

MINUTES OF THE KANSAS CITY AREA GROTTO APRIL 2018 BUSINESS MEETING

HELD WEDNESDAY, APRIL 11TH, 2018 – 7:00 P.M. TO 9:00 P.M.
ARTHUR MAG CONFERENCE CENTER – 4920 CHERRY ST, KCMO

The meeting was called to order at 7 p.m. by President Pic Walenta. The following members were present: Sam Clippinger, David Foran, Bill Gee, Cliff Gill, Kristen Godfrey, Tom Grant, Rick Hines, Laura Jaynes, Jacob Krout, Lee Krout, Jack Peters, and Pic Walenta. Guests present: Kimberly Clifton.

Presentation: Beyond Trail Mix: Better Food for Better Caving

Pic Walenta, Bill Gee, and Sam Clippinger shared a wealth of information in this month's presentation. These tips for alternative cave food are equally applicable to backpacking and other outdoor adventures where nutrition, weight, and size matter. They covered food options, methods for preparing and storing your own food, and cooking options while caving.

Often when packing food for a trip, cavers tend to resort to GORP—the typical granola, oatmeal, raisins, and peanuts. These options are quick and easy, but don't pack the nutritional punch other choices might provide. When selecting food for caving, you want it to be nutritious, small, and lightweight. What's out there?

Mountain House meals: require only boiling water, have about a 10-year shelf life, but can be expensive. They are very salty, and mostly calories with not much real nutrition.

MRE's: have a 5-8 year shelf life and provide a hot meal without a stove. The packaging is bulky (like a brick) and produces a lot of trash (everything individually packaged). They can be expensive, and the nutritional value is a bit suspect.

Make your own: get exactly the food you want, with high nutrition value, and a shelf life of about 1-2 years, depending on storage method. This requires a bit more foresight and planning before a trip.

Preservation and storage methods are key to long term success with creating your own cave meals. Perhaps the best preservation methods for the household cook are dehydration, and vacuum sealing. Freeze dried food gains a longer shelf life but is a hefty investment.

Dehydration requires food dehydrator, which are easily available on Amazon, costing anywhere from \$50 on the low end to \$200 for a big Excalibur. Bill uses an Excalibur 3900b; expensive but worth it. He also has a Waring DH R30, but has found it dries unevenly, and he's had other issues with it. Sam brought his Excalibur to show. During summer, consider not using a dehydrator in the house to prevent additional a/c load.

Dehydrating can be used for most foods, some dehydrate or reconstitute better than others. Meat must be very low fat, and still does not reconstitute well. For food safety, meat should be cooked before dehydrating. Fruits need to have enough substance to have something left once the moisture is gone. Sauces dehydrate to a powder, beans need blending to reconstitute well. Most foods need to dehydrate at temperatures around 125-155°F for usually 8-12 hours. Typical weight reduction in food is %50-90. Bill showed some fruit chews/leathers made from apples, and shared some dehydrated apples to taste test. While obviously a different consistency, the wonderful apple flavor remained and were enjoyable. While seasoning is not necessary, it can certainly be done. Pic brought samples of her dehydrated lentil stew for everyone to take

home and try. Her suggestion is to chop veggies into small pieces. Pic uses parchment paper often when working with messier foods, which still allows enough circulation around the trays; wax paper does not do this. She brought pineapple to try, showed oranges and mushrooms she had prepared, as well as some pork tenderloin she experimented in making jerky with. Pic has a round dehydrator she received from her mother. With every tray filled, the top tray tends to take longer (a common issue with many models) so it's wise to rotate them every now and then.

