



TRAIL TALES

GVRHC, P.O. BOX 1074 GREEN VALLEY, AZ.



SPRING, 2020



Sally Boysen, Our HIKEMASTER

I make my exit as Hike Master with gratitude, and confident my Assistant Hike Master, Duane Dotson will be a great Hike Master. You are in good hands. My support team has been invaluable; no way could I have done this alone.

Our Green Valley Hiking Club is so special and our leaders are so dedicated to safe and enjoyable hiking.

To be part of this club has endless benefits--we are enjoying nature, we are trying to live a healthy life style and continue to develop new friendships and maintain old ones. What a treasure!!

Incoming Hike Master, Duane Dotson and Assistant, Bill White

On a recent hike a new hiker asked me..."Why did you decide to be the Hike Master" and what does the hike master do anyway?"

The first question was an easy one...

I wanted to contribute my time and efforts at giving something back for all the unique and special benefits I had gained from the club.... such as hiking in new and scenic areas, meeting new folks and creating lasting friendships, getting in some fun exercise and most importantly of all, being able to hopefully continue the club's mission of providing safe and enjoyable hiking for all our current and prospective members.

As to that second question of what does the Hike Master do?... I wanted to jokingly say; **"Why.. Everything !"**

But then, I thought about how the club REALLY works . The HM can't do his or her job without the help of the Hike Selection veterans, Orientation presenters, Membership & Records keepers, Website managers, Computer skills trainers, Pot Luck organizers, Awards personnel, Trail Tales editors, GVR board members, Hike Leaders and Assistants, plus invaluable assistance from the current HM, Sally Boysen, as well as from past Hike Masters.

It became very clear as HM I would be a small part (*perhaps as a coordinator*) of an enthusiastic group of volunteers who are really the "masters" of our hiking club. I intend to work diligently as that coordinator.

Making that happen will be even easier having Bill White as our Assistant Hike Master. He has more than proven his capabilities both as a veteran Hike Leader, and as an instructor for Orientation. I know he will provide numerous and measurable benefits to the club now and especially as the new Hike Master in 2021.

Oh! for answering that Hikers second question.. I couldn't resist saying: *"The HM does do everything!"*

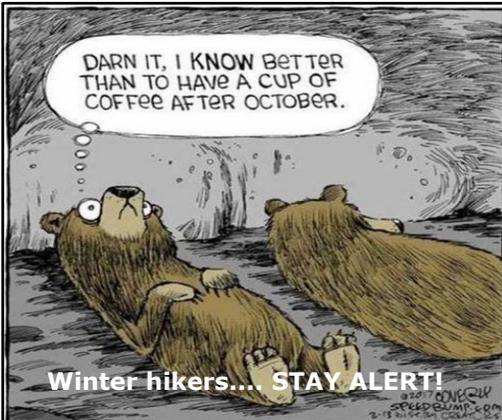


Duane and Bill

Presidents report: David Hinkel

This has been another wonderful year for our hiking club. The most important reason is due to all the members who step for the many tasks that keep us running smooth and strong. So, as an old Navy man, I want to give a big Bravo Zulu (*a job well done*) to everyone who volunteers!

Our motto "Safe and Enjoyable Hiking" is something that each and every member strives for and achieves.



Let's hope the Warthogs are off today!

Membership Report

As of February, we have 397 paid members of the GVR Hiking Club, of which 35 are new. In February, 2019, 428 hikers had paid their dues. So, membership is down from last year by 31 members. Orientation numbers however, remain strong—averaging 16 attendees in the last three weeks. Attending Orientation seems to lead to new members each week.

Toni Garreffa, Membership Chair

WALKING THE CAMINO DE SANTIAGO: CHALLENGE AND ADVENTURE

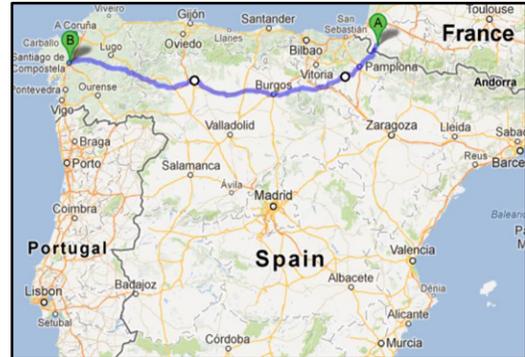
(Patsy Sills' and Valerie Robinson's account of their 2019 hike across northern Spain--Over 15 miles per day (!) vividly brings to life the trip as well as their personal observations. A good read!)

(Patsy) The Camino de Santiago, or Way of St. James, is a network of pilgrimage routes through Europe and Spain leading to a cathedral in Santiago de Compostela, Spain. According to regional lore this is where St. James' remains are entombed.

St. James was one of Jesus' first disciples. He spread the gospel across Israel and the Roman Empire and spent forty years in Spain. St. James supposedly led a Christian army to drive the Moors out of Spain, and he is the patron Saint of Spain.

He was martyred by King Herod, who decapitated him. In the 9th century his remains were moved to a tomb in a cathedral in Santiago de Compostela, Spain. Catholics began to travel from all over Europe to the cathedral in Santiago, thus establishing multiple pilgrimage routes which remain today.

The route we followed, the Camino Frances, is the most frequently traveled and well-marked.



It begins in France near the Spanish border and travels for 500 miles across northern Spain to Santiago. A portion, which we followed, extends beyond Santiago to the Atlantic Ocean. All along this route are places to sleep and eat, supporting the huge numbers of pilgrims from all over the world who walk the Camino today.

- * **Walking through the beautiful and varied geography of northern Spain day after day.**
- * **Walking over bridges built by the Romans.**
- * **Walking on stone streets through tiny villages, charming small towns, and ghost towns with stone structures centuries old.**
- * **Walking in modern cities with ancient sections of walled cities with castles and cathedrals.**
- * **Walking on mountain trails over peaks with spectacular views and wildflowers all around.**
- * **Walking through farm country watching farmers at work.**
- * **Walking on narrow flowered paths over green hills with windmills in the distance.**
- * **Meeting and learning about people from all over the world, both as we walk and while sharing meals at Albergues (hostels) and restaurants.**
- * **Practicing foreign language skills.**
- * **Stopping at small bars and cafes for breakfast or coffee and a pastry, or for lunch and a beer.**

These were the pleasures of the Camino – an adventure every day, not knowing what lay ahead but always knowing there was a route to follow and places to eat and stay. We had a small booklet with maps for each section of the journey, giving us clues about what the day's adventure would bring.

Of course an element of adventure is challenge, and our energy had to focus on finding water, food, shelter, and the route. We had to monitor our aging bodies as we covered the miles with fourteen to sixteen pound packs, sometimes setting limits and dealing with illness and uncomfortable weather. Little English was spoken by the natives and communication was a fascinating, usually welcome, and sometimes, an amusing challenge. However, my 50-year-old (rusty) high school French came in handy when conversing with French women along the way, and what a thrill it was!

We hiked for five weeks in April into the beginning of May, excellent timing because of cool weather, lack of huge crowds, and the added interest of the Easter season. For preparation REI was a great resource, providing informative sessions led by experienced Camino walkers and lightweight equipment spokespersons. For a year ahead of time, we practiced walking with loaded packs and spent hours learning Spanish on the cell phone with the Duo Lingo App.



A HIGHLIGHT: On our first night in an Albergue, we ran into a blind woman from Colorado and her Korean companion. We watched as she found her way around guided by her cane, sometimes walking into people and walls. I was having difficulty threading a needle in order to make an equipment repair. The blind woman offered me help. She deftly threaded the needle in a fraction of a second. When asked, "How did you do that?" She responded, "Practice." She then showed us her backpack, which she had sewn out of recycled materials.

We ran into her again periodically on our journey, and finally on the last day at a bus station, unaccompanied by her companion. We helped her onto her bus, feeling humbled by her courage and skill, and privileged to have met her. (See photo.)

Finally, I appreciate my parents' goals for me, or at least I understand better their perspective. I am thankful that they raised me to have an open mind toward the wider world of people from other countries and cultures. This attitude inspired me to want to hike the Camino. Meeting and talking with fellow hikers from all over the world, as we strove to accomplish common goals, was a rare mind-expanding opportunity. Yes, I am grateful.

