



# Leave No Trace Frontcountry Master Educator Course



## **COURSE DESCRIPTION / TRAVEL INFORMATION**

Location: Mille Lacs Kathio State Park, Onamia, MN

St. Cloud State University Center for Experiential Learning & Leadership (CELL) Field Station

Date: August 4-7, 2012

## **COURSE DESCRIPTION**

The Frontcountry Master Educator course is an extensive, four-day course designed to train educators and others ways to practice and teach Leave No Trace skills and ethics. The course provides participants with a comprehensive overview of Leave No Trace techniques through practical application in a Frontcountry setting. Students who successfully graduate a Master Educator course will receive a diploma and will be qualified to offer and teach two-day Leave No Trace Trainer courses.

Base-camp will be set up at the St. Cloud State University's CELL Field Station, and participants will spend four days learning and teaching the principles of Leave No Trace near one of the state's most significant archeological sites, Mille Lacs Kathio State Park, a National Historic Landmark located in central Minnesota. Participants will be day hiking and canoeing during the course.

With 19 identified archeological sites identified, the park is steeped in Native American history dating back to the Archaic period. Participants in this course will paddle canoes and hike into an area very near where the Dakota people settled in permanent villages along the shores of Ogechie Lake, and the Rum River hundreds of years before Europeans came into the region.

Between its intensely rich history and 35 miles of varied use trails, this 10,585-acre park provides an ideal setting for exploring and discussing outdoor ethics and Frontcountry issues. Backcountry principles will also be covered with discussions concerning the differences.

This is a great opportunity for teachers, naturalists, park rangers, recreation planners, scout leaders, and other outdoor educators to improve LNT teaching skills while experiencing the unique treasures found in and around Mille Lacs Kathio State Park.

## **COURSE PROGRESSION**

This sample agenda, which is subject to change, gives an overview of a typical progression. Topics will be added or changed depending on final enrollment numbers. Activities are dependent on terrain, course size, weather and availability of guest presenters.

### **DAY ONE**

- Course begins @ 10:00 am at the SCSU CELL Field Station
- Introduction to the Master Educator Course, history of LNT, role of research in LNT
- Principles of Education

- Principle One: Plan Ahead and Prepare – Backcountry (BC)
- Know Before You Go – Frontcountry (FC)
- Afternoon Activity – Day Hike or Presentation
- Evening Session: Introduce Action Plans

### **DAY TWO**

- Morning Session Begins at 8 AM
- Principle Two: Travel and Camp on Durable Surfaces (BC)
- Stick to Trails and Camp Overnight Right (FC)
- Principle Three: Dispose of Waste Properly (BC)
- Trash your Trash and Pick Up Poop (FC)
- Morning or Afternoon Activity – Day Hike or Presentation
- Evening Session: Wild Land / Front Country Ethics

### **DAY THREE**

- Morning Session Begins at 8 AM
- Principle Four: Leave What You Find (BC)
- Leave it as You Found It (FC)
- Principle Five: Minimize Campfire Impacts (BC)
- Be Careful with Fire (FC)
- Principle Six: Respect Wildlife (BC)
- Keep Wildlife Wild (FC)
- Work on "Action Plans"
- Evening Session: Action Plan Presentations

### **DAY FOUR**

- Morning Session Begins at 8 AM
- Principle Seven: Be Considerate of Other Visitors (BC)
- Share Our Trails and Manage Your Pet (FC)
- Morning or Afternoon Activity
- How to run a Leave No Trace Trainer course
- Course Evaluations
- Final thoughts
- Award diplomas, course ends at 4 PM

## **CURRICULUM**

The Leave No Trace Center for Outdoor Ethics has designated NOLS, the Appalachian Mountain Club (AMC), Landmark Learning, Wilderness Education Association, Adirondack Mountain Club and Ninemile Forest Service Training Center as the principal educational providers of Master Educator Courses. NOLS brings over 40 years of experience teaching wilderness skills and leadership to the LNT Program.

Master Educator courses are informative, practical, hands-on and fun. You will learn skills and teaching techniques through lectures, skits and discussions in an outdoor setting. The course is designed for people who actively teach others outdoor skills or provide recreation information to the public and emphasizes three components:

- low-impact recreation skills
- wildland ethics
- outdoor teaching techniques

### **TEACHING SESSIONS**

Each participant will be required to present a short (15-20 min.) class on one of the LNT principles or how it relates to a specific activity, e.g. rock climbing or mountain biking. The class can be skills oriented or theoretical in content. Although some preparation time will be available once the course has begun, plan on having your class prepared before arriving at the course location. Each participant will also present an ungraded activity (10 – 20 min.) and do a formal critique (2-5 min.). If you have questions regarding class presentations, please refer to the teaching information on the LNT website <[www.LNT.org](http://www.LNT.org)> or contact the NOLS Leave No Trace office.

### **ENVIRONMENT**

Mille Lacs Kathio State Park is predominantly a second-growth forest of aspen, birch, maple, oak, and other northern hardwoods. An abundance of wetlands are within the eskers on which the park is located. A few isolated stands of conifers serve as living remnants of what the forest was like a century ago and add diversity to the landscape.

The rolling hills of Kathio are actually a part of a “terminal moraine.” The small, abrupt hills, were formed approximately 10,000 years ago by a major glacier that ended its journey south, depositing gravel, rocks, and boulders that it had accumulated along the way. The resulting land formation is referred to a terminal moraine.

The park is also home to a variety of wildlife. The small ponds and streams provide homes for amphibians and insects, which in turn attract larger fish, birds, and mammals. Hawks, ospreys, owls, and eagles are common. Signs of beaver, raccoon, mink, and deer are often seen on the trail, and black bear are also in the area. Bring your pole because the fishing is excellent. Northern Pike, walleye, bluegills, sunfish and bass are plentiful.

Minnesota summers tend to have hot humid days that are generally sunny. Thunderstorms, rain and possible cool weather should also be anticipated. It can be very buggy.

### **LOGISTICS**

#### **Camping**

As a part of the front country experience, all participants are required to stay at the SCSU CELL Field Station the nights of August 3 – August 6. Because any form of Frontcountry camping is acceptable, which means tents, campers and RV's would all be acceptable, however due to size of the site, campers and RVs are discouraged. An on-site trailer with a toilet, shower and electricity is available.

#### **Equipment**

Participants need to bring all of their own clothing, camping and eating equipment. Plan for hot weather, possible cool nights and rain, and biting insects, including deer ticks.

#### **Food**

Participants are responsible for their own meals. Food is not included in the course tuition. As the date of the course approaches, we will help organize meals, cooking gear and planning. PLEASE NOTE THAT THERE WILL NOT BE TIME FOR PARTICIPANTS

TO GO OUT FOR MEALS. Plan on staying with the group at base camp for meals and camping at night for the duration of the course.

### **ENROLLMENT FORMS**

The following forms are available on the NOLS website (www.nols.edu/lnt click on the ENROLL tab) and must be completed and received by the NOLS Leave No Trace office prior to the start of the course:

- Course Application
- Self-Screening medical form - **including cardiac screening section**
- Insurance Form - all course participants must have some form of medical insurance
- Acknowledgement of Risk and Release form
- Teaching Session form

### **PAYMENT**

#### **Payment and Cancellation Policies - PLEASE READ CAREFULLY!**

Course tuition is **\$400** and includes a one-year individual membership to Leave No Trace, materials and instruction. Partial scholarships are available through NOLS and the Leave No Trace Center for Outdoor Ethics. The David E. Perkins Memorial Scholarship is a full scholarship for an LNT Masters Course. See the NOLS [scholarships](#) page for more information. To apply, please submit the completed [NOLS scholarship form](#), along with your LNT Application Packet. See the LNT website for more information about [LNT scholarships](#), and contact the Center for details <jason@LNT.org> or 800-332-4100 #107.

