

## President's Message



Greetings! Whether you have been here all summer, are just returning to Green Valley or are relatively new to the Green Valley Recreation Hiking Club, I hope your time and travels since the spring *Trail Tales* have been enjoyable.

Thinking back on my first six months as club president, two things come to mind. The first is the club's motto of SAFE AND ENJOYABLE HIKING. The second is the spirit of volunteerism I continuously witness among club members.

At Orientation we heard, whether we remember it or not, the Hiking Club's motto of SAFE AND ENJOYABLE HIKING. What does this mean to the club and to us as hikers come Thursday mornings?

For the hike leaders, it means their paramount concern is the safety of each person on their hike. This begins with the leader scouting almost every hike in advance to be aware of the latest trail and road conditions. Then in the parking lot, the leader talks with those signing up for the hike to see if they seem prepared physically and equipment-wise for the hike they have chosen. During the hike, the leader stays aware of changing conditions, be it the weather, the trail conditions or the condition of the hikers. The club expects the leader to decide if it is necessary for whatever reason to change or curtail the hike, adjust the pace or take any other action they deem appropriate to ensure safe and enjoyable hiking for all those on the trail that day.

As hikers, we can also contribute to having safe and enjoyable hikes. We can choose a hike appropriate for our current physical condition and make sure we have sufficient water, food and other supplies, e.g., medications. Riding to the trailhead and while on the trail, we can remember we are hiking with a group and be considerate of those hiking with us. This can be as simple as not swinging our poles to giving adequate space to the hiker in front of us when going down a steep incline. It can mean listening when the hike leader is speaking and being ready to go when the leader says it is time to move on. It can mean keeping in mind that club members come from a wide variety of backgrounds and experiences, and that Thursday mornings may not be the best time to share our views on politics, religion or world events.

The hikes we enjoy and appreciate do not happen without many members who volunteer their time. For example, did you know:

- more than 35 club members serve as board members, committee chairs or committee members?
  - more than 60 club members serve as hike leaders or assistant leaders?
  - more than 30 club members help at potlucks and to put out flags for Memorial Day and so on?
- 



Hikers make their way to the Mt. Lemmon Walkabout Trail, June 2015  
Photo by R. Shimanek

And let's not forget those who drive each week to ensure everyone has a ride to the trailhead.

Without these volunteers think of all we would be missing: hike schedules, leaders, new hikes, presenters for Orientation, potluck helpers, the club website, records of how often you've hiked, patches to recognize your mileage awards, name tags, member directory, club history, club library, club newsletter, help for the Forest Service with trail maintenance, and on and on.

So the next time someone asks you to help in some way, please consider saying yes! Also I am certain those who volunteer would appreciate a thank you!

It is from everyone doing their part as a volunteer, as well as on the trail, that we all are able to enjoy SAFE AND ENJOYABLE HIKING.

See you on the trail,  
Jim Chervenka, President



## Thank you, Memorial Day Volunteers!

The GVR Hiking Club thanks those members who installed and took down nearly 100 United States flags on Memorial Day 2015 along La Canada between Continental and Esperanza. We appreciate the following people who interrupted their holiday to support this U.S. and club effort: Jim and Lynn Chisholm, Jim and Marilyn Riley, Bert and Inge Mueller, Carl Bowman, Ron Packman, Ken Sink, Jim Easter, Patricia Sills, R. Larry Hickok, Richard Shimanek, Kathy Davisson, Carmen York, Tony Simunaci and Jim Palazzolo. Drivers slowed and stopped to say "Thank You" as the members installed and removed the flags.

If you are interested in helping with this Hiking Club effort next year, contact Tony Simunaci at [toewe@aol.com](mailto:toewe@aol.com). When the flags are up, drive along La Canada and you will feel great and be happy with your contribution!

--Jim Palazzolo





## How Safe Are We?

by Bob Porterfield, Assistant Hike Master

As President Chervenka has reminded us, "Safe and Enjoyable Hiking" is our club motto. So from a safety perspective, just how well do we do?

