

===I was busy...this AM. I took deer guts to the woods. I found bear tracks. I [noticed] the T.D. van at the boat ramp. I got back to camp just as Chris...got there. I then took the wrapped deer meat to the [van]. I went to the other camp to help render bear fat. We made...two gallons. It was...late...we called it a day.

I...picked berries...started supper, [we had] ribs and heart. I stoked the fire and cut the ribs, the others did the rest.

After supper...Travis and I talked. I shared about when people get angry with me – at me. I feel that they don't love me, however they are just angry. I want love, respect, friendship. But I behave indifferent – like I don't need it. I end up getting it because people are drawn to me when they feel that I am not needy. People don't like emotional sucking leaches. Confident – stable – balanced people are more attractive. People like that.

Question = Can I go to town – not buy and come right back? Dare I try it?

===Tamarack came to camp. We had a meeting...about Franz leaving --- about what went on [how we felt about it]

Then...bear fat rendering...all day long. I took a break...sat in the woods (in the rain)...smoked two cigars...thought about things.

Do I go to town, or not, or when. I need to go once...splurge – a fun day – just once. (Turns out Wed. is Dave's B-day and nearly everyone plans ongoing to celebrate with him.)

Back to fat rendering...(it rained most of the day)...[we] nearly got it done. We...came back [across the lake] in the dark – cloudy – no moon...slow going... back to camp – found tents...went to bed – for a good warm rest.

===I...started a new hide...it was 6 feet long, 2 feet wide (at the ends) and 9 inches wide in the middle – STRANGE. I must think on this one.

I gathered boxes...to take when the food drop comes. I took the bear fat, too -- 5 gallons. I waited [at the boat ramp] for Chris...he did not [show]. I went and ate berries.

I went to the other camp...to render fat...only Dave was there. I managed to get a gallon done.

A meeting happened...The Big Town Trip came up. I shall not go. If I go – I must go on my own terms, and alone. I shall not be subject to my appetite. There is food out here – I just need to gather it.

===Ty and I stayed...Peter stayed. All the rest went to town. I am very glad I did not go.

I finished my fawn hide. It is my first and I like it. That's what counts. We got a visitor today. [Scott] After he got settled, we went berry picking. Then...supper..., Scott...brought dried pineapple.

===I showed Scott around...we went blueberry picking.

Then we had a meeting...about town stuff. Time to quite running around and get on with the program.

Back at camp...render bear fat. I had to go lay down. I tried to eat supper – but no – I don't feel well – I went to bed. I hope I feel better tomorrow.

===I slept...until about mid day...helped cut fat...cooked lunch...took a nap... went da'i...took a nap in the woods...came back, got water... took a nap. I feel sapped – my legs hurt.

Being physically down plays on my emotional part. I had several moments when tears welled up in my eyes – no one saw – I can deal with the isolation – much of my life is spent alone. I write letters asking for moral support – but I don't feel it coming. That is when I feel abandon. I am cut off from so many things, but people can still reach out over the miles by mail. The belly gets food – though it is not the comfort food people speak of. We are nourished – there are times when I am hungry – I just go pick something. But the people thing – I can't make them do anything. I can only plead my case and hope they don't forget me. Being forgotten is hard. Being physically down just adds to the feeling – I need ----.

We all need – but when one is too needy – it scares people off. I wrote letters – reaching out to several people – yet they are still here in the mail slot. They taunt me – my reach has been held back – prevented. Where is the moral support that I crave?

All of us here crave something – we all need – and here we sit – wanting to run away. Yet,...staying and pushing through will make us stronger. Then we can become more stable to support those needy around us --- and get what we want and need at the same time.

It is...supper time – and I need to share some things.

I was able to express myself...as they fixed supper. I wasn't sure if I was going to cry – but I didn't. I got some good feedback – and will take it as it comes.

===April...brought out a doe to butcher. Ty skinned it. Now there is a fawn or two that don't have a mom to get milk from.

After that, I took a bath...I haven't had a bath in a few days – it felt good.

My emotional and physical state is back on top –(nice change)-

Then we had a berry walk – I learned a few things – like don't walk past a hornets nest when they are starting to swarm. (I got hit right between the eyes) Only a light sting.

===I awoke and spent time contemplating and reading. I went and lay under a tree. I felt so content just to be there and do nothing – not go anywhere. I had to make myself get up and go back to camp.

I...fixed the food pit lid...It should be good for another three moons.

