

===I was the only one in camp last night. I got up early, set things in order – [worked on a] hide – did laundry. Then I walked [to the Center]. Just for fun, I measured the road by counting steps...to find the half way point – Bradford Lane.

The AM was nice – cloudy. The PM was cold and rainy when we were going out to dinner at Billy's Third Hole Bar. We got pizza, burgers, beer, and cigars, too.

It was a chilly night. I got a fire going in the Seeker's Cabin. I was hoping we could keep it all night – but – it didn't happen. There was frost in the night – cold days are coming.

[I made] phone calls, [got on line and] found some fall boots and ordered them. I hope they are what I need.

On the way back to camp – I went to Bob's for lunch. I headed back to camp and got in just before sunset. Supper was about ready.

Ty wanted me to tell the Rindercella Story, so I gave it my best shot. It was funny. Well – it is late and I am tired. Nood gight. Fear Driends.

===I slept late...then I went...and sat in the woods...for a while. I heard a strange sound. I thought it was a bird...[but] it was a small deer calling. Then to the other side of me I saw a larger deer that snorted at me. They both ran into the bog. So, I went that way back to camp...it was fun.

I was going to do some work at winter camp, but was unable to [because] we have two deer to butcher. David, Travis, and I went to do the job. Marcus came to photograph the event. David and I cut and wrapped the meat. The butchering went rather well. We got back in time to have supper.

===I awoke to a sound on my tent that did not sound like rain – it was snow. Not much, but it was snow. I went to the hearth...and made some hot tea.

I had a hide that needed to be stretched...so I took it to winter camp – where it was warm and sunny. It was a slow go – but I managed. It was hide #12.

I scraped the fresh hide I got yesterday. I must check it tomorrow. The sun set before I got done.

Then it was supper time. We had back strap steaks. Then someone got out smores.

The sky is clear – no wind – chilly but not harsh.

===I finished scraping my fresh hide.

I did the blindfold walk on my way back from da'i and some how got turned around. When I took my blindfold off, I had no ideas where I was or how I got there. It was really strange.

I helped fix supper by cutting the squash...and then I served. We had a good talk afterward about our usual subject – Da'i. How many things can we talk about and not end up on da'i? Who knows?

===My ribs still hurt. I may have strained them when I moved the big rock at winter camp three days ago.

I worked on my hide. It is small and nice. I [might use it for] a drum head. I started re-doing my shirt hide.

When I went to my sit spot, three deer came by – I don't think they like me being there -- they snorted at me.

I put on a little show tonight. I modeled my Buckskin Thong. (They have pictures) and Ty has video. I felt really silly.

===We [had an early] meeting. Mail/food drop. I got two letters and two boxes of goodies. One was ...a big tray of baklava. WOW!!! We had it for dessert at supper time – not all of it -- just some.

I went to get wood – I thought, 'What if I get a large load and take it to the boat landing.' I...got two large bundles and brought them back by canoe, along with half of the 'Grandfathers' (i.e. rocks for the sweat lodge).

Supper time...we had grilled squash as a side dish. (Travis' idea)

===As I went out to [my sit spot], there was a soft light coming through the orange/yellow leaves with a slight mist in the trees. It was enchanting looking – very beautiful.

The weather...was cloudy and cool all day with a moment of sunlight now and then. A storm...came through with thunder.

Ty wanted me to tell Rindercella again for our guests. It was fun. Then I served up another portion of pastry – very good!!!

===The day was clear and breezy. Ty helped me move the rock at winter camp. I spent most of the day working [my big hide]. Because of my sore ribs, I was unable to work it hard. It seems that the hide came out worse than when I stretched it the first time. O well.

I made a 'hide shaped' card to send to Nick's Rest. [Thanking them for the pastry.]

After supper we had a Talking Circle, an interesting thing was said. "I tried to be in the moment, but it only lasted for a second." I thought that was profound.

===I was awake in my tent when I heard, "Coyote! Do you want to go to breakfast?" Turns out, everyone wanted to go to Cindy's. Ryan (Katie's friend) drove us there. Peter didn't go. Kai was not here, (she was on a two day solo canoe trip.) It was good and a little strange being in a full restaurant – and the looks – especially when they heard...what we were talking about. Funny – even embarrassing – but strange none the less. Then to Bob's IGA.

When we got back we worked on the 'Baby Wooly' – got the grass on and some panels.

===Lodge clean-up day. We cleaned the Sweat Lodge and brought all the old boughs to the craft area...to be burned. Later we...cleaned the winter lodge. We scattered the duff debris in the woods. [We also] surveyed the damage [to see] what it might take to repair it.

After supper we burned the old boughs. It went up fast.

===As I was going out to da'i, I met Chris. He informed me that there is a deer to be butchered at the boat landing. That took most of the day.

Then we were informed that Tamarack is not coming out for the time being – because we are ‘coasting’. Certain things are happening that should not happen and other things are not happening that should be happening. We were/are at a bit of a loss because – gosh – I don’t know. But it stirred the pot – and may change our direction or focus. Who knows?

===Last night was my last night in my tent. I moved into the Woolly Mammoth. We finished the Mini Woolly today. (Peter and Travis will be sleeping in there.)

I got my #14 hide scraped and trimmed and ready to put in the rack tomorrow.

I went for a walk – sat under my favorite tree...and had a cigar.

Then I went and gathered “winter fire wood”. I also tidied up our hearth area and wood arbor. I am on a ‘Tidy’ campaign.

After supper we...ate smores. I will be keeping my treats in my tent or...at the Center. To put some control on what I have out here.

===It was interesting waking up in the Woolly Mammoth. I lay there for a while and just looked at it. I heard a mouse...and saw a rather large mouse. I might set a trap for it.

Kai found a drown mouse in a pot of water – and so – I ate it. Marcus took pictures. [The picture of the mouse in the frying pan made it into the magazine article that he was working on.]

We went and gathered spruce root. The gathering went well.

After that I finished moving and packed up my tent. I also got a care package... and my new shoes. I must try them on soon.

It is a very dark night – over cast – no moon. It is calm...chilly. Off to bed I go – in my new home!

===Cold – Wet – Windy. I stayed in bed longer [than usual].

I spent...most of the day writing – or talking about philosophy, various kinds of thought, meditation, and religion. I borrowed a book from David – Stillness Speaks, by Eckhart Tolle.

Ty, David, and I worked on an idea for a heat reflector at the lean-to.

I had help putting up a wind break on the Woolly near my bed. Hopefully I will be able to sleep better with less breeze.

===Very cold – windy. I [went] out to get water. The wind and waves were such that I could not get back in the canoe channel. I had to go to the swim area [to get out] and nearly fell into the water. Not a good day to do that. = I worked on the wood arbor. = Helped David skin a raccoon...for supper.

Ty and Katie asked Tamarack to come out. We talked about stuff. It seems we are not dealing with the deeper issues for being here. The food and tobacco things are surface. We need to look at the deeper things – to grow and be. There is much [to do] like lodge [construction]. [There are] big things as a group to work on. What are they? May I see them? I want to be good for the group – help us grow – shed light – touch the heart. Be. Now. Isness.

===We gathered for breakfast and had a Talking Circle. We spoke of our feeling about the new direction our Circle is taking. It is very good – isness. We are now. Let us deal with issues as they come.

I finished work on the wood arbor. Others worked on the flue for the winter lodge. Good progress.

We had a binge day – smoke – eat goodies all day. Then pack up what is left and get it out of camp. I left a couple things behind. I guess I must get them out, too. All or nothing. We must work as a group on this issue.

It dawned on me at supper time – I am afraid of ‘being hungry’. Not the hunger before one eats, but not having something to eat at all. Fasting is one thing – being forced to fast is something else altogether. Maybe I should just start fasting, and start this journey of ‘No Outside Food’, with no food at all.

===I fasted today. I took my...peanut butter and trail mix to the van.

I worked on the large wood arbor. I had help. I took a nap.

At supper time, I helped cook. I served.

During the meeting we talked about what has been going on and how it has affected the Circle. We are drawn closer together...in our unified agreement to get rid of outside food.

I sent word to [leave] any packages [at the Center], should they arrive at the school. Leave them there.

We went through the turmoil with food issues to learn and grow – to get to the deeper reason for what causes it. More on that later when I know what it is.

===After 36 hours cold left over stew is very good – an I wasn’t hungry. I broke my fast wit an orange.

I worked on the big wood arbor. I cleaned up around the summer camp hearth, removing...garbage and ashes.

Supper was good – lung and kidney stew – yum!!

We had a Talking Circle. More opening up – it was good.

“There are [quite] a bit of voices here. Give the voices in your head a Talking Stick and tell them to take turns.”

===It was rather nice today – clear – sunny. I had to take my long underwear... off as I scraped spruce root in the lean-to.