For storage of dehydrated food, vacuum sealing is a great option: a sealer and bags can be found on Amazon for anywhere from \$35-200. Bill uses a Chefman that cost him about \$35. Vacuum sealers require specific bags, zip locks cannot be used. Once sealed (properly), they are truly water tight, unlike zip locks. Eliminating the extra air creates compact storage and prevents freezer burn. Sometimes a bag may be resealed, but keep in mind a resealed bag will always be smaller by some amount. For easy opening, cutting a tiny notch on the side of a sealed bag will make it easy to tear open on the go, otherwise scissors or a knife are required. Another storage suggestion is to purchase mylar bags with oxygen absorbers to help shelf life.

Regardless of what preservation or storage method you choose, always label containers with date and contents. Sharpie on masking tape works fine, sometimes sharpie directly on a bag is sufficient. It is never fun to play the guessing game of when you put something in the freezer or cupboard.

Cooking Underground: size and weight count! Avoid cleaning pots by heating only water. A cooking pot should be exactly the right size, 2 cup capacity is typical. There are a variety of fuel options for heating water, each with their pros and cons.

Isobutane is very small, very light, and has an adjustable flame level. It will ignite with a flame or spark and can boil 2 cups of water in 3-5 minutes. This fuel is easily available, it won't spill but can be punctured. A small canister will boil several gallons of water. It is not suitable for high altitude.

Alcohol is simple and low cost, has a hot flame, but often the flame is invisible. These stove types have no flame control (a few do). NO rubbing alcohol! Denatured alcohol must be used.

Sterno fuel is simple, light weight, but not very hot, taking 8-10 minutes to boil water. It is easy to extinguish.

Solid fuel pellets require a flame ignition, not spark.

Liquid fuel such as white gasoline is expensive but burns hot. The stove is small, the fuel is large.

Sam showed his Outback Oven which is basically a backpackable Dutch oven, ideal for backpacking and camping trips, not so much for caving. Pic brought her PocketRocket, a very compact stove. While bringing a stove and creating a hot meal is not necessary for many cave trips, it certainly is beneficial in situations where you might be camping in a cave or are in a particularly cold or wet cave. A hot meal can go a long way in the manner of morale boosting and regaining energy.

If you are interested in taking on food preparation and storage for caving, or even your own household needs, you are encouraged to do some research and find what will work for you! Advice from others with personal experience can be immensely helpful; there are also abundant online resources on all food prep topics.

Officer Reports

President: Pic Walenta participated in an Ozark Trail build near Round Spring Cave with the Ozark Trail Association. She very much enjoyed the experience. A Park Ranger she met is willing to give us off trail tours of Round Spring, and free camping. Pic also reported the Big Piney Float set for April 23rd had been cancelled.

Vice President: Jack Peters had nothing new to report.

Secretary: Laura Jaynes sent out last month's minutes via email. There were no objections; a motion was made and passed to accept the minutes.

Treasurer: Bill Gee reported \$2178.50 in the treasury and the PayPal balance at \$353.69 as of March 31st. As of the meeting on April 11th, these balances were \$1622.51, and \$453.69 respectively.

Quartermaster: Pic has the GPS, Kirsten Alvey-Mudd has the projector (for MVOR movie room).

Fundraising: The fundraiser concert and auction is May 12. This event will also include celebration of our 50th birthday as a Grotto! If you haven't purchased your ticket yet, you may do so through the KGAG website, specifically at <https://www.kcgrotto.org/tripsandevents/>. At the meeting, Laura brought some flyers she had made; Pic brought flyers and tickets made by Jaclyn Dalby. Pic went over current expenses, profit, and sales regarding the fundraiser. Contact Pic at picwalenta@aol.com for more information or questions.

Presentations: Anyone interested in giving a meeting presentation, let Pic know.

Carroll Cave Conservancy: Bill Gee led a successful trip on March 31st, their goals were to finish anchoring a stilling well below Thunder Falls and re-secure the rope light. Bill shared that in checking the data loggers, the hypothesis that Lower Thunder River floods before Upper Thunder River was indeed supported! His full reports can be found on the CCC website, www.carrollcave.org.

