

# TRAIL TALES

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



SPRING 2021

## Duane Dotson, our HIKEMASTER

Well, I only have a couple of months left until my year as Hikemaster comes to an end. It certainly has been an interesting experience to say the least.

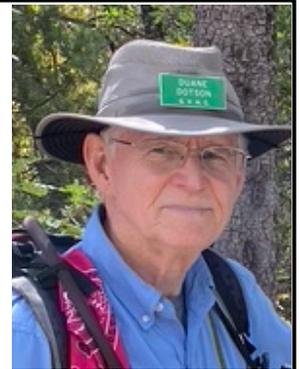
If I were to try and characterize that experience, it's as if my time as Hikemaster was a test I didn't have a chance to study for!

There were certainly some up and down days, but thanks to the support of our leaders, sweeps and members, we kept hiking.

I know that Bill White, as our new Hikemaster, will do an outstanding job managing the club's activities for the remainder of 2021 and into 2022. Hopefully at some point along the way, the pandemic will be under control and the club will move back to normal.

My goal now will be to get back to leading hikes to enjoy and share our amazing hiking opportunities with our devoted members.

My sincere thanks to each of you, as it would have been much more of a challenge without your patience, understanding and words of encouragement.



**THANK YOU!**

## Incoming Hikemaster and Assistant Hikemaster: Bill White & David Linn

The hiking club's new leadership team that will organize the Thursday hikes is ready to start their work when their one-year terms begin in May.

Bill White, the incoming HIKEMASTER, and David Linn, the incoming ASSISTANT HIKEMASTER, both have belonged to the club for more than five years and relatively quickly became hike leaders. Both have assumed other roles with the club. Bill has been a presenter at the club's orientation sessions and he has provided maintenance on many trails we hike. David is finishing a one-year term as club president, and he, too, has often performed trail maintenance, among other club activities.

Bill and David expect their term will begin with the club's pandemic rules, initiated under current hike master Duane Dotson, still in place. But they hope they can gradually roll back the rules as vaccinations reach a critical mass and more is understood about COVID.



Bill White & David Linn

## SUPER SWEEP!!

As so many of our hike leaders have stated over the years, the most important participant in any of our hikes is the assistant hike leader or 'sweep.' Yes, the leader points the way, looking ahead for landmarks to help guide her/him, and carrying out all the other tasks assigned to a hike leader. But it's the sweep who continuously surveys all the participants during the hike and remains alert to difficulties which any hiker might be experiencing. Or, as hike leader Helen Zaukas says: "the sweep is the eyes in the back of my head."

As our sweeps become more experienced, they consciously, or otherwise, develop a keen sixth sense to assess potential problems before they might actually occur: possibly a hike leader moving too fast for some of the hikers; a hiker showing signs of fatigue, dehydration, a shortage of water, a limp or difficulty in navigating the trail; administering first aid along with the leader; and, rarely, diplomatically and quietly, helping the hike leader find the way. Even on the hikes with 25+ participants, the sweep is able to maintain continuous communication with the leader. All of these qualities are essential.

One of our sweeps who really stands out as responsible, knowledgeable, friendly, and savvy is **Kathy Chute**, a 15 year veteran, who embarked on her assistant leader post on October 7, 2007, as a sweep for Larry Grove on the Madera Canyon Trail. Her track record is indeed astonishing, and her numbers in so many categories, simply remarkable:

She has swept 253 hikes! (*Helen Zaukas and Jim Campbell are in '2nd place' with 163 hikes*); she has swept for 31 leaders over the years, though husband George has led the lion's share of those hikes--169; she has hiked 22 of the club's 25 mountain ranges! 3,511 hikers have been on her hikes, with 49 hikers on her largest hike (*Thanksgiving*); her total hike miles are 1,509, and the total elevation of her hikes are over ten times the height of Mt. Everest—319,000'!

Finally, her total travel miles to and from her hikes is 16,853 miles—2/3 of the way around the earth (which does not include her hiking mileage accumulated during her scouts with her hike leaders.) On top of this, she was recently awarded her **5000 mile patch!** She is one of a kind!

*Thanks to Jim Chisholm for amassing Kathy's numbers from the club's extensive data base.)*



Kathy and George Chute

### Joe Frazier's unbelievable survival story after being mauled by a Grizzly bear!

My old college roommate and I used to get together at the end of each summer and do a backpacking trip in either Wyoming or Montana. In 1993 we decided to do something different. We planned a canoe trip on Yellowstone Lake and went up the Southeast Arm to a campsite he had been to before. The next morning we awoke to 30mph winds with gusts over 40.