Food drop. We got a fox and a raccoon. I gutted them. Then for supper, I cut up the fox...it was a first for all. Fox stew – it was filling.

I was helping Peter move a bark panel. A mouse was under it. I almost got it. Peter said I looked like a starving man trying to get a little mouse. It was funny.

Most of the day was filled with wood gathering and trips on the lake for water. I [also] made a mouse trap. [A can of water w/ bait.]

===The mice got out of my trap – not enough water. I will try again.

Meeting = we spoke of how things are going and what we have been up to. When Tamarack asks us what we want to talk about, it seems our minds go blank and we say nothing. Peter brought this up. So, I wrote down a list of things people

thought of – to do – to work on. Then [we could] bring it up to Tamarack to talk about. Time is going by fast. We need to make full use of what [time] is left.

===It was warmer today. I worked on my bow drill set. We had a little work shop to help some of us get fire – went well.

I worked on the arbor. [The arbor was about 30ft long, and six feet deep. Logs laid length wise kept the fire wood off the ground. Upright poles divided the arbor into four bins, to hold the stacks of wood in place.] I hunted poles to make the bins. I came back to camp with 4 poles and said, “I went to the woods to get their opinion, so I took a pole.” (humor) I need several more to finish the job.

Then I took deer hair to the woods – scraped hide #15 – took a bath – did laundry.

Supper was raccoon – bones and all – head to tail. Travis got the head. He said it was tasty.

===It was over cast...all day. It rained a good bit, too.

I got some bark...to make [a new] lodge panel. I had help putting it together. We [have] several repaired – a good start.

Bear fat was rendered – food drop came out – I scraped and split “sprout”. [spruce root] That’s what we call it now.

I went for a walk [and] spent time under my favorite sit-tree.

===Blue sky today. The weather was calmer.

I got up – ate 4 eggs – worked on my hide. I came to my lodge to read. I didn’t get very far. We have a deer to butcher – a buck. A hunter got it. He only wanted the antlers. He gave the rest to [us].

We went to do the job. I was going to skin it. But it turned out that Kai wanted to. Then she put on a dejected face and resigned to let me do it. I did not. [I could not.] I expressed that I didn’t like what she was doing and walked away to gather [fire] wood until it was skinned.

After supper/meeting we had a Talking Circle (with Tamarack included). I explained my actions with Kai. The circle went well.

The moon is near full and it is a clear cool night. I got a letter from Donna. [my sister]

===My water trap still has not gotten a mouse. However, when I went to breakfast this morning, there was a mouse drown in a can of water. David ate it! I shall keep trying with the water trap. Just now the little varmint tried to take the bait again. I knocked out the light trying to...nab the mouse. What shall I do?

===It was cold last night. There was ice in the water bucket in the lean-to. John “Apple Pie” came to see us and he brought a ham. It didn’t last long.

I was thinking of Kai’s problem of the fear of making people mad – or being upset with her. I said maybe you just have to make someone mad and then make up with them. And find that it is not so bad after all. [I don’t remember what she thought of this suggestion.]

I started on the [hide] smoker – we need to get smoking soon.

===I worked on the smoker. I got it mostly built of stones and dirt. I must put some finishing touches on it.

Chris [came to tell us] we will be going into the Center tomorrow. The sweat lodge [will be] moved back a few days.

There was lots of bear fat in the stew. ☺ It was very good.

We sat around and talked about stuff – like how ideologies and dogmas affect how people see things. Idolatry and the church. People's narrow view and idea of who and what Jesus was. How's that for a subject. Then I cooked eggs. Travis and I talked a bit more on various things.

===Up early and off to the Center. I was the last to leave. It was a nice walk. The rain held off – which was good. I was carrying my blanket to use there and my 'medicine bag' to store.

We stayed two nights and got much done – it was busy at times.

Brian drove [me to town]. I got my blood pressure checked at the Medical Clinic, along with getting weighed. 128/76 and 180 pounds. A good report. We stopped at the Thrift Store. I found a coat...and a scarf. That was it for town – no Billy's either.

I ordered a new sleeping bag on-line. We all...managed to get things done and were ready to get [back to camp].

I got a package with more peanut butter and home made cookies, too. ☺ [I did not take it to camp.]

It was a nice walk back. I found a package of lasagna on the road. It was good. I ate it. Road kill lasagna!

A storm blew through last night. A tree fell on the Woolly Mammoth. There was no damage. I am glad I was not in there when it happened.