- **TO ENROLL, A COMPLETED APPLICATION AND A \$100 NON-REFUNDABLE APPLICATION FEE ARE REQUIRED.**
- **THE BALANCE OF TUITION IS DUE 45 DAYS PRIOR TO THE COURSE START DATE.**
- **IF YOU CANCEL YOUR ENROLLMENT ON A COURSE FOR ANY REASON, YOU WILL RECEIVE A REFUND ONLY AS SPECIFIED BELOW:**
- **PRIOR TO 45 DAYS BEFORE THE COURSE STARTING DATE, NOLS WILL RETAIN THE \$100 DEPOSIT.**
- **BETWEEN 30-44 DAYS PRIOR TO THE COURSE STARTING DATE, NOLS WILL RETAIN 25% OF THE COURSE TUITION.**
- **BETWEEN 15-29 DAYS PRIOR TO THE COURSE STARTING DATE, NOLS WILL RETAIN 50% OF THE COURSE TUITION.**
- **LESS THAN 15 DAYS PRIOR TO THE COURSE STARTING DATE, AND ONCE THE COURSE HAS BEGUN, THERE WILL BE NO REFUNDS.**

**If you transfer from one course to another:**

**45 or more days prior to the course starting date, there will be a \$25 processing fee.**

**44 days or fewer prior to the course starting date, regular cancellation policies will apply.**

**TRAVEL & LOGISTICS**

From Minneapolis International Airport, follow MN 5 toward 494. Take 494 west to I-94. Merge onto I-94 West/US-52 via exit #27 (toward St. Cloud) to MN-101 Exit #207 (at Rogers). Take MN-101 north, which becomes US-169. Go to mile post marker #221 on US Hwy 169, about 8 miles north of Onamia. Watch for the Kathio Arrowhead sign and take County Road 26 for about a mile, to the park entrance. Travel approximately 1 mile past the Kathio Arrowhead sign to the next right. Turn right, Lake Mille Lacs and Twilight Road will be directly in front of you. Turn left and travel 100 yards to the CELL Field Station on the left. The facility, singlewide trailer, has tan siding. There is a blue marker with the address at the end of the driveway. Feel free to park anywhere on the left side of the building.

CELL Field Station Address: 16105 Twilight Road, Onamia, Minnesota 56359-2207  
Park Phone: (320) 532-3523, Ivan Bartha, SCSU Coordinator Phone: 320-333-7141

Other lodging options, for before or after the course, include the following:

**Grand Casino Mille Lacs**

777 Grand Avenue · PO Box 343 · Onamia, MN 56359  
1-800-626-5825  
<http://www.grandcasinomn.com>

**Budget Host Inn & Suites on Mille Lacs**

40847 US Highway 169, Onamia, MN 56359  
(320) 532-3838  
<http://www.budgethost.com>

**Garrison Inn & Suites**

9243 Highway 169 N · Garrison, MN 56450  
(320) 692-4050 · 1-800-817-5408 · Fax: (320) 692-4050  
<http://www.garrisoninnsuites.com>

**Eddy's Lake Mille Lacs Resort**

41334 Shakopee Lake Road · Onamia, MN 56359  
1-800-657-4704

Local Attractions:

**Mille Lacs Indian Museum & Trading Post**

Minnesota Historical Society · 43411 Oodena Drive · Onamia, MN 56359  
(320) 532-3632 · 1-888-727-8386

**Launch (group) Fishing**

Hunter Winfield's Resort

510 West Lake · Isle, MN 56342

(320) 676-1100 · (800) 414-4298 · Fax: (612) 465-2367

<http://www.hunterwinfields.com>

**Planning to stay longer?**

The Cuyuna Iron Range, "[Cuyuna Country](http://cuyunacountry.net)," is just a few miles north of Mille Lacs and offers some very unique mountain biking and scuba diving experiences in the mine lakes area. Also see [http://cuyunacountry.net/](http://cuyunacountry.net) for more information and other attractions.

The Boundary Waters Canoe Area is a few hours further up Highway 169. Along the way you would pass through the other two Minnesota Iron Ranges, the Mesabi and the Vermillion. Visit <http://www.friends-bwca.org/>.

**CONTACT INFORMATION**

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