I helped...prepare fish for supper. We made fish stew – and it was good. We also had deer tongue – even after it sat out in the sun all day and had fly eggs on it.

===I ate some left over fish stew [for breakfast]. I boiled some eggs for lunch. I used the water to wash my hair. That felt good.

I worked on my three small hides. I went to the other side to get some basswood,...and had a few raspberries, too. I thought it would be a good idea to

add sphagnum moss to my bed. I found a 'Picture flower' – the kind that traps and consumes bugs -- (neat).

It was mail drop – I got nothing. I have been hoping for something ...no response. I got no word...this is a bit hard to take. It has been several weeks. What is going on? A month and no word from anyone.

===I stayed in bed long after I awoke. I had a strange dream. [It was about] fear and contentment with balance. [I don't remember] the images.

[After supper] Kai got out her S'more makin's, and we ate them up. (We were campin') We talked – it was a good night.

Then I came to my tent and found a note. Katie brought me a piece of inter-camp mail. She wrote me a note; it was very nice of her. I was blessed.

===We got a new visitor today (actually, one at each camp). They just got here [and were still talking with Chris at the hearth] when Ty came walking up the canoe channel – naked. He and others were swimming and he thought he would come [up the channel and walk] on around [back to the swim area]. Well, [the visitors] just arrived – and here he comes [strolling through camp naked]. I thought it was funny. "Hi, I'm Ty. Pardon me. Excuse me." Something like that. ☺

===Time was spent working on panels [for lodge covering].

Our visitor helped me...clean...the food pit. It was a smelly mess.

Later...we went berry picking. I got five kinds – a quart total.

Supper was lung and veggie stew. Yumm?! I was the only one to have three scoops. So many leftovers.

===I [worked on my hair-off] fawn hide. I wrung it in eggs...then dried it. It came out well...a little cardboardy in spots. It will do.

I went to the other side to look for berries. When I came back I...[stripped the bark off some] spruce root. I will split it later.

Tamarack canoed by (as I was...on the lake), we chatted for a while.

===After breakfast we prepared to set up the 'Woolly Mammoth' Lodge. We got the poles in. We need a few more. It is going well.

I [wanted] to get berries – but a meeting was called. (must get back to the berries soon) It was good that Ty and I cleaned...the fish for supper. It is no fun doing fish in the dark.

===I felt kind of down this afternoon. I don't want to do much of anything. I felt odd – lethargic – I don't know. I...ate some eggs and cabbage. I wasn't in the mood to answer a lot of questions.

Soon it was supper time. I helped Kai get it ready.

I...lit a smudge, bear root and sage. My tent is full of smoke. I am smudged!

===I gathered wood for the Ghost Dance. I got a little help. I cut a good pile. I may get more the day after the sweat [lodge ceremony].

I have been having some mood swings and have been snappy and feeling stressed about...things. I want to work, then I don't want to do anything. I suddenly get upset with...people.

===I discovered 2 spiders in my sleeping bag – they died. ☹

I...drank a bunch of water in preparation for the sweat lodge.

Soon it was time – we smudged and went in. I stayed till the end. It was good. I went and washed – and then to the feast. Very good stew and dessert – WOW –

I spoke of the Ghost dance [to be held] tomorrow, [inviting people to come out from the Center and join us].

===I didn't sleep much last night – and when I did, I had weird dreams. When I got up, I had to go da'i – however – I never made it. I had to duck into the woods – then carry it on a tray to my spot.

I went to my sit spot [and] smoked a bowl [of tobacco] in my clay pipe. It was then time to eat berries – First...the raspberries...then... off to get blackberries. I got a good bunch – some for now, some for later. On [my] way back I had to go da'i again; five times. Talk about being full of S**t!

Back to camp. Where is everyone? Our visitors were both gone. I saw sign on the trail [that several people left] but never heard a car.

[I went to] see if anyone wanted to help prepare for the dance tonight. No one was available. I cleared the 'craft area'...made a medicine wheel, [a circle with the north/south, east/west lines drawn through it. The dance would be inside the circle.] Kai helped. We moved the wood next to [the circle so we could get it without leaving the circle during the dance].

Luke and J-star showed up with the drums. We put on face paint – smudged – and had a pipe ceremony. The dance...started slow, then everyone got into it and had a real good time. We...burned half the wood. We got sweaty – it was great!

I measured my waist today - 30 inches. I need some carbo-therapy.

===I slept late this AM. I felt drained. I need water (food) -- hungry.

