Indiana University Outdoor Adventures    May 2015

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Trip announcements, shop sales, route setting dates, class openings, etc!

[Image of group photos]
As I sit down to write this end of the year summary, I am amazed at the pace of the academic calendar. It seems like just yesterday we were welcoming students back from an adventurous summer and here we are saying our goodbyes once again. It is a bittersweet time of year, a time to reflect on the many great accomplishments of our incredible staff, but also a time to say farewell to so many people who have helped make IUOA what it is today.

IUOA has had an incredibly eventful year. Our adventure programs continue to take us to some remarkable places, while our classes continue to introduce over 1000 students to the outdoors each year in a variety of activities including watersports, climbing, backpacking, and several others. We have seen the continued growth of the IUBeginnings program as well as an increase in our rental and retail operations. IUOA once again presented the extremely popular Banff film festival and also successfully hosted our first ever bouldering competition. Somewhere in there, we managed to hire a new coordinator as well.

So what’s next? Although it’s cliché, the sky is the limit. The next academic year promises to be an exciting one with some new courses on the horizon including our Foundations of Adventure course which will now be open to all students, as well as the return of our flat water canoeing course. Next year’s slate of adventure trips is shaping up nicely and they are guaranteed not to disappoint (whitewater rafting anyone?)

I’d like to take this time to thank everyone for their continued support, not only to Outdoor Adventures, but also to me during this transition period. I could never have imagined the outpouring of kindness and patience and for that I thank you all. A big thanks has to go to Tyler Kivland (Assistant Coordinator of Programs) and Nicci Brown (Assistant Coordinator of Operations) for holding everything together and steering the ship during the transition period. I love coming to work every day and they are a big reason why. Our student administration staff including Michael Egge, Lynn Schulze, Abby Nawrocki, and Sam Wright have been a pleasure to work with and I can say without hesitation that these four do the work of several full time employees. To all of the graduating seniors, remember that you have left a mark at IUOA that will not be forgotten. Since 1972, students have been passing the torch and please know that the flame burns brighter because of you. A.A. Milne, the author of Winnie the Pooh wrote “How lucky I am to have something that makes saying goodbye so hard.” Remember it’s not goodbye, it’s until next time.

For those of you reading this entire letter, I thank you for your patience. I also thank you for caring about IUOA. As I often say, IUOA is bigger than any one of us, but we are all a part of it. I encourage you to stay involved with IUOA, stop in and see what we are up to. Write me an email or call. Your support, both emotionally and fiscally helps us continue to introduce the outdoors to thousands of students as well as offer leadership opportunities that are truly one of a kind. Please keep IUOA in your heart, wherever your travels take you.
Canoe Canada with us!

July 6-16, 2015
$975

Few trips take you as deep into the wilderness as this unique Canadian expedition. We will drive up to Quetico Provincial Park and spend a week canoeing and camping within the pristine wilderness. Quetico has been recognized as one of the top 5 places in the world to paddle and is well known for its scenery and remoteness.

A typical day could include paddling, fishing, beautiful campsites, cliff jumping, waterfalls, picturesque sunsets, and water so clean you can drink directly from the lakes. The park also boasts a variety of wildlife from moose to bald eagles and is recognized worldwide for its incredible fishing.

Join us for this journey whose origins are rooted in the traditions of the French fur traders, the voyageurs.

Don’t miss out on IUOA’s 2015 Canoe Canada adventure! It promises to be the trip of a lifetime.

“You will get to enjoy picking blueberries from Blueberry Island, filleting the fish you caught yourself, hiking with a 60 lb canoe on your shoulders, and being three days away from civilization. I really think that everyone needs to experience perfection!” -Emily Darnell

ONLY 2 SPOTS LEFT!