So much for fly fishing, we went hiking instead. Five and one half miles from camp we split up for a short distance. I was next to a stream and disturbed a grizzly bear. I thought I could get to a tree before he got to me. No such luck, we had a wrestling match which he won. It left me with a severely injured leg. My friend did come back my way but because of the noise of the wind and the height of the sagebrush I was lying in, we failed to see each other.



After a couple hours of waiting, I decided I would have to walk out on my own. I was lucky on four accounts.

**First,** I had on my fanny pack that I use during hunting season and in it were 30 feet of parachute cord, a half roll of black electrical tape, a knife, a compass, matches, and whistle. I was able to use the cord and tape to make a splint and a crutch.

**Second,** the grizzly was a boar and probably full from feeding on fish from the stream all morning. If it had been a sow with cubs, the biologists would have had to strain bear scat looking for me.

**Third,** I had a whistle which I blew every 100 yards on my way out. That spooked another bear but it was not interested, and ran off.

**Fourth,** I had a mostly full moon when it got dark. I was able to find the main trail and get back to camp after eight hours and five and a half miles of hobbling on an injured leg.

I was operated on in Cody, Wyoming the next day. A couple of weeks later, a park biologist told me I had probably met the friendliest grizzly in the Yellowstone ecosystem.

Probably true, but that friendly bear cost me five leg/knee operations, 30 weeks in a full length leg brace, 18 weeks on crutches, six weeks of an antibiotic administered twice a day through a catheter in my chest and more hours of rehab that I care to remember.

**To check out the "Rest of the Story" on this amazing journey of survival in the wilds of Wyoming click: "HERE"**

### Hiking vs Walking: Even More Benefits!

The fall 2019 issue of Trail Tales ran a feature article entitled,

#### "Why Hiking Is the Perfect Mind-Body Workout."

It focused on a few of the better known benefits of such exercises: heart rate and metabolic rate goes up, and the hiker burns more calories. Energy use expands by 28%, different muscles are brought into play, other than by simply walking on flat surfaces, balance and stability increase, overuse injuries decrease, heightened brain activity increases as does mood and reduces aggravation associated with possible mental illness.

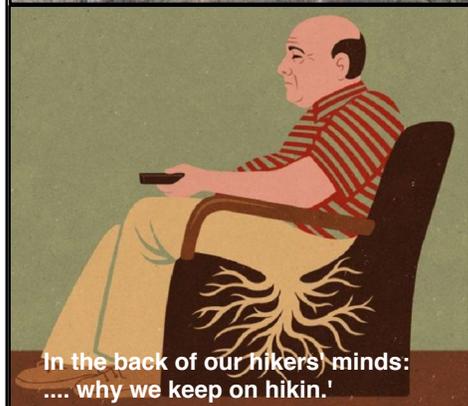
#### But there's more!

- \*It reduces weight and enhances muscle tone
- \*It improves overall health and reduces the incidence of disease
- \*It increases the volume of the hippocampus in the brain, which is responsible for verbal memory and learning
- \*It reduces heart disease, lowers high blood pressure and high cholesterol levels, improves blood circulation
- \*It features better quality of breathing, leading to deeper breathing, increased lung volume and reduced symptoms associated with lung disease
- \*It reduces pain, stiffness, and inflammation in the joints
- \*It helps build strong bones which aid in preventing osteoporosis and reducing bone loss and fractures
- \*It contributes to better blood circulation within the spinal structures, pumping important nutrients into the soft tissues and improving posture and flexibility, both of which are vital for a healthy spine.
- \*It improves eyesight and reduces the risk of glaucoma
- \*It's beneficial for the pancreas, helping to prevent diabetes
- \*It improves digestion and lowers the risk of developing colon cancer
- \*It provides back pain relief
- \*It helps to prevent the early onset of dementia and reduces the risk of developing Alzheimer's Disease
- \*It reduces stress, releases endorphins, and improves depression symptoms

#### What's not to like?



### In Memoriam: Tad Bird, Ted Haartz



Welcome to our newest Hike leader, **David Colicchio** and.. Assistant Hike leaders: **Scott Tewksbury & Kristi Lund**



**"The Virus?"**

**"Our club is still functioning and vibrant"**

Well, my term is nearly over and what a term it has been! If I never hear the words "Covid" and "pandemic" again it will be too soon. My very first hiking club presidential decision was on my second day in office: "Shall the March potluck be cancelled?" (It was) And it only got weirder from there: "Shall this week's hikes be cancelled? Shall this month's hikes be cancelled? Will there be Club hiking in 2020?" These were not even my calls.

The hikemasters, Sally Boysen and then Duane Dotson, did the decision-making heavy lifting. Duane had to develop new hiking protocols trying to reconcile the often unclear and conflicting initial safety positions of Pima County and Green Valley Recreation.

Those early days of March, April, and May (funny, how that sounds, "early days") were filled with uncertainty, speculation, clean hands, and ill-fitting masks.

But those of us club members here in Green Valley hiked. Boy, did we hike! The Santa Rita's got plenty of use. I became familiar with trails and destinations I had heard of but never seen like Lucky Ledge mine and Jill mountain. And then later in the summer, during and after the massive Santa Catalina mountain fire, the Santa Rita's really filled up with hikers. The trailheads were full with cars by 7 am. Those Tucsonian's were as crazy to get outside and hike as we were.

But we knew we would hike as a Club again. Because we love to hike, we love to hike with our friends and we love to hike with the organization the

Club provides. And, we were getting organized.

We endlessly debated Duane's protocols, "Is eight people an a hike too little? Or too large?" "Should we drive alone or masked with another in the back seat?" "Would that place too many cars at the trailheads?" The discussions were productive. We were evolving.

We learned to do virtual board meetings. In fact, I have never seen my board in-person together in one place ever! I, also, have never used the presidential gavel to start or end a meeting. We took care of business and matters at hand. We developed a new sign-in disclaimer that protects the club, we updated board member responsibilities, and we approached Pima County's Adopt-A Roadway program to become a sponsor for a section of the Madera Canyon road.

So the Club is functioning and vibrant. Yes, it is different. We don't linger at the West Center on Thursday mornings anymore. This winter season I don't recognize everyone with their masks and ski hats on. We are sorry we don't see the same number of hikers as in earlier years. We certainly miss our Canadian friends and snowbirds as many remain out of Green Valley.

With my tenure as president of the Club nearing an end I have agreed to sign on as Assistant Hikemaster starting in May. I look forward to the different challenges and responsibilities this brings.

But let me say this again, by the time I am hikemaster in another year, I never want to hear the words "Covid" and "pandemic" again.

**Our outgoing Club President, David Linn**

**Grand Canyon Trek**

When hiking club members Kay Pasley and Toni Garreffa arrived in Green Valley in 2014, they quickly found that each of them ardently wanted to hike the Grand Canyon, rim to rim. They spent two years trying to get reservations at the Phantom Ranch at the bottom of the canyon, but weren't able to do so. But with the advent of a reservation lottery, which they 'won,' helped to make their wish come true.

Covid-19 then hit, but they held on to their reservations. They then asked Barb Fleshman and Barb Sincere to join them.

The four of them worked out the many details of their proposed trip: reservations at both rims, transportation issues, what equipment and supplies to take, and what kind of training schedule they needed to follow to ensure a successful completion of their trek.

To read about the full adventure, [Click here!](#) to check out the featured article of their amazing adventure, which was recently front page news in the Green Valley News.



Pictured left to right:  
Kay Pasley, Toni Garreffa,  
Barb Fleshman & Barb Sincere

**Treasurer's Report: Spring, 2021**

At the beginning of 2021, the club's cash balance of \$8,690.93. Through January 31, income was \$1,226.50 and expenses for printing, copying, postage and bankcard fees.were \$191.56, leaving a balance of \$9,725.87.

For more information regarding the club's finances, please contact, Janet BeMiller at: [Janet\\_Bemiller@yahoo.com](mailto:Janet_Bemiller@yahoo.com).

**Our National Parks Are in Trouble! Read about the devastating effects of climate change and overcrowding !**

Click --> <https://www.nytimes.com/2019/11/22/opinion/sunday/national-parks-crowding-climate.html>

**Ever wanted to hike the entire length of the Continental Divide? Click on the link below and you can, in four minutes!**

[Virtual hiking at it's best!](#)



### "ANNIE DANIELS CLAIM" INAUGURAL HIKE

That Thursday we went to the West Center to sign up for a new hike called Annie Daniels Claim led by Bill Hill and sweep Barb Fleshman. At sign in, Bill was nowhere to be found. Instead was a cowboy dressed in black with very bushy eyebrows and mustache and a pair of handcuffs by his side. He introduced himself as Benjamin Franklin Daniels of the famous Daniels Mine hike. You may not know, however, of his impressive careers as a lawman, gambler, inventor and mining speculator. Meeting at the Amphitheater parking lot, Ben told us about the hike and about the claim named after his wife, Annie.