As the new assistant hike master since May 1st, one of my duties is the upkeep of the first aid kits that go out with the assistant leaders (ALs) on every hike. I was curious about how frequently these kits are used during a hike. This information is noted on the Hike Leader Reports that are submitted after every hike. With some assistance from Lorrie Koons, the club's historian, the archived reports were pulled out of storage and given to me for analysis. I reviewed every report from May 2010 to April 2015; a total of 1,609 hikes and 22,312 hikers. I learned that we opened a kit on only 3.5% of the hikes, or an incident rate of 1 out of 398 hikers. Although the details of what was used in the kit were not noted in most instances, keep in mind that it could be a Band-Aid for a cut, an aspirin or ibuprofen or Benadryl, a comb to remove cactus spines, a splint and sling, etc. So I am happy to report that our leaders and ALs, along with our members, have done an excellent job of hiking safely, as our record is remarkably good.



From the above information, it is clear that the ALs do not get to open and use the kits very often to remain familiar with everything that is in the kit and, in general, where to look for it. Most of you who have hiked this summer and those coming back for the winter have or will notice that each AL has an assignment every Thursday morning to locate something in the kit while the sign-in process is underway. Hopefully, this routine will keep them more aware of the contents of the kit, so in the rare cases when they have to open it in the field it will be a more efficient process. If you are lucky enough to be an AL, there is a treat for you in the kit when you find the item for that week. So far, this has been fun and the feedback has been good.

### KEEP UP THE SAFE HIKING!!!!!!

#### From the Hike Master

The summer hikes went off quite well with few cancellations. Thanks go out to Wayne Moshier, George Chute, Bill Hill and Bob Porterfield for an excellent job guiding the hikes in my absence. The experiment of offering hikes in June rather than July met with the satisfaction of most of the hikers and will be continued.

Our leader roster has been reduced by the resignation of six leaders who have given long and illustrious service to the club: Marylee Adamson, Marlys Johnson, Patti Greimann, Ron Barry, Ken Fleshman and George Pavey. Our deepest thanks go out to all of them for their unselfish support of hiking.



Retiring leaders receive their emeritus patches at the October 20<sup>th</sup> leaders' meeting. From left to right, assistant hike master Bob Porterfield, Ken Fleshman, Marylee Adamson, Ron Barry, Patti Greimann, Marlys Johnson, hike master Jim Riley. Not pictured: George Pavey

Fall and winter bring cooler temperatures and open up many more hikes for our members to get into and experience the joy of nature and the outdoors in southern Arizona. Enjoy!!

--Jim Riley  
Hike Master

#### Treasurer's Report

At the beginning of 2015, the club had a cash balance of \$8,508.64. Through September, income has been \$2,266.23 and expenses have been \$3,687.62, giving us a balance of \$7,087.25. Most of our annual income is expected in the next quarter, when members submit their dues for the coming year.

Our expenditures so far this year have included printing and copying, leaders' breakfast, annual meeting and members' potlucks, donations to other hiking-related organizations, rental of a storage unit and post office box, awards patches, website maintenance and miscellaneous office supplies and postage.

For more information regarding the club's finances contact our treasurer, Janet BeMiller, at [janet\\_bemiller@yahoo.com](mailto:janet_bemiller@yahoo.com) or 206-200-3600.

#### Membership Update

As of October 13, 2015, there were 449 members of the Hiking Club, 75 of whom are new to the club this year. Last year at this time we had 473 members, of whom 93 were new to the club, so we're just a little behind last year.

The 2016 membership forms will be available on the club website November 1 and at the November 1 potluck.

--Sandra Rooney, Membership Chair



## Records Committee News

The GVR Hiking Club is truly an organization that works because of volunteers. Our cadre of leaders and assistant leaders, our board of directors, hike master and assistant hike master, committee heads and members, trail maintenance volunteers and potluck volunteers—they all make it possible for this club to function smoothly. I've heard new hikers say they are astonished at how organized and efficient is our hiking club.

One such group of volunteers is the Records Committee. These folks are charged with maintaining and performing a weekly update to the Hiking Club's master hike file. This multi-worksheet Excel workbook contains the records of all hikes and hikers by year, dates of orientation, awards data, and dues status for all members of our club. It is the source of reports to alert the awards director of an earned mileage patch, and to the membership director for dues owed.

The Records Committee was significantly reduced by retirements at the beginning of this year. Many thanks to retiring members Phil Gray and Karen Chadwell for their considerable years of service working on the hike file.

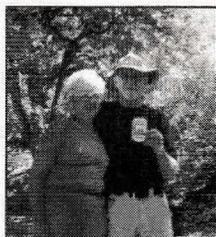
It's with great pleasure that I announce that a new group of committee members is now in place and ready to keep track of all your hikes. The committee members are Judith LeClair, Barb Lorek and Sue Palfrey. Should you find yourself hiking with any of them, please take the time to offer your appreciation for their efforts. Oh, and please remember to write your GVR number and name accurately and legibly on your sign-in sheets on Thursday mornings. This determines whether you get credit for your hike. And it is much less labor-intensive to complete the records update when the records folks don't have to guess what GVR number you wrote. Thanks for your help.

--George Chute, Records Committee Chair

## Awards

Thanks to the diligent work of the Records Committee, Mary Bashore is able to report that the following major awards (2,000 miles or more) have been presented since our last issue of *Trail Tales*:

- Marylee Adamson – 2,500 miles
- Jim Campbell - 5,500 miles
- George Chute – 4,000 miles
- Bert Mueller – 3,500 miles
- Richard Shimanek – 2,000 miles
- Frank Surplus – 2,500 miles



Richard Shimanek receives his 2,000-mile patch from hike leader Anita Woodward

Whether for 50 miles or 5,500 miles, congratulations to all members who have earned awards!

  
**In Remembrance**  
 Bev Rosenthal



Bev Rosenthal "at one with the rock" at the Kent Spring Road waterfall  
Photo by B. Powell

## 2015-2016 Social Events

We want to welcome everyone back to the 2015-16 social season. Our social events begin with the first potluck scheduled on Sunday, November 1, 2015. The speaker for the evening is Lisa Sharp. Lisa will be sharing her experiences living on a ranch in the San Rafael Valley south of Patagonia. Her book title is "A Slow Ride Home." It will be available for sale that evening.

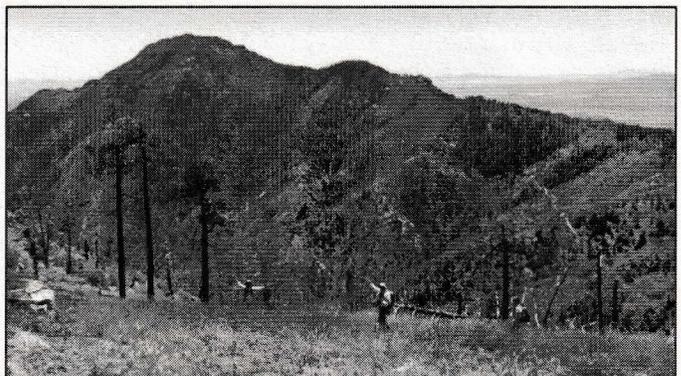
The Leaders' Breakfast is Tuesday, January 12, 2016, at Grill on the Green. Speaking for this event will be our own hike leader, Jim Woodward. His topic will be "The History of Madera Canyon."

February 14, 2016 is the date of the winter potluck. Our speaker this evening is Doug Moore from The Friends of Madera Canyon. His presentation highlights the flora and fauna of the canyon.

The final potluck of the 2015-16 season is scheduled for April 10, 2016. Speaking that evening is club member, Geri Lancia. Her topic will focus on a recent hiking trip to view chimps in Africa.

Should you have any questions regarding these events, please don't hesitate to contact us.