Contact tkivland@indiana.edu for All Canada Information

To sign up visit IUOA or Call 812.855.2231 outdoors.indiana.edu
SUMMER SUP SERIES

STAND UP PADDLE BOARD WED. 6:30-9:00
$40* JUNE 10-JULY 29

Want to learn to Stand Up Paddle Board? Join IUOA every Wednesday from 6:30-9 PM for lessons near beautiful Bloomington. The series begins June 10th and runs through July 29th. All gear is included. Reserve your spot now! Space limited. *$35 for students

To Sign up visit IUOA or Call 812.855.2231
Outdoors.indiana.edu
No Experience Necessary
We have asked all of our leaders the following two questions:
1. What is your next adventure?
2. What has IUOA meant to you?
Enjoy!

Laura Alexeichik
1. I am headed to Houghton College, in Houghton, NY. A small little liberal arts school in Western NY south of Buffalo and Rochester, in NY. I will be an Assistant Professor in the Department of Recreation & Leisure Studies. I am also the Director of Houghton’s Equestrian Camp during the summer and will finish writing my dissertation! I plan on heading back to Oman to work with the Connecting Cultures program in January and to a few conferences around the US and in Europe. I am looking forward to all the possibilities this next year holds!
2. IUOA has been a wonderful community to invest in while I was here completing my doctoral degree as it has kept me connected to opportunities to be in the field and for mentoring student leaders. I have really enjoyed balancing the worlds of theory and practice over the last several years! I also think the structure of the courses and in the IUOA program of producing outdoor leaders has provided me some great examples and ideas for the program that I am headed towards.

Greg Welage
1. I will be headed for Logan, UT this summer (and hopefully remaining out West indefinitely) to be a Stream Habitat Assessment Technician with the National Aquatic Monitoring Center, a partnership with Utah State University and the Bureau of Land Management.
2. I don’t think I can express what OA means to me in words—what I can say is that I would not be nearly the person I am today without OA. I have met some of my best friends in college during my time at OA, experienced amazing places with amazing people on the courses/trips I have led, and found my passion for rock climbing. I can’t thank everyone in OA enough for their positive impact and influence on my life.

David Breece
1. My next big adventure is meandering around the mountains in Keystone, Colorado! I plan on eventually getting an hourly gig on the Ski Patrol, but have an idea to introduce a health and fitness program focused on warm-ups, cool-downs, and muscle soreness surrounding participant’s time skiing and snowboarding at the resort.
2. IUOA has meant a connection with some of the most grounded, free-spirited, environmentally conscious people that I’m honored to call friends.
Departing Staff

Each year, leaders leave us to move on to bigger things. Best of luck to all of you on your next adventure!

Patty Haltom
1. I am very excited to be heading to Northern California to start work as an Assistant Instructor with Outward Bound California in the High Sierras. Hoping to work for wilderness therapy in either Utah or Wyoming during the year and am also in the running for a fall 2015 internship with NOLS in Lander, WY.
2. IUOA has meant more than any other single organization I have ever been a part of in my life. It has provided so many amazing opportunities for me to grow not only as an outdoor leader but as an individual as well. The skills and knowledge I have learned from trainings, other leaders, participants and outdoor educators from other schools at conferences will stick with me forever. IUOA will always hold a very special place in my heart and I will be forever grateful for the opportunities it has allowed me to be a part of these past 2.5 years. I LOVE IUOA!!

Christine White
1. This summer I’ll be working in DC with the Council on Foreign Relations, and in August I’m moving back to Lima, Peru to work for the Light and Leadership Initiative, an educational and women’s empowerment NGO I volunteered with when I studied abroad there.
2. This is such a hard question to articulate! IUOA has been a part of my college experience since I went on an IUBeginnings trip as a freshmen and took ITWL the following semester. IUOA has given me the tools to develop my leadership skills and my confidence, but more importantly has given me a family and a life long love in the great outdoors. It’s has truly changed my life.

Megan Harsh
1. I’m off to Mexico! I’ll be taking experiential education into the field of language learning while teaching English for the next year (but maybe longer, who knows).
2. We say it all the time – OA is a family. But it’s much more than that. It’s a community that’s always changing, but always supporting, encouraging, and empowering. It’s been the constant throughout my four years at IU, the ups and downs of being in your 20s, and a source for friends, advice, laughs, and love. I couldn’t be any more thankful for everything I received from OA – the technical skills, the field days – sure, but more importantly, the long lasting memories, friendships, and encouragement to always keep learning and trying, despite hardships and obstacles.
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Kiley Wimsett
1. I am doing Teach for America in San Antonio, Texas!
2. I started my journey at IU by going on an IU beginning trip (Cascada, WHOOP WHOOP!). I had never really camped before nor had I ever even attempted backpacking. It was a whirlwind of a week with a lot of new information thrown at me right away but I knew instantly that I loved being a dirtbag outdoors and I was going to love being a student at IU if they offered opportunities like that. My sophomore year I studied abroad in Australia and got involved with their outdoor adventure club which influenced the majority of the trips I took and the experience I got while abroad. When I came back to IU I joined IUOA, participated in CORE and have had the opportunity to lead backpacking and Leave No Trace trips ever since. I have learned how to work with different populations through IUOA. I have also learned a lot about myself and how to cope in different situations. Having the opportunity to work with a phenomenal group of people that have always been willing to teach me, learn from me, and work with me throughout my time with IUOA will be what I remember most. I am more than thankful for the opportunities I have had and can’t even fully express how it has shaped me as a person.

Shelbie Loonam-Hesser
1. This summer I will be heading out to colorful Colorado to be an Assistant Director at Cheley Colorado Camps. I could not be more excited for the experience.
2. IUOA was and continues to be a place where I connect with people who share my love for the outdoors. IUOA is a beacon in a dreary, normal school life. IUOA is a place where adventure is right around the corner, where people are accepting of one another, and personal and communal growth are abundant. I have greatly appreciated the opportunity to be a part of something that this. It means the world to me.

Chris Sajdak
1. My next adventure takes me to the North Woods of Wisconsin. I will be leading trips for my third summer at Camp Timberlane, and then permanently moving up there to work as a Field Instructor at a Wilderness Therapy program starting in September.
2. IUOA has given me all of the skills, experience, and relationships to pursue a career in Outdoor Education.
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Abby Nawrocki
1. Next adventure... Moving to Riverside, California outside of L.A. starting my career as an Operations Supervisor for Exel Logistics. SO STOKED
2. Basically the world. OA is my family, my friends and my income.

Meghan Ploch
1. I will be working with Monroe Co. as their stormwater management contractor. This position is temporary and I am hoping to work for the USFS or USNPS in the next year! I hoping to write a book over the next couple years about environmental education through adventure (follow DartNation!)
2. OA has truly defined my college and graduate experience at IU... not only has it given me the opportunity to become a stronger leader, but has helped me grow as an individual. OA has given me experiences I would not have otherwise and training to help me focus and develop my climbing passion. I have made the most amazing friends; not just friends for while we're all in bloomington, but friends I'll have my whole life. I'm going to miss OA so much! When I reflect on my time at IU I know that OA will be a predominate memory!

Sam Wright
1. My next adventure is an extended personal climbing trip to knock off (hopefully) some climbs I've always wanted to do in the Red and out in Colorado and Wyoming. I start work for the summer in late May for SOAR, it's an adventure camp for kids with learning disabilities such as ADHD and Asperger's. I work as the Activity Specialist for the ranch base in Dubois Wyoming so I help train the field staff in behavior management and help facilitate all the adventure activities for the summer (canoeing, climbing, hiking, etc.).
2. It's really hard to put into words what OA has meant to me. It's been so much more than a place where I work and hang out, it's become a home for me. In my college career, when things were chaotic and ever-changing, OA was always a constant. It has been a place where I come to work and play. In recent times I have dealt with personal hardships and I remember thinking "I just need to get through today and then I can get back to the office" knowing that once I got here, there would be a sense of normalcy and many comforting, friendly faces. I will certainly miss being in this office everyday, hearing stories being told and bad jokes not being laughed at. This place and the people that walk through our doors have had such an incredible impact on me, I have memories that I will carry with me the rest of my life.
Featured Gear

Hammocks!