Our hike began along the Four Springs Trail. Stopping for a snack break-"Ben" introduced his first wife, Annie. (nee Annie Laura Broadus.) a feisty horsewoman. Annie told us how she met and married Ben in Missouri. Most women back then shied away from a man who had served three years in a Wyoming prison for stealing horses and later shot a man in the back. But Annie saw a man willing to take risks who relished adventure, just what she wanted in life.

They left Missouri for Colorado where Ben could pursue his interests in law enforcement and sport (aka gambling.) She stood by Ben as he helped bring order to Arizona, fight alongside the Rough Riders, and serve as a U.S. Marshal. We were amazed and then saddened when she told us of her untimely and suspicious death. Wow, what a snack break!

As we worked our way uphill to the claim, we discovered a 20-foot tall pole staking the claim, engraved with the date, 1921 and the name of the surveyor, Paul Fernald. Suddenly, appearing out of nowhere was a finely dressed horsewoman, who introduced herself as Ben's second wife, also named Annie!. Two Annies, you ask? Yes. This Annie, nee Annie Evaline Sayers, met Ben after Annie 1 had died. Annie 2 was a widow with a daughter and had a career in teaching and social work when she met and married Ben. It was apparent she must have been a great asset to Ben in his runs for Sheriff of Pima County. Clearly, she was a woman of substance. Ben liked his women strong and independent! As a tribute to Annie 2, Ben had this mining claim surveyed in Annie's name.



It was then time to move on for our next stop at Bog Springs where we enjoyed our lunch under the magnificent sycamores. All was tranquil when who should show up but President Theodore Roosevelt! He came from below, just like he was rushing up San Juan Hill. "Teddy" had nothing but praise for Ben and shared much about their adventures in the Rough Riders in Cuba during the Spanish-American War in 1898, and his efforts to get Ben appointed U.S. Marshal of the Arizona Territory. Teddy was just as we imagined him: brown shorts, knee highs and his famous Rough Rider slouch hat.

After this edifying lunch Ben led us to his mine which many of you may have visited. But what you may not know is that Ben invented an on-site (prospector's) smelter, the remnants of which he pointed out.

Upon our return to the parking lot, we felt we had been taken to another time and place with Ben, his two Annies and Teddy Roosevelt. The living history aspect of this hike made it unique and fun. And, if you want to continue the experience of Ben and Annie 2, you can pay your respects at their graves in Evergreen Cemetery in Tucson.

**By Zoe Brennagh (Annie)**

#### Club History

One of the perks as president of the hiking club is it allows easy access to documents which record the history and lore of the club. The first day I was given a large plastic box which housed many pages of files, correspondence, and yes, a gavel; it had not been used in 2020, the year of virtual meetings.

The box contained old incident reports, notes of strategies and proposals to implement, hiking gear recommendations, and so forth. All this material highlights the depth of effort that has been put into the club by many dedicated members since the club's

founding forty years ago! Out of the blue I received a parcel from a Drew Beckwith, the grandson of Cameron Beckwith, the first hikemaster of the club. The container was filled with documents regarding good hiking practices such as stout boots, adequate water, layering of clothing, first aid kit contents..and much more.

Here it was, a treasure trove from one of the club's founding fathers—who, incidentally, coined the club's motto, "Dedicated to Safe and Enjoyable Hiking."

To his family, we owe much.

From our outgoing Board President: David Linn:

#### September to February AWARD PATCHES

- 50 miles: 4, 250 miles:3, 500 miles:3
- 1000 miles: Steve Larsen, Bob George
- 1500 miles: Stephen Herron, Kay Pasley
- 2500 miles: Terry Ferguson, John Koster
- 3000 miles: Barb Wuehrmann
- 4000 miles: Bob Porterfield

- 5000 miles Kathy Chute**
- 5500 miles George Chute**
- 6000 miles Tom Johnson**
- 8000 miles! Helen Zaukas**

#### GVHC Pays Back

Seated in the newly refurbished amphitheater seating area in Madera Canyon, Helen Zaukas and George Pavay, enjoy the comfortable way station along one of our most popular hiking trails.



While it was the Friends of Madera Canyon which set up the project, a local Eagle scout (an Eagle scout project) along with Keith Blair, David Linn, Barb Fleshman, and Jim Woodward, were the builders of the renovation.

**Nice work!**