Missouri Speleological Survey (MSS) & Missouri Caves and Karst Conservancy (MCKC): Jim Cooley was not present. The next MSS and MCKC meeting will be held on Sunday, May 6th at Berome Moore Cave in Perry County, Missouri, with the weekend having theme of "Sinkhole de Mayo." Please contact Cooley coolstoi@kc.rr.com for more information or see www.mospeleo.org. MSS newsletters (i.e., "The Liaison") are now available to everyone in the world on-line at <https://www.mospeleo.org/newsletter>.

Novice and Scout trips: See Trip Reports for March's Scout trip. Breakdown Cave tour took place on April 14th. June 5th will be a trip to Cleveland with Heidi and a girls group, help is needed!

Hickory County: Gary Johnson was not present.

Cloud 9: Lee Krout was present, see Upcoming Trips, not much else new.

White Nose Syndrome: See <https://caves.org/WNS/> for the most current map of WNS's reach.

Trip Reports and Other News

Cleveland Cave Novice Trip: Jack had about 25 kids on the Scout trip in March, it went well!

Carrol Cave: Bill's trip to finish anchoring a stilling well and reposition the rope light was successful! See his full trip report at <http://carrollcave.org/?p=1413>.

Ozark Trail Association, trail build: Pic Walenta participated in a trail built with OTA, it was hard work, but a great time!

Unfinished Business

Meeting Place after 2018: We will no longer be able to meet at our current location upon the end of the year. We are in search of other viable options near the area, suggestions are welcome. Some potential locations include the KCMO Parks Department Trailside Center, a former bank near 99th and Holmes, and the Kauffman Foundation Conference Center. Many locations would be feasible if the Grotto were to become a 501c3 organization.

New Business:

501c3 Application: It has become apparent that becoming a 501c3 organization would be immensely beneficial to the Grotto. If anyone is interested in taking on this task, a volunteer would be greatly appreciated.

MVOR Sponsorship: Pic Walenta presented the idea of sponsoring a future MVOR in cooperation with Missouri Bat Census. This would be either at Mark Twain Cave and Complex in Hannibal, MO, Spring 2019, or Bluff Dweller's Cave in Noel, MO, Fall of 2020.

Pic Walenta verified there was no further unfinished business. The meeting adjourned, whereupon members repaired to Minsky's Pizza, 5105 Main Street, KCMO, for great food and even better company.

###

UPCOMING TRIPS & EVENTS

April 14th, 2018: Breakdown Cave, 10:00 AM, near Springfield, MO. Contact Jack Peters at jack@peters2000.com.

April 14th, 2018: Midwest Bat Fest, Onondaga State Park, hosted by Kirsten Alvey-Mudd and Lorian Moore.

April 14th-15th, 2018: 2018 OTA Mega Event, Round Springs, Ozark National Scenic Riverways, www.ozarktrail.com/events.php.

April 21st-25th, 2018: Ennis Cave Photo Trip, including Blanchard Spring Cavern, Stone County, Northern Arkansas. Contact Rick Hines at rickhines@aol.com.

April 20th-22nd, 2018: Spring MVOR, Indian Springs Campground, Steeleville, MO.

April 20th-22nd, 2018: Earth Day Expedition, Mammoth Cave (CRF Eastern Operations), hosted by Aaron Byrd. Contact Joyce Hoffmaster at jehoffmaster@sbcglobal.net.

April 22nd-24th, 2018: Backpacking the Ozark Trail, Courtois Section II, hiking about 10 miles, camping on the trail that Sunday night. Contact Pic Walenta at picwalenta@aol.com.

April 27th-30th, 2018: Survey trip, North Shannon County, vertical and canoe work. Contact Jim Cooley at coolstoi@kc.rr.com.

May 4th-6th, 2018: “Sinkhole de Mayo” MSS survey weekend in Perry County, meeting on Sunday the 6th in Berome Moore Cave. Contact Jim Cooley at (816)753-8111 or coolstoi@kc.rr.com for more information.