I came to my tent to rest and finish the letter to Mike W. I sent him some money so he could send me a box of goodies.

===I felt OK in the morning. I...started a new hide.

I had an energy crash today. I just feel drained. Maybe I have been doing too much – with the sweat lodge and the Ghost Dance – wood gathering and hide scraping. Tomorrow I lay low and not do much.

I had a talk with Chris about how I feel. I...talked with Tamarack... but not much got said other than concerns for extreme weight loss.

I made a new bow drill set and it works great.

We cooked a bunch of fish; I had 5. And 4 eggs – hope that helps.

===I had a strange dream. Many things in the dream started with 'B'; band, blue, busy, baby buggy, board, boulevard. Then I dreamed I was pressing a lawn with a steam iron. Then I woke up and saw a giant jar of Fortified Peanut Butter. I think I need peanut butter to help me feel better.

I slept late... then worked on a hide – that drained me. I went to [the woods] to sit and take a nap. Then I got berries – Kai helped me pick some.

We are all getting together for...Katie's B-day. We had raccoon.

I retired early. It is a long walk tomorrow. [We go to the Center for our monthly visit.]

==I am back from my trip to the Center. What a time! I [hoped] on leaving before sun up. I...[left after] sunrise. The walk was slow... didn't have much strength. I [tried] to have everything in order and ready. I drank plenty of water... and [had] a bunch of berries in my belly and eggs in my bag. Down the trail I went. I felt nauseous. I got a good distance down Scott Lake Road when I remembered my wallet. I surprised myself when I said, "Holy crap! I forgot my wallet!" No turning back – not enough strength. I plugged on.

I got half way down Lake Julia Road when I just had to lie down. I looked for a slopping bank. [It would be] too hard to get up off flat ground. There I lay – sprawled out and 3 cars passed – the forth passed -- then backed up. "Are you OK?" "No. I'm exhausted." They took me [to the Center]. I was very grateful. What a help!

I needed food – encouragement – and rest. In the office I said, "I hope there is some postal-encouragement for me." There was. I got 2 boxes and 4 letters. What a blessing. Something to eat, something to read – and much encouragement.

I spent the day resting, talking,...eating. For supper, we ate at Tamarack's house. We had salmon, a wonderful salad, veggies w/ seaweed, and pineapple salsa. I had seconds.

I rested OK. When I got up in the night I staggered like I was drunk. I felt much better the next day.

I got through on the phone. Lucy was home! [She] hopes to come and see me on Sept 18.

The sun is about to set – I guess I will stay the night. It got chilly. I got to sleep OK...and I slept till dawn. I ate some fruit and pretzels and headed down the road. I felt great – no body pain – good energy – high spirits.

It was a good walk back. It didn't feel as long as [the walk] in. Half way back I stopped to read one of the newspapers...and eat.

I went to the other camp and talked with David and Peter. [We talked] about 'religion'...and the 'Good Samaritan' story [because] of me lying on the side of the road.

Then back to camp [after] gathering berries. I tried to make a fire in the dark but could not tell when I...had a coal. Travis got a coal. I blew it into flame. Ty built the fire. We had a good supper. I then went and took a bath – I stunk. I have a good tired and hope to sleep well.

==We worked on the shelter. We have enough polls...and are ready to put on grass. After that I took a nap. I need to take more naps, so I don't wear myself out again.

I...helped strip spruce root on the lake. We got a good bit done. [We liked to sit in our canoes to strip spruce root, because it is a messy job. We could keep it rinsed off as we worked.]

===We got a visitor. I...[took him over] to introduce him to the other camp [where he will be staying].

Then I...went and got food drop -- and packages for several people. I got a note to call [my sister], the note is already a day old. After some camp work...I headed out. I actually walked and RAN to the Center. We had a good talk. [She was concerned about me when she got news about how I was felling.] It was dark before I left and I went to Billy's for pizza and beer. I was unable to finish the pizza. I could have eaten it on the road – but... O well.

It was a dark walk. I got [half way back] and thought I should lay down for a bit. [While I lay there] a mouse ran into me.

As I got near camp, I met up with David and Surge. [They were] going to town one more time [before Surge leaves the program]. The last half mile was very dark, but I made it to my tent OK.

===Up in the AM. Must go da'i NOW!!! I had to make two stops before I got to my area.

I...helped on the 'Wooly'...worked on my hides...rested...boiled some eggs.

I got to my tent and found a large spider on the wall – I got it. Time for sleep.

===[We] worked...on the 'Wooly Mammoth'. I helped some...I had to lay down several times. I felt tired and lacked motivation.

I was asking Kai about some grass and she got all mad. I was just trying to talk. I was curious. I guess one can't talk about anything to [her]. It seems everything stresses her and I don't want to be part of it. If she gets mad when I want to talk – I guess I won't talk for a while.

===We had a Feast Dinner – both camps and people from the Center.

I reached the peak of a hard time – what I call 'women problems' – misunderstandings – communication problems.

I was lying back after dinner trying to ignore the dominate speaker (a woman). Then there was the problem of what happen to my knife. [A woman borrowed it and didn't put it where I asked her to. There was some stress and anger.] In the end – I found it – put it in my sheath...and headed off to bed with out a word. I didn't even light my candle. I was up-set.

In the morning at first light – I got up and out...and never turned back. I started walking – thinking and walking – all the way to town. I got money and ate at Cindy's...got a sub...stopped at Bob's...and came back. It took most of the day. As I was coming down the trail, I met up with Katie and Ty. I told them where I had been and what I was felling. We planed to talk later.

Then Tamarack and Lety showed up [for a meeting]. When it came time for my turn to speak, my heart started pounding. At one point I thought I was about to cry. It was good – others opened up too -- the pressure is off – doors are opened – ways of dealing with these problems are on the table.

===Not much went on today. I got a package with dried fruit and peanut butter. Rain came – I went to my tent to write.

I was told we are eating [at the other camp]. It was nice. David had a surprise – a chocolate bar and choc. chip cookies. Nice!!!

===Rain started early – with wind, too. There were times when it came down heavy. I just stayed in my tent.

Tamarack came out – we had a meeting in the Woolly Mammoth. [There was] much sharing – a reflective prospective time.

Due to wind and wet, we all went over to the other [camp] to eat. [They had a sheltered hearth.] It was nice – we had no candle to see by – we ate by feel.

The wind was heavy. I had a hard time [paddling] across [the lake]. [Needless to say], I made it.

===I was wondering about my hide. It has been three days in the egg [solution]. Ty said it was a good day for hide stretching. I wasn't sure – but what the heck – I went for it. It took...most of the day. I am pleased with how it turned out.

===I got news that [my sister] Lucy will be here tomorrow at 11:00am. I am to meet her at the trail head.

I soaked...another hide today. I should be able to tan it in a couple days.

I came to my tent to get ready for bed and killed a spider. I don't like spiders in my tent. They have the whole woods to live in.

I saw a strange thing today – a spider on a lily pad. I went closer to look and my canoe drifted over it.

===Lucy is coming today. I did what I could around camp and when...it was time...I went out [to the trailhead]. [While there] I heard walking; it...was David – back from town (again). He had ice cream sandwiches – of course they were melted. He had eaten three and gave me the other three.

Soon Lucy and her friend came. She brought goodies. We went and got lunch... at Donna's Café in Eagle River. [I had a] double cheese burger w/ fried onions, cherry pie, and coffee.

Then back to camp to show them around. I showed them...some of the things I made. We had a nice visit.

[Form the stash of goodies] I made PBJ's for my camp mates. That went over very well!!!!

===Tamarack and Chris came out...for a meeting. I went to tell...the other camp. They were cooking breakfast – we had a nice chat – then back to Wabanon [my camp] for the meeting.

I...took a bird bath before dark, then went for a canoe ride.

===I slept late today, because I was up so much last night. [I had an up-set stomach. Humm? I wonder why?]

I egged a hide and got a new one...to scrape tomorrow.

I [ate] a few berries. I didn't eat much this AM, and I had a little supper. I hope my [stomach] is better, and won't act up tonight.

===I worked on my hide. I also started a new one. I got the flesh and hair off.

I cooked up my eggs – all nine. Then I helped...on the new lodge.

Today was mail day – I got 3 letters. I killed a spider as I was writing this page. One of the letters was from Jeff F. He told me about his new house, and the wild life. Of all the things he could have photographed – he sent me a picture of a spider. I must write him and ask why. O well – enough for now – I must go to sleep.

===I stretched a hide. It seemed to take a long time to dry. I had to move the rack four times to keep it in the sun. I finally got it dry. It is soft and it will be [used for] sleeves [on my buckskin shirt].