Hang out this summer.

In the gear shop we have many different styles and types of hammocks available for rental and purchase. Our designs include floral, multi color, and single color. We also have both single and double hammocks available.

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Bridget Masur

1. I currently have an internship lined up with the Sierra National Forest as a Wilderness Ranger Intern, I’ll be there from May 16th until August 22nd. I am excited for a summer of preserving and protecting some of this country’s Wilderness areas. I’ll be tromping around the John Muir Wilderness, Ansel Adams Wilderness, Dinkey Lakes Wilderness, Kaiser Wilderness and Monarch Wilderness. I will be working alongside Lead Wilderness Rangers and ten other interns with the program. Maybe I’ll make new friends!

2. IUOA been a place of growth to me, I think a quote that summarizes what I have learned would be this one,

“Do you want to a be a positive influence in the world?
First, get your own life in order.
Ground yourself in the single principle so that your behavior is wholesome and effective.
If you do that, you will earn respect and be a powerful influence.

Your behavior influences others through a ripple effect.
A ripple effect works because everyone influences everyone else.
Powerful people are powerful influences.

If your life works, you influence your family.
If your family works, your family influences the community.
If your community works, your community influences the nation.
If your nation works, your nation influences the world.
If your world works, the ripple effect spreads throughout the cosmos.

Remember that your influence begins with you and ripples outward.
So be sure that your influence is both potent and wholesome.
How do I know that this works?
All growth spreads outward from a fertile and potent nucleus.
You are the nucleus.”

John Heider- The Tao of Leadership

Halle Shine

1. My next adventure is a 9 month study abroad trip to Tanzania where i will (hopefully) become proficient in Swahili
2. IUOA has meant everything to me. My whole college experience has been shaped around the values and skills i have learned through through this organization. IUOA has made me the woman i am today, and i am eternally grateful to have stumbled upon it as i was Google-ing all the opportunities open to me at IU before my freshman year. Although IUOA is not a necessarily counseling service for drug and alcohol users, it will forever be my oasis!
Fall
Adventure
Trips

Fall Break:
- Jackson Falls

Little Miami River

Thanksgiving:
- Red River Gorge

Appalachian Trail

Winter Break:
- Horse Pens 40

Everglades

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"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You're on your own. And you know what you know. And YOU are the one who'll decide where to go..."
- Dr. Seuss, Oh, The Places You'll Go!

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Sean Slattery
1. My next adventure will be traveling back to Utah to guide on the Green and Yampa rivers. Some call it rafting, others call it riverin'.

2. It's hard to sum up everything IUOA has meant to me. During my time at IUOA I was able to grow both spiritually and professionally. I have met lifelong friends and had the opportunity to see the power of adventure education first hand. The feeling of walking into the office is like coming home for me, I hope that never changes.

Kayla Silverman
1. I am headed to Chicago in the fall to do an internship at James A Lovell VA Hospital as a recreational therapist working with veterans and helping them develop a healthy leisure lifestyle and play bingo...a lot of bingo.