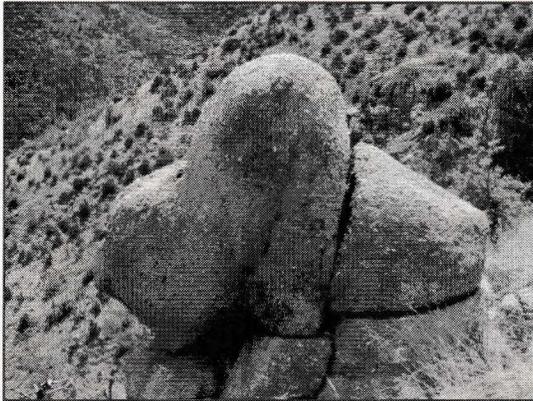
--Pam Boehms and Kathy Davisson



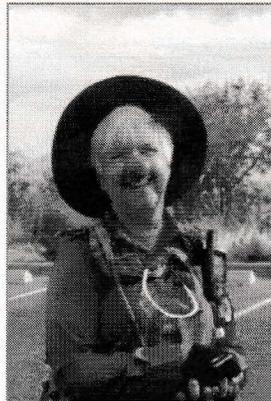
"Hiking's not for everyone. Notice the wilderness is mostly empty."  
--Sonya Yoerg, *The Middle of Somewhere*



## On the Trail. . .

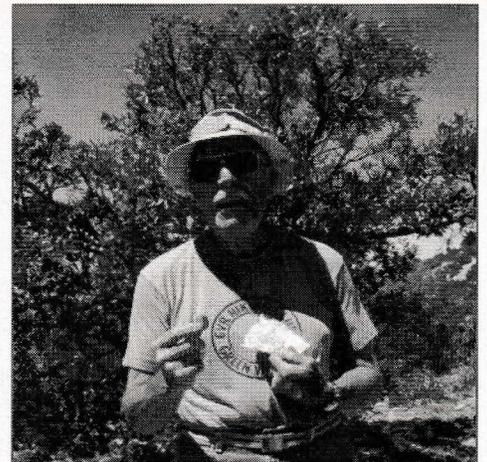


Snoopy guarding the Clark Spring Trail  
Photo by F. Surpluss



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Photo by R. Shimanek



George Pavay's chocolate treat, Kellogg Mountain  
Photo by K. Boswell

To see more photos of summer/fall hiking or to post your own photos in the club's Photo Gallery, go to the *Information* page on the club's website at [gvrhc.org](http://gvrhc.org).

## Member Spotlight

*Our club is fortunate to have among its members many hard-working "Jims." Here are two of them.*

### Jim Chervenka, President

Yes, the accent is from Texas even though I have spent almost half my time outside of Texas, including the last 9 years in Green Valley. Paula and I have lived in Green Valley twice as long as we lived anywhere else in our 45 years of married life. Thanks to my first career as a chemical engineer we lived in 5 states, 2 foreign countries, 12 cities and 18 different residences. My second career was teaching math to 8<sup>th</sup> and 9<sup>th</sup> graders before retiring to Green Valley.

My time in Green Valley has included serving on the boards of my HOA and church. "Free" time is divided between the tennis courts and the hiking trails. I have been a member of the Hiking Club since arriving in Green Valley and a hike leader for about 5 years.

Besides time with our two kids and four grandkids, Paula and I like to travel several months each summer in our fifth wheel trailer. In recent years our travels have taken us throughout most of the western United States and western Canada.

### Jim Riley, Hike Master

Most of my life before 2000 was spent somewhere in the Northeastern U.S. I was born at a very young age in Ridgewood, N.J. College years were spent in New Haven, CT, at Yale University, from which I emerged with a B.A. Then on to sink my teeth into the realm of dentistry at Tufts School of Dental Medicine in Boston. Graduating in 1965 with my D.M.D., I married a lovely Vermont lass, Marilyn Murray, and we began a year of internship at a Burlington, VT hospital. Two years followed in the U.S. Army (Viet Nam) and then we set up a small dental office in a wonderful small Vermont town, Essex Junction. After 34 years "down in the mouth" (and after all the townfolk had heard my jokes), in 1999 we discovered sunny Green Valley, AZ, where your toes are not frozen all winter. Our hiking with the club started in 2001 and I have enjoyed leading since 2007. Serving as president of GVRHC 2012-13 and 2014 and now as hike master, I have truly enjoyed working with a great bunch of public-spirited, generous people. The pleasure has been all mine. (Funny...that's what they say about my jokes.)



Jims Chervenka (left) and Riley (right)

### Got News for Trail Tales?

Email Katherine Carlson, Editor, at [carlson.katherine@gmail.com](mailto:carlson.katherine@gmail.com).



**Q. Why do demons and ghouls hang out together?**  
**A. Because demons are a ghoul's best friend!**