May 11th-19th, 2018: NCRC week long training in Mentone, AL.

May 12th, 2018: KCAG Fundraiser Concert and Auction. At the home of Rick & Kay Hines, 16535 Orchard Lane, Stillwell, KS. Featuring Violet and The Undercurrents and Tacos’ Food Truck. Visit <https://www.kcgrotto.org/tripsandevents/> for tickets and more information.

May 19th, 2018: Cloud 9 Ranch, Caulfield, MO. Cold Cave and Fogey Cave. Contact Lee Krout at krout.lee@gmail.com if interested.

May 24th-May 31st: Cave survey and monitoring on the Mark Twain National Forest in Oregon County, led by Jim Cooley. You may come just for the weekend, or for any part of this period. May involve some canoeing, rappelling or backpacking, depending on who signs up. We have a LOT to do, and a LOT of caves to look at, some quite impressive. We’ll be staying in a modern residence facility provided by the Forest Service, and may spend some time car camping. Please contact Jim Cooley at (816) 753-8111 or coolstoi@kc.rr.com if interested.

May 25th-28th, 2018: Speleofest hosted by the Louisville Grotto in Booneville, KY, near Cave City. Visit <http://louisville.caves.org/speleofest.shtml> for more information.

June 2nd, 2018: Over the Edge event, Omaha, NE. Contact Jack Peters at jack@peters2000.com.

June 5th, 2018: Adventure Girls trip to Cleveland Cave. Need volunteers to help with the cave trip and rappelling off bluffs. Please contact Heidi at Heidi_a_fletcher@yahoo.com or (913)515-3533 if interested!

June 16th, 2018: Annual Grotto Picnic at the home of Rick and Kaye Hines, 16535 Orchard Lane, Stillwell, KS.

July 14th, 2018: Historical Lantern Tour, Onondaga Cave. Good family fun! If interested, contact Pic Walenta at picwalenta@aol.com or (816) 665-5588.

July 27th, 2018: Iowa City Grotto, Annual Picnic and Cave Trip, near the border of Iowa and Minnesota. There will be caving and camping, more details to come. Contact Pic Walenta at picwalenta@aol.com or (816) 665-5588 if interested.

July 28th, 2018: Carroll Cave Conservancy meeting, Camdenton, Missouri. Contact Rick Hines or Jeff Page if interested.

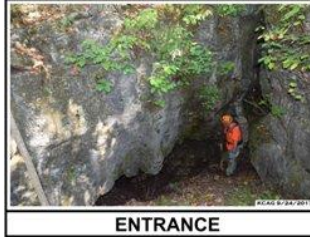
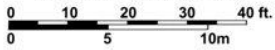
July 30th-August 3rd, 2018: NSS convention, Helena, Montana.

August 4th, 2018: Hot August Night—Cool Cave, Music in the Cave. Onondaga Cave. If interested, contact Pic Walenta at picwalenta@aol.com or (816) 665-5588.

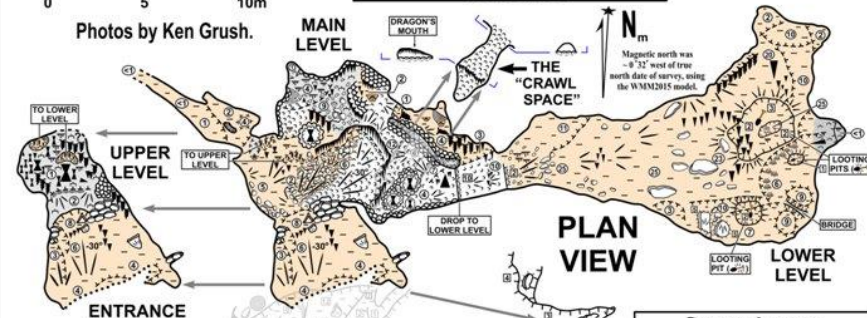
NEW MAPS CREATED BY THE GROTTTO:

SILVER CAVE (SHN-044)

Suunto & Tape Survey October 13-14, 2017 by
G. Bilbrey¹, J. Cooley², K. Grush^{1,2}, & J Williams³
of CAVE RESEARCH FOUNDATION¹,
KANSAS CITY AREA GROTTO²,
& MSM SPELUNKERS CLUB³
Surveyed length: 246 feet.
Vertical extent: 38.6 feet.