===After breakfast...I got the saw and my tomahawk to cut the tree that fell on the Woolly. Then I gathered fire wood and helped work...on the lodge.

Tamarack came out. We talked about our Center visit and the food/town issue and how we felt about it.

We then talked about death, and the fear of not knowing, and about how we are living and dying at the same time. Death is a transition – and not an end. (A very deep subject.)

I mentioned my fifty pound weight loss. Tamarack asked me...to write a paragraph...for a book he is working on.

===I made fire this morning. My set gave me a run for my money; I think it is still damp.

We [collected] wood for the sweat lodge. We cut up 3 or 4 trees.

We had muskrat for supper. I got one of the three heads. Humm.

===I [worked] on a hide. Then I gathered wood. I picked up the food drop and we got muskrat for the next three days.

We are almost done [making] panels. Just a few more to do. Then we...can cover the lodge.

===It was...AM. I was at the lean-to and as the talk went, there were a lot of 'I don't' things said. I felt...too much contrary energy. So, I went for a long walk to... explore. I...was gone most of the day. When I got back (with a load of fire wood) supper was in the works. I went for a second load. Ty and Katie came also. We each got a bundle, plus I pulled a mega-bundle (10' long).

=Thoughts= 'Honor the energy' = 'Be in the moment'  
'Truth listening' = 'Keep ego out of the way'

===Hummm! What shall I say? [I slept] late. I was not the last one up. I...ate some fruit. Then I went for a walk to go find out who won the election. I found out – G. W. Bush.

This was a lazy stay warm day. Muskrat for supper – we want more food. This cold spell is draining and more is coming.

===Same as yesterday morning. I ate some fruit...then...went for a run to get my feet warm. I ran about a mile and a quarter up Woodbury Rd. I collected some pine boughs...to smoke a hide with.

I hung up a hide and gave it a go. It started to smoke but I need to make some adjustments and do it again - and get these hides smoked.  
MAIL!! I got a letter from Carl P. and Gary H. Both asked me what I want. I have a couple ideas.

===I had an interesting dream. = A lady of Victorian era, was on trial for breaking the straw that went in her wallet. Four judges were trying her (3 men 1 lady). The little girl with the lady was thought to be a boy. The little girl said, "But I wear a dress!" The judge said. "I paid a lot of money to be here!" They left the court going down a staircase with no steps – just a railing. The lady judge said they could come back next month and get \$11.00 more. (Because the case was not settled.)

We gathered much moss to dry. The last panel was [finished]. Now we [need to] put dry moss in the [winter] lodge [for insulation] and cover it with panels.

I smoked a hide today – nine more to go.

After supper we sat around and talked [about] food. Ice cream – steak – cookies – cheese – cottage cheese – burgers – potatoes – chocolate things – sauces – Chinese take out - brandy – rum – eggnog – smokies – hotdogs – etc.

===I left my coat at winter camp yesterday because it was so nice. It was windy this AM and I dashed out and forgot to dump my 'pee bucket'. Then some people were taking a class with Jason [teaching the class]. They came in [the Woolly] and saw the 'pee bucket' (My bad) oops! I forgot.

I helped Ruth carry her stuff out, she leaves today. It was a nice visit. [She was from Germany]

It snowed some today, just enough to see in the air, not on the ground.

Two people are fasting. We had raccoon for supper. I had five [servings]. (We had a lot.)

Jason was out with a food drop. I went to get it. The sky was [full] of Northern Lights. It was a very good show. It filled the sky. Wow!

When I pulled my canoe from the water, I found ice on the side of it. Cold night.

===Fasting today. I got a load of wood and took our empty boxes to the parking lot.

[Tamarack and the others from the Center] came out for sweat [lodge ceremony]. It went well. I had to go da'i and got back just in time to get smudged. It was a meditation sweat. All stayed to the end. I feel clean. Then we had a feast – very good. It is cold – off to bed.

===It was very cold last night – my water bottle froze up.

We [put] dry moss back into the lodge [and] we had to take [some] wet [moss out]. It was taken to the bog to be put on trees to dry.

We discovered the flue pipe to the earth lodge was open. I stuck a stick up the flue with a string on it, then Kai tied a small spruce bough to it and I pulled it out like a chimney sweep.

After supper we sat around and talked about animation – Star Wars – porn – drugs – and that noise I make in the morning.

===I got up – went and ate some fruit and nuts – then went back to bed. It was a rainy day and I did not feel well. Near sunset I got up. I was told my new sleeping bag arrived. I went and got it.

