of our diet. [no one likes it].

===I had an emergence da'i run this AM – needless to say – I never made it to my da'i spot. I got to a safe place just in the nick of time.

I guess I stayed in my tent too long – otherwise I could have gone safely the whole way.

Then I went for a walk to see what I could see. I met Chris on the road --- got a ride back. We had a meeting and a food drop.

[Later] I...started a fire [for supper.] Ty came along (with strawberries) and helped.

I set my trap to see – to hope – I get a mouse for breakfast.

===No mouse. [At supper time] we...cooked on the other side, while we had a meeting. I ate asparagus. It seems I no longer have a Top 10 List of things I won't eat.

The row [back] across the lake in the near dark was nice – it was flat calm – and the waxing moon was near full. A wonderful day.

===I got a mouse for breakfast.

[We were told] there was a deer to butcher. Who wanted to go? I did! ... Turns out the whole other camp [would] go. I went too. [I only went long for the ride.] I did not stay [at the Center]. I walked back – but first I thought I would go to town. I walked and walked and thought. I almost got there – less than ½ a mile – when I figured I don't need to go...it is an illusion...little promises. Some day I may go – but not today. I headed home. I walked about 15 miles – my feet were sore – I was very tired. I got back just before sunset. [My] camp mates were eating supper. I just lay on the ground for a while – then had a bite to eat.

===We are going to de-bark some trees in a logging area...birch bark is gathered before the trees are cut down. It was a long drive. After Chris showed us how to get the bark, we went to it. We got a good haul.

I got my new canoe!! [It is a] Wenonah.

We got back in the late afternoon...as a rain storm started. [Later when] the rain stopped – I wanted to eat – so I got a fire going...it was a challenge...but I did it.

===prep day for Sweat Lodge – split wood and clean up around the lodge. Then several of us went for a swim...it felt really good.

I took several rides on the lake in my [new] canoe.

Supper was good, mini steaks and greens. Ty got out some mangoes that he got...as a treat for us.

===We fast [today, because of] the Sweat Lodge Ceremony. People from the Center came out...the fire was lit...we waited. Time to smudge...naked in a circle around the fire. Lety smudged all with giizhik (cedar). There were three rounds...I thought I held up alright, but near the end I had to pee. After the final splash of water...I departed. I crawled out...unable to stand...I was so weak feeling (like a baby out of the womb – wet and naked). I lay on the ground...taunted by deer flies. Soon I was able to slowly walk down to the water and rinse off...everyone was quiet and somber. I never hugged a naked man until today – me naked also.

===Chris...showed us how to prep a hide for tanning. The weather is too wet...we may have to wait till we come back from the Center.

After lunch...I called a Talking Circle. [It] went well. There was much understanding relayed.

I went to the boat landing to get the food drop. There were campers there...I was offered and had a soda – I declined the beer.

[Mail Drop] – I got a package and two letters.

===I awoke to rain – I sit her writing – I...read my letters that I got yesterday (from Liz – Carl P and Gary H)

Tomorrow we head into the Center. I went over to the other camp for a visit...I told them about Lateral Thinking Puzzles. They are...'Be as a question' [games. Assume nothing, question everything.]

It got dark and I had to go back across the lake in the dark – that was interesting.

===Up at dawn...get ready...pack up...head out. The portage was not too hard. The trip across Lake Julia was fast. We [arrived] in good order. I changed...got a snack and went to town with Franz. I had a burger for lunch...ice cream for dessert...We stopped at IGA for a sandwich and some goodies. Then we stopped at Billy's for beer and pizza. Wow! I'm full.

When I got in I [made some phone calls]. I farted in the office and everyone ran out (fast) – now it is late. People are chillin' – time for bed soon.