Photos by Ken Grush.

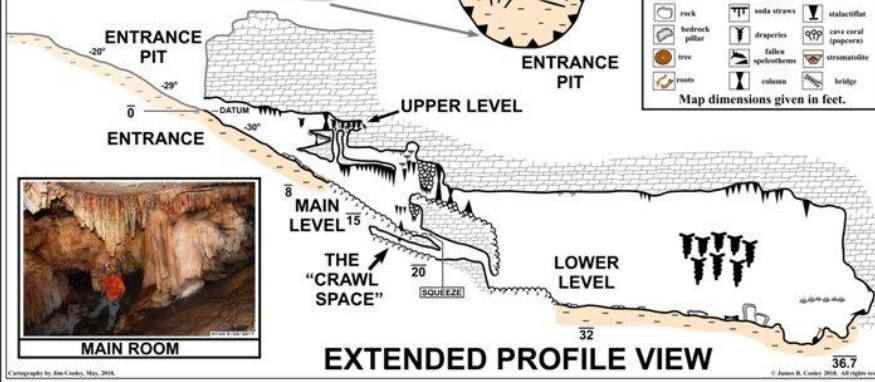


The entrance to Pitt Cave is 137 linear feet from and 39 vertical feet below the entrance to Silver Cave, on an azimuth of 228° .

SYMBOL LEGEND

clay / mud	entrance	ceiling height
flowstone	driftline	floor ledge (drop height)
floor	floor ledge (drop)	depth below entrance datum
bedrock	ceiling ledge	flowstone island
flowstone	flowstone	stalactite
delonite	stalactite/stalagmite	slope
bedrock	soda straws	stalactite
pillar	draperies	cave coral (spocoras)
tree	fallen speleothems	stromatolite
rooms	columns	bridge

Map dimensions given in feet.



Cartographs by Ben Crutcher, May 2014.

© James B. Crutcher 2014. All rights reserved.



N_m
 Magnetic north was
 ~ 0° 32' west of true
 north date of survey, using
 the WMM2015 model.

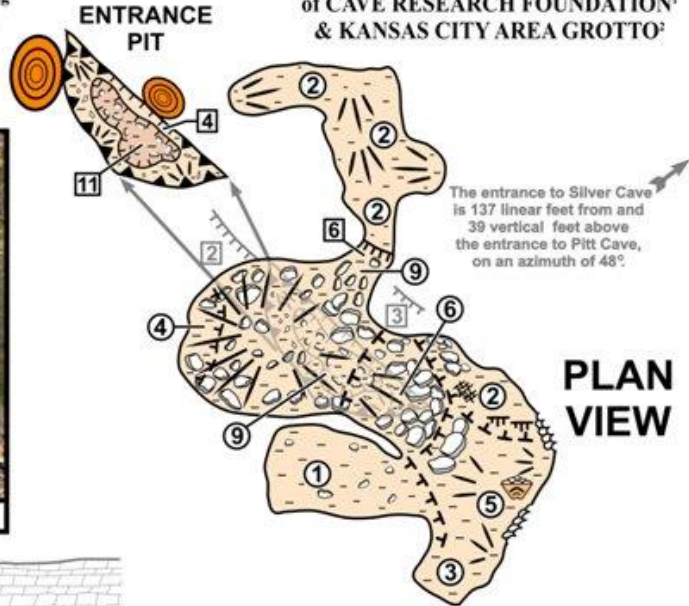
PITT CAVE (SHN-042)