I sewed my buckskin g-string together. Now I need a waist band to finish it. (Silly me)

===After [a meeting] I went to the woods. I lay down to meditate. I don't know what happened. I didn't feel like I fell asleep. At one point I became aware that I did not know how long I had been there. It was like I was just gone for a while.

I went looking for [the 'ton' of] cranberries [that someone said were in the bog]. I found 4. Where are they?

I carted off some bad fish, [about a half mile from camp] and ran back over the whole trail from beyond the parking lot – except for the [log] bridges. I liked the run. I shall do it again.

===John "Apple pie" came out today. He had some brownies...to share. Yummm! He also had Medicine Cards..., interesting. One draws a card, places it in front of them and then reads what it says about the card in the book. I don't put much stock in that stuff, but it was interesting – humm.

I...went to look for berries and found 1 raspberry and about 15 blackberries.

Ty had the idea of combining groups, now that we are only seven. Sounds like a good idea.

===This was a very interesting day. I went to the hearth...and cooked nine eggs. I [worked] on my hide. I finally got my stamps – I had 15 letters and two packages to send. [I was informed that] there are two deer in the van, [that need] to be butchered.

I put off getting spruce root to help with the deer. I...helped get the deer in the woods and hung up. Then I started skinning. While taking the legs off, I cut my knuckle to the bone. No more butchering until my hand is healed. The others managed quite well.

I then planned to take my mail in and check on my REI order. I walked and ran a good distance. (Further than I thought I could -- Wow) I got to the Center a good half hour before [the others] arrived with the meat.

Then [I learned of the plans to go] to Bob's, I got a few odds and ends...and snacks. This was before I knew about the restaurant stop. I got a Hickory burger and onion rings. Everyone chowed down on a big burger, too.

While at the Center, we picked up our mail. I got two boxes and a letter. I finally got my REI order. I [ended up with] a "bushel basket" full of all kinds of stuff.

It is a nice moon lit night as I sit in my tent with more stuff than I know what to do with. I am going to...sort it...and keep some, and take some back to the Center when we go [in next time].

==I went to get spruce root [this morning]. Later on, I went and got nettles at the far patch – even at this late date there are still plenty to be gathered.

[We had] a communal supper, after which we had a 'talking circle'. Then we sat around the fire and chatted about stuff – mainly about sharks and diving and big teeth.

I was going to my tent and a stick poked my hand – right square on my cut knuckle. Of all the places to be poked.

==I went to my sit-spot and lay under the tree and thought about stuff. I got this idea that I should start my own church – getting right down to the basic core truths – without all the add-on junk that is... not even in the bible. The First church of Creator = meet outside, sit on the ground, pray, read, truth speak, share, love, forgive.

I helped on the shelter by making grass bundles...[then] we ran out of grass, and took a break.

Later [at a meeting] we spoke of...combining both camps into one. It will happen soon. Then we can all...stay in...the shelters and share living space...in prep for the winter season when we will be...sharing ...close quarters.

==I...stayed in my sleeping bag for a long time...and snacked on various things.

I made a seriated wood grass cutter and went and got a load of grass. I got the grass back to camp by canoe -- then made tea for Ty and me. Then I went and cleaned out the lean-to at winter camp.

We went to the other [camp] for supper. As we came across the lake...it was like glass. The moon was full, and a fog was on the lake. It was so beautiful (and cold). It felt wrong to even make a sound with the paddle. Well – to my tent – I want to get warm.

==[I built] a new hearth for the winter camp lean-to. I made a log frame and inlaid stones to make a platform. [I had a good time doing that.]

We got food drop and mail. Ty got the second 20/30 pound box of goodies from Aunt Barbara. I got a letter from Margaret [my sister].

As I paddled across the lake [for supper at the other camp], the sun was setting. The colors [on the lake] were sooo pretty. Wow! It was nice.

===Some...went in for our monthly visit. I stayed. I will leave [for the Center] in the morning.

I cooked some eggs for now and later. Then I went to my [sit spot and spent some time] under my favorite tree.

When I got back, I [prepared] to smoke my fawn hide. Smoking went well. I had to do it in three rounds to get the whole thing. I trimmed it and wrapped it for storage.

It was then that Marcus showed up. (The photo-journalist from Sweden.) Tamarack was here also. We talked some. I was the only one here, the rest were [across the lake] or gone to the Center.

After that I went to the other side for a visit. Peter and our guest were the only ones there. I got a good bunch of [writing] paper that Surge left. I was about out. I sure could use it. I'm a "letter writing fool".