I am also grateful to my friend Valerie who has encouraged me to indulge my longing for adventure, and provided wonderful companionship along the way.



(Valerie) Walking the Camino had been a dream of mine for many years before I was finally able to make the trek. For me, the walk was always intended as a pilgrimage for self reflection as my first goal and an adventure as the second.

I had initially planned on making this trek alone, but very lucky for me, my best friend, Patsy, also wanted to make the trip. I say lucky for me because whenever Patsy and I take a camping trip, she has always been the organizer, the navigator and my common sense. My attitude is typically, "just let the helicopter drop me off and I'll figure it out as I go along." Thankfully, Patsy and her skills helped to make our trip safer and with fewer problems had I just jumped in on my own.

Walking through modern cities with ancient castles and cathedrals.



My goals were simply to discover anything within myself that I could hopefully change for the better, and complete the 500 miles without any blisters or injuries.

I began reading about the Camino many years prior to actually purchasing a plane ticket. I also spoke with several people who had completed the trip to gather advice and information. Together, Patsy and I attended several workshops which REI offered explaining about the trip, what would be needed, first aid while on the trip, and other tips. Those classes were very beneficial to both of us.

Upon arriving, I slowly became aware of some outstanding features of our trek:

ONE: Everyone seemed very happy to see us. We were genuinely welcomed everywhere we went.

TWO: The trek was not as primitive as I had imagined it would be. There were clean showers, clean beds, internet and food, all easily accessible.

THREE: I should have studied up on some Spanish. I went with the assumption the Camino would be "expecting us" and certainly the people expecting us would be speaking English. I was wrong, very wrong. Again... if not for Patsy, who was able to speak and understand some Spanish, I would have been a sinking ship. Patsy was able to communicate well enough that I didn't have to constantly utilize my Charades skills.

FOUR: The diversity of the ages and cultures of pilgrims from all over the world were remarkable. We saw toddlers taking this trek with their parents, met a woman who was 82 years old, and also witnessed a family of three generations walking. The CAMINO is for everyone!



A snowy morning surprise!

We began our walk on April 3rd, and the first day we walked without rain was April 12th. We also walked in snow for two days. Mostly, we had very nice weather.

Our days typically began around 6 a.m., walked until we found a cafe for breakfast, and continued until we reached our next chosen hostel around 3 p.m. We tried to stop every day around that 3 p.m. time so we could choose a good bunk bed (on the bottom) and have time to shower and wash our clothes, and relax before supper at 7 p.m. No meals were served before 7 p.m.

Every part of the experience was interesting: each hostel was different, meeting many different people every single day; the scenery, the villages, the way we were welcomed, the historical bridges, castles, and so forth. Every day had wonderful moments of interest and pleasure that filled me with a sense of gratitude with every single step.

What did I learn? Looking back, I've focused my attention on two features of our trip:

one, I learned the importance of compromise.

Patsy and I are very different in our approach to things. We already knew this from our camping experiences. But those differences show up more and more as we spent mile after mile walking together, eating together and sleeping together. So I learned better the importance of compromise and also how easy compromise can be when you know you are working as a team with the same goals in mind. We had to rely on one another in some kind of way, every day.

*And two, I came to realize how important and valuable living in the **NOW** can be.*

Each day I had to get to a place within myself where I had to **Accept, Adjust, and Adapt**. I liked learning that, and I made a mental note that I wanted to bring those three "A's" home with me: **Accept, Adjust, Adapt**:

The Camino continues to reveal itself to me and speak to me. It is a trip I seem to enjoy just as much remembering about it as I did in actually walking it. I came home grateful.





Bonus Photos from Patsy and Valerie's Santiago Pilgrimage



Walking over bridges built by the Romans.