Suunto & Tape Survey March 8, 2018 by
 G. Bilbrey¹, J. Cooley^{1,2}, & K. Grush^{1,2}
 of CAVE RESEARCH FOUNDATION¹
 & KANSAS CITY AREA GROTTTO²



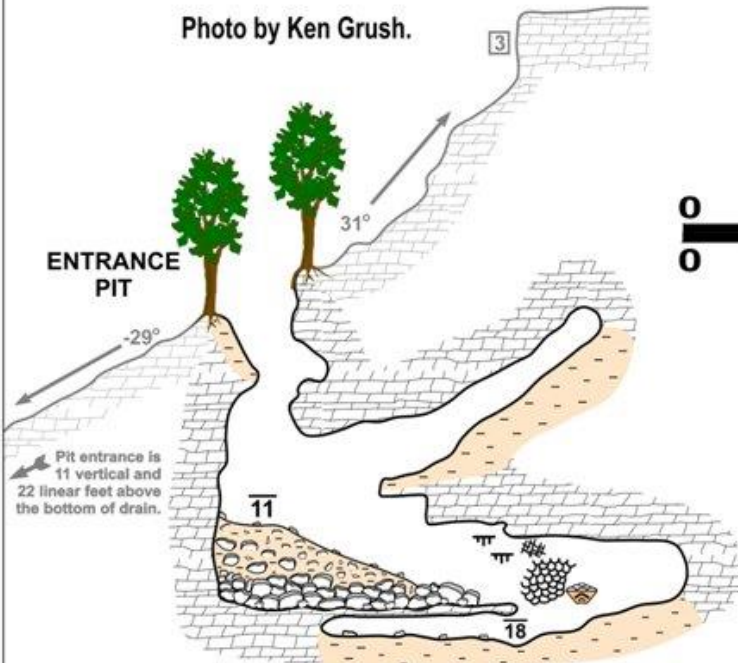
ENTRANCE PIT

Photo by Ken Grush.



PLAN VIEW

Surveyed length: 65 feet.
 Vertical extent: 18 feet.



EXTENDED PROFILE VIEW

SYMBOL LEGEND			
	clay / mud		pit
	dolomite bedrock		entrance
	cobble		floor ledge (drop)
	rock		ceiling ledge
	tree		flowstone
	soda straws		stromatolite
	slope		boxwork
	8		5
	34		

Map dimensions given in feet.

Cartography by Jim Cooley, Mar, 2018.

© James R. Cooley 2018. All rights reserved.

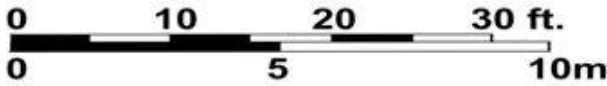
HOLEY SHELTER

(SHN-677)

Suunto & Tape Survey September 23, 2017 by
Jim Cooley & Ken Grush of
CAVE RESEARCH FOUNDATION
& KANSAS CITY AREA GROTTO

Surveyed length: 103 feet.

Vertical extent: 8 feet.



Shelter is 21 vertical feet above
and about 117 linear feet from
the drainage below, down a
steep slope.

Photo by Ken Grush.

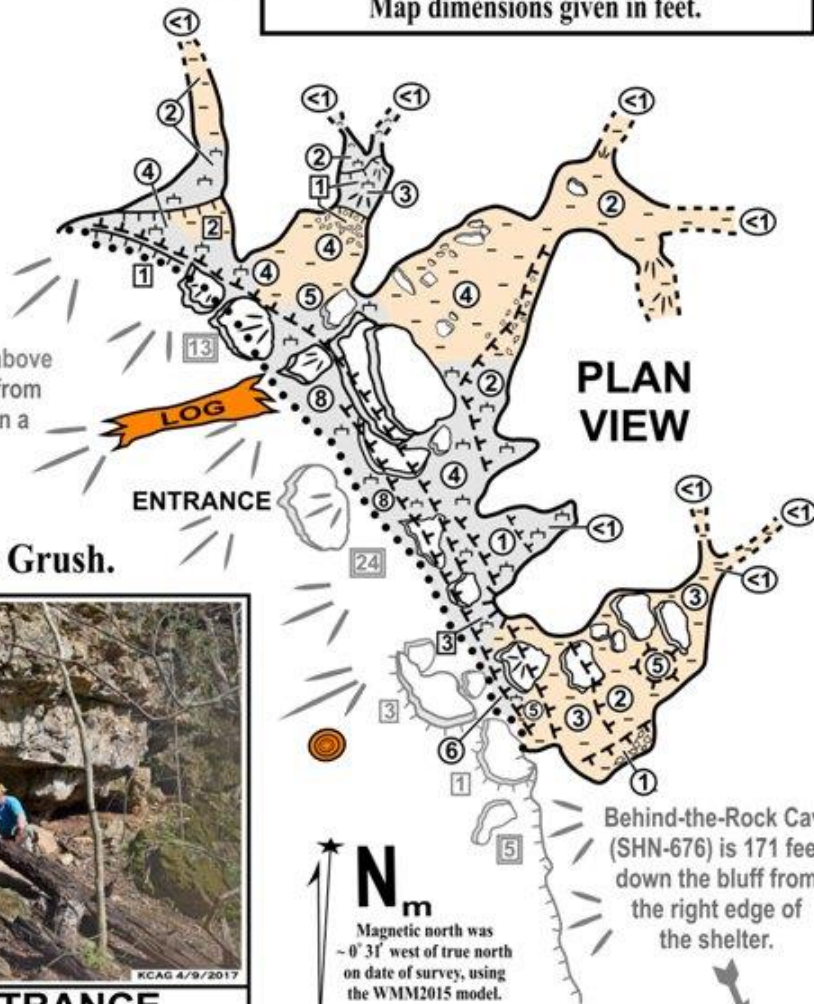


SHELTER ENTRANCE

Cartography by Jim Cooley, May, 2018.

SYMBOL LEGEND

Map dimensions given in feet.