2. IUOA has been a means to developing not only my leadership skills, but also developing myself as a person. I have met so many wonderful people through this organization, and now I am able to take all of their perspectives with me as I journey through life after college. With all that I have learned from IUOA, I will never stop adventuring.
I signed up for the Rio Grande trip through IUOA on a whim because I wanted to see canyons. I had no idea how much I would enjoy the backcountry or the people I went with. I had never even camped outside before the trip, and I learned so much. By the end of the trip, I had canoed through rapids, mastered the art of taking an outdoor bathroom break, and even cooked meals. It was hard work—we canoed around 70 miles down the river—but it felt really good to push myself physically. And every time I got tired from paddling, I would gaze up at the canyons surrounding us and feel energized. I have never felt my jaw-drop so often. At times it felt like we were traveling through a pre-historic landscape it looked so untouched and wild. It made me feel small in the best way. Some days we’d canoe and it would seem like we weren’t getting anywhere, and other days we’d zoom through the miles. Either way, the IUOA leaders were impressively positive and encouraging. It was inspiring to see people my own age confidently line rapids that were too hard for the rest of us to canoe, and then be the first back on the canoe.

As college students, we do a lot of sitting. We work hard studying and writing papers, but out on the river our hard work was physical. Sometimes I come home from class exhausted and feel like all I can possibly do is watch Netflix and lay in bed. This trip reminded me what I am capable of physically. Everyone worked hard, but our hard work was matched with amazing views and moments of awesome slap-happiness. We switched canoe partners every day, which was an interesting exercise in cooperation. It taught us a little bit about the other people on our trip, and how miles pass faster when you’re having good conversation. It forced us to work together until finally conquering rapids, which was a sweet victory. Overall, my favorite part about the trip was the way people lost certain inhibitions that come with civilization. At some point, all of us gave up on looking halfway decent, not smelling bad, and not using the poop bucket. It seemed to make it easier to experience what really mattered—each other’s company in a beautiful place.
A month ago I had no idea what I had gotten myself into when I committed to dropping everything and driving down to Tennessee with seven strangers for a week. What transpired from that decision, however, went beyond all that I could have imagined. Some would say backpacking is merely trudging around in a circle for far too long carrying far too many pounds of stuff on your back, but to those of us who enjoy that sort of thing, it was much more than that. The journey had us hike roughly 56 grueling, sometimes sweaty, other times rainy, yet always rewarding miles through the wonders that Big South Fork has to offer. From filling our boots with water in the creeks we crossed to wiping beads of sweat from our foreheads as we climbed steep stretches of land, we never stopped sharing stories and laughs with one another along the way.

We made several stops to take in the overwhelmingly gorgeous overlooks, ones that no photograph could do justice, and reveled in getting to hike the John Muir trail along the Big South Fork of the Cumberland River. Each morning, a layer of fog hovering in the air made many things difficult to see, but nature has its way of teaching those who explore it that even something like fog is accompanied by its own mysteriously subtle beauty. Despite experiencing some rain for the last two days of the trip, we were still able to make the best of every situation thanks to a positive atmosphere filled with encouragement and a strong group dynamic. We even put in one of our most demanding days in terms of mileage in wet conditions.

As a group of open-minded, determined individuals, the eight of us worked together seamlessly. With the help and guidance of our wonderful trip leaders Chris and Nadine, we successfully arrived at or near our destination each day with only blisters and scrapes. Throughout the week, we traversed the park’s difficult terrain, slept beneath the forest ceiling, took part in sing-along versions of every song under the sun (namely TLC and Taylor Swift), bonded over our favorite movies and TV shows, and ate pizza out of a bowl, and I would never dare trade a single second of it. All in all, I could not imagine having spent my Spring Break any other way with any other group of people, and I look forward to going on more trips with OA in the future. Perhaps it is true that, as the great naturalist John Muir once said, “the clearest way into the Universe is through a forest wilderness.”
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Staff Directory

Bouldering Wall & Gear Shop Hours
Sunday  2-6
Monday  12-8
Tuesday 12-6
Wednesday 12-6
Thursday 12-6
Friday 12-6
Saturday 10-2

Where are we...?
Eigenmann Hall, Room 020
1900 E 10th Street
Bloomington, IN 47406

Submit an Article
Want to be featured in the newsletter? Submit an OA trip review, a gear review, a skills how-to, etc. to oareach@indiana.edu.

Staff Directory

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