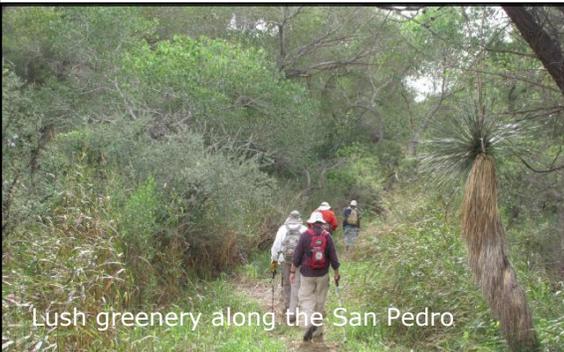
Beyond the Camino, the Atlantic awaits.

Spring potluck, March 29th. --- *Kilimanjaro or Bust:*

Deb and Rick Thrall will regale us with an account of their hike up the tallest mountain in Africa!
A don't miss presentation!

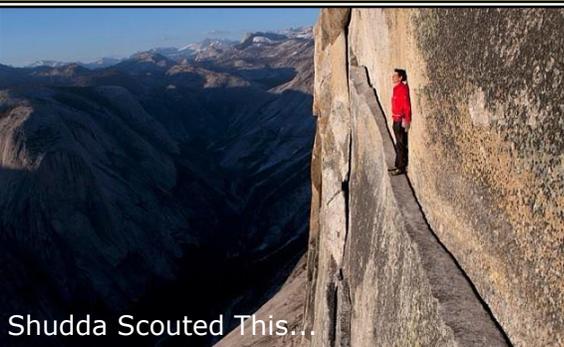
Recent Patches September - February

- 50 mile patches - 11 hikers
- 250 mile patches - 8 hikers
- 500 mile patches - 6 hikers
- 1000 miles: Bill White, Dave Linn, Dave Kean, Katherine Carlson, Kathy Davisson
- 1500 miles: Keith Sandahl, Steve Smith, Duane Dotson
- 2000 miles: Judith LeClair, Ron Lemke
- 2500 miles: Bob Koons, Lorrie Koons**
- 3000 miles: Bill Hammond**



Lush greenery along the San Pedro

Three new assistant hike leaders are coming soon! Welcome aboard:
Dave Hinkel, Dave Toeniskoette, Dave Colichio



Shudda Scouted This...

IT BEGINS WITH ONE STEP

According to the World Health Organization, inactivity is the fourth biggest killer of adults worldwide, responsible for an average of 9% early deaths. Most adults spend ten hours or more each day (63%) sitting!; and research shows this level of inactivity cannot be counteracted with a workout at the end of the day. To maintain health, one needs mild but near-continuous movement throughout the waking hours.

One way to measure one's growth in fitness is using a fitness tracker to count one's steps. Some say that the goal should be to accumulate 10,000 steps a day to ensure the best level of fitness. That number is not necessary but could serve as a specific goal for top-level fitness. The May, 2019, issue of the JAMA Internal Medicine showed that compared to women who took a daily average of 2718 steps:

- *women who took 4363 steps (median count) per day were 41% less likely to die in the next four years;
- *women who took 7500 steps were 58% less likely to die within the next four years. (men's results were comparable)

Also, higher intensity activities play a role and can improve benefits. A good example: hiking uphill on any hike raises the benefit level derived from that hike.

At the same time, activities with higher intensity allow one to reap similar benefits as longer, slower workouts in a shorter amount of time. Most of our hikes can be described as "variable intensity."

Dr. James Levine, co-director of Obesity Solutions at the Mayo Clinic, thinks everyone needs at least ten minutes of movement for every hour sitting down.

One way suggested is to utilize a stand-up computer desk or platform. Considering how much time the average computer user spends online or otherwise, this certainly makes sense. Finally, of course, taking daily walks in the neighborhood or on nearby trails can fill in any activity requirements one might need.

In memoriam: Seija Suter and Jane Rogers

Treasurer's Report:

At the beginning of 2020, the Club had a cash balance of \$8077.46. Through January 31, income was \$812.83 and expenses were \$1,390.90 leaving a balance of \$7499.39. January expenditures were for the leaders' appreciation breakfast, educational classes, printing & copying and bankcard fees. For more information regarding the Club's finances, please contact: Janet BeMiller, janet_bemiller@yahoo.com or 206-200-3600.