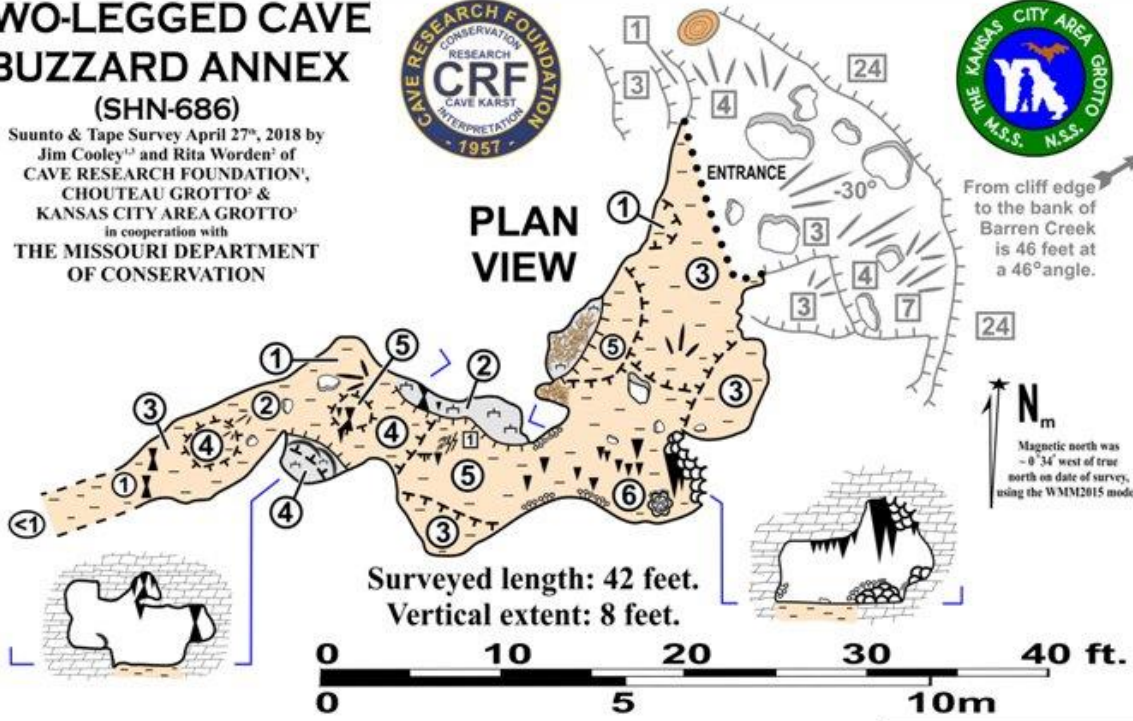


Behind-the-Rock Cave
(SHN-676) is 171 feet
down the bluff from
the right edge of
the shelter.

© James R. Cooley 2018. All rights reserved.

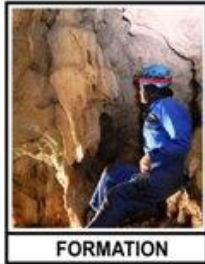
TWO-LEGGED CAVE BUZZARD ANNEX (SHN-686)

Suunto & Tape Survey April 27th, 2018 by
Jim Cooley¹⁾ and Rita Worden²⁾ of
CAVE RESEARCH FOUNDATION,
CHOUTEAU GROTTO³⁾ &
KANSAS CITY AREA GROTTO⁴⁾
in cooperation with
THE MISSOURI DEPARTMENT
OF CONSERVATION



From cliff edge to the bank of Barren Creek is 46 feet at a 46° angle.

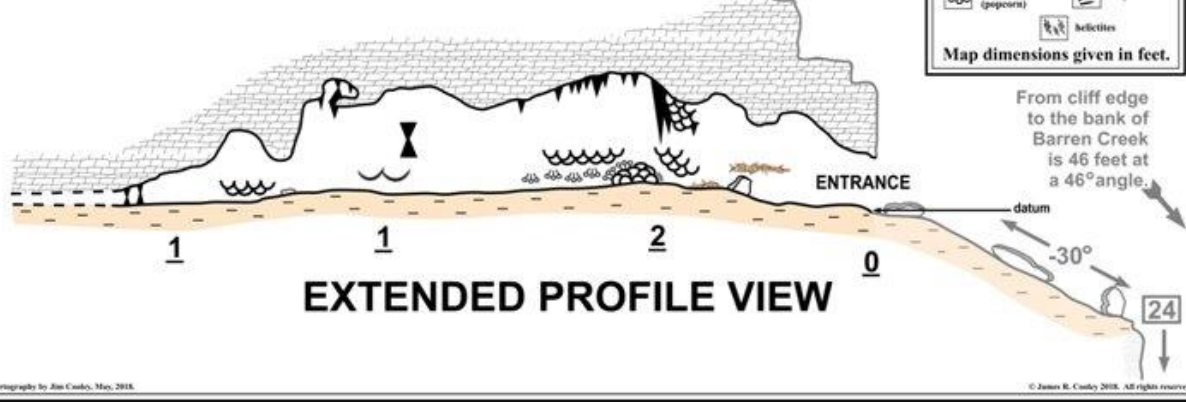
N_m
Magnetic north was -0°34' west of true north on date of survey, using the WMM2015 model.



Photos by Jim Cooley.

SYMBOL LEGEND	
	entrance dripstone
	floor ledge (drop)
	ceiling ledge
	flowstone
	stalactite
	soda straws
	rimstone dams
	flowstone mound
	columns
	slope
	helictites

Map dimensions given in feet.



Cartography by Jim Cooley, May, 2018.

© James R. Cooley 2018. All rights reserved.