

**BACK COUNTRY ATV/UTV ASSOCIATION**  
**THE OLDEST AND FINEST CLUB IN CDA, ID – WE DO IT RIGHT!**

**FEBRUARY 2018**

**NEWSLETTER**

**LINDA MECKLE**

**P.O.Box 595-Hayden, Id. 83835**

**[www.backcountryatv.org](http://www.backcountryatv.org)**



**Above the clouds.**

**“Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts. There is something infinitely healing in the repeated refrains of nature-the assurance that dawn comes after night, and spring after winter.” Rachel Carson, Silent Spring**

**“Looking at beauty in the world, is the first step of purifying the mind.”**

**Amit Ray, Meditation: Insights and Inspirations**

## **BACK COUNTRY KITCHEN VITTLES**

### **Type of Dutch Ovens**

**Standing in the aisle with Dutch ovens you are likely to be bombarded with choices. Do you get aluminum or cast iron? What is the difference between a kitchen or camp oven? Where do bean pots fit in? Should you get a pre-seasoned pot or not?**

**Aluminum Dutch Ovens-**Most traditionalists will tell you that cast iron is the way to go but there are advantages to both aluminum and cast iron. Aluminum is a light weight alternative for those hiking in to their campsite or for cooks with physical limitations. For a 12-inch pan, aluminum pans weigh about 7 pounds rather than the 18 pounds for a cast iron pot. Aluminum is also easier to care for as it won't rust and can just be washed as any other pan is washed in soap and water. It also doesn't require seasoning like a cast iron pan. Some of the newer models even come with a non-stick surface. Aluminum will not discolor the food like cast iron does. It also heats faster; however, there are also two disadvantages to this. On windy days the pan will have more fluctuations than cast iron and if you get an aluminum pan too hot, it will melt. Two areas aluminum excels at are baking bread and making gravy.

**Cast-Iron Dutch Oven-**While some of the newer aluminum pans come close to cast iron, cast iron is still the preferred material for a Dutch oven. Good quality cast iron can be passed down through generations because the material is so long lasting. A cast iron pot distributes the heat evenly and less heat is needed to cook the food. It will also retain heat longer, often a pan can be removed from the heat before the food is done cooking and the heat retained in the pan will finish the cooking process. Since the cast iron will retain heat, there is less fuel needed for cooking. The heavy lid seals the pot and steams the foods which keeps it moist and tender. Unlike the aluminum pan, cast iron tolerates the higher temperatures better and is not likely to melt. It reacts more slowly to the heat changes so is less affected by windy weather. Food can sit in a closed cast iron oven for longer and retain the heat needed for serving. Since the cast iron Dutch oven cools slowly, if food has to be a certain temperature, then remove it from the oven. There is the added benefit that cooking in a cast iron pan adds iron to the food cooked in it. Dutch ovens come with a variety of stove names. Camp, outdoor kitchen or bean pots are the most common names. As you are standing in the aisle at the store, don't let all the names confuse you. First camp or outdoor Dutch oven are the same type of oven. Likewise the bean pot or kitchen Dutch oven are the same. The name bean pot dates back to a colonial cooking technique described under Types of Cooking in this article. To be continued next month.

**IDAHO FACTS AND TRIVIA**

- Idaho's state bird is the Mountain Bluebird
- Idaho is the 13<sup>th</sup> largest state in the U.S.
- Idaho's state fruit is the Huckleberry and our state vegetable is, of course, the potato
- State Motto "Esto Perpetua" meaning "It is forever"
- The Gem State: Idaho produces 72 types of precious and semi-precious stones.

## **HAPPY BIRTHDAY!**

**Jean Shelley – February 10<sup>th</sup>**  
**Glenda Mudge – February 14<sup>th</sup>**  
**Gary Strickland – February 21<sup>st</sup>**

## **HAPPY ANNIVERSARY!**

**Glenn and Leasa Hansen – February 1<sup>st</sup>**  
**Frank and Donna Traver – February 14<sup>th</sup>**

## **SPONSOR OF THE MONTH**

**CDA Honda/Powersports**

**At Honda, we've built our reputation on quality, value, innovation and performance. It's clear in every product we build, but especially our motorcycles, ATVs, scooters and**

side-by-sides. Look closely, and you'll see some of the areas in which Honda leads the way.

**SAFETY**-Developing our powersports products with an eye toward both maximum performance and bulletproof reliability is paramount, but there's a third credo to which Honda is dedicated just as seriously as the first two, delivering the safest ride possible.

**TECHNOLOGY**-Innovative technology has always been a Honda trademark, showcasing pioneering engine and chassis design that has set the standard for excellence for more than 60 years.

**ENVIRONMENT**-At Honda, we believe in performance and leadership. And that's exactly why we're taking a leadership position when it comes to the environment.

## **Thank You Letter From Shriners and Photo Below**

**Arnold, Craig, Joseph and Todd,**

**Thank you so much for coming by the Shriners hospital today to deliver your thoughtful donation from the Backcountry Atv group! It will certainly help us continue to fulfill our mission to help a lot of children with pediatric orthopaedic conditions and we are very grateful.**

**Attached is the photo taken today, please feel welcome to share it with your group as desired.**

**It was great to meet you all; wishing you a wonderful rest of your week!**

**Warm Regards; Lisa Smith – Stewardship Coordinator**



**Backcountry ATV/UTV check presentation at Shriners Hospital 1-31-18**

## **TIDBITS FROM YOUR EDITOR**

**We begin with the sad news that our member Wid Stewart has passed away. If we understand correctly, he had some complications from a recent fall. Services will be Saturday, February 10<sup>th</sup> at 1p.m. at English**

Funeral Chapel in Post Falls for anyone wishing to attend. If anyone has a picture of Wid attending a Back Country event, please bring your picture to the funeral or email it to Nancy Conley.

As you can tell from the photo above, Todd Fencil seems to be recuperating well from his surgery earlier this fall and Clate Williams, pretty much the same. Now we just need to get Jill Brockus into surgery, which I understand will be later here in February. We will be thinking of her and willing her well and soon ready to ride with the rest of us. We will miss her in the upcoming meetings and breakfasts until she has mended well enough to join us again. Speaking of breakfasts, our next club breakfast will be at Golden Corral at 08:30am on Saturday, February 17<sup>th</sup>. We will be having a Membership Meeting then on Tuesday February 20<sup>th</sup> at our usual meeting time of 6:30p.m.. For those of you who have paid your 2018 dues, please plan on attending this months meeting to pick up your membership cards. For those of you who can not make the meeting, Nancy will be mailing your cards soon.

Till next month, HAVE FUN IN ALL YOU DO AND DO ALL YOU CAN DO!