===We got more moss out to dry. I felt wiped out and went to lie down. Then I worked on sanding a hair-on hide – slow progress.

===Yesterday – I got up – ate some fruit – went back to bed. I got up for supper, had a cup of broth and a scoop of stew then went back to bed. I lay there all night just wanting to go to sleep again.

Now for another day – I ate 1 orange, 2 apples, and 3 eggs. Plus a few nuts. Then nothing. I skipped supper and went to bed.

===Here is a new day – it is half gone and I am still in bed. I will go see what is going on. ---- I can't remember what was going on. I didn't have supper. I just went to bed to get over this stomach thing.

===After I managed to get up, I walked to the Center. I had peanut butter – talked with Tamarack and Chris – got some stuff and road back out. I also got two packages...[they] will be waiting for me when we go in next time. ☺

Later on [I went] to bed – it was a good night – I feel better.

===I went to the boat landing and 50 swan flew over. It was nice. What a sight.

John "Apple Pie" came [for a visit] with two apple pies and stew. Very good – a 1/4 of a pie each.

===I didn't hear the others get up. (maybe I did?) They were ready to go get leeks. I thought I would have to play catch-them-on-the-trail, but – no. We all left at the same time. It was...a very long walk...to get leeks. We got a bunch. Travis

[left early] and went and got the van. It was near dark [when] he came and got us. We were just finishing.

[After] a very filling supper...we sat around and roasted nuts...and talked till late. If I go to bed too soon, I just lay there and don't sleep most of the night – we shall see how it goes tonight.

===Up and at 'em. I only saw Kai this AM. It was a tad rainy...and she was preparing to start a fire. Her fire set failed to work. So, I got mine...got the fire going. We had breakfast.

Later...I did some tracking to see if Ty and David came back [from town] yet. (They were)

I got back in time for a meeting. “Why do we future project?” Some answers = Power – fear – Emptiness – Conditions.

We have these feelings, so we think that a future moment will be better. At one point ‘Now’ was a future moment, but we still keep looking. Bottom line – If we don't like/love ourselves and we are not happy now/here, we look to a fantasy time when we will.

“Love our self!!”

===I practiced ‘Dream Recall’ by making notes...on a pad at night. It worked rather well.

We got all the panels on the winter lodge. I cleaned up around camp a little bit – getting rid of trip hazarders and folding tarps.

We had muskrat for supper. My appetite is back. I have been having TOWN FOOD cravings for bakery and bagel and such.

===Chris brought out ‘Orange Wear’. Tomorrow is the start of hunting season.

Some one slipped up and sent out a small package for me. It had brownies and Slim Jims. There were only a few. I shared them. Later last night, I ate the rest. Yummm!

I was “gotten out of bed” by Chris and our [new] visitor. They came to see the Wooly Mammoth. I didn't feel in a rush to get up this AM.

I had another strange dream last night. I have been having ‘naked people’ dreams. It was about ‘naked-no-rules-Wally-Basketball’; 5 against 30.

The other night [this was my dream] = I went to see a friend. He got naked. Then all his relatives and friends showed up and they were all naked as well.

===I worked on my hair-on hide. [It was intended to be a door cover.] I...egged it up and [used the] rock tanning method. Things were going well. The egg was going through the hide, then...the problem. The hair slipped. It had gotten rained on and never got dry. Now it is a grain-on semi raw hide. It will not be a door flap. So sad.

I guess I learned something [about hides]. Then we ate supper.

===Just another day in the woods. The weather was nice – mild.

Chris came out and said Kai had a dentist appointment at 3:30, and to take the emergency van. When it came time for Kai to go...Ty, Katie, David, and I went with her. (For moral support) [That's what we told ourselves. We were not Truth Speaking with ourselves. We just wanted to go to town.] We stopped at Billy's on the way. We waited at the Book Store/Coffee Shop while she went to have her tooth filled. On the way back we stopped at Bob's.

===We went to get spruce root for craft work in the White Season. [I got a small amount of root made into a wreath. I put it in the canoe channel. It just so happened that the channel froze over, and I never saw it again. Not until I went back to visit after our year long was over.]

I went over to the lean-to and sewed a mitten [that mice chewed on], cut up 4 muskrats for supper, and got the fire going. I went and got water for supper. Before we ate, Chris and Tamarack came out for a meeting. Some of our winter clothing got here. I got a pair of choppers to go over the mittens I just fixed.

It is a clear night – cold. I put an extra blanket on my bed. My fingers are numb – I shall retire.

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