



TRAIL TALES

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

SPRING 2024



Farewell from our Hikemaster, Kim Boswell



**KIM BOSWELL HM,
2023-2024**

As I write this report, it is the middle of the busy hiking season with 11 hikes heading out in all directions each week. This leap year we have five hiking Thursdays in February – a phenomenon that will not occur for another 28 years! New, enthusiastic members are joining the club, and the West Center parking lot is filled with lots of chatter and laughter on Thursday mornings.

Kay Pasley is already starting to plan the hike schedule for May and June. When I finish my term the end of April and the hikemaster title along with the stylish "NOT YET" cap pass to Kay, I have no doubt that the club will be in good hands with her and her assistant, Steve Toeniskoetter.

My thanks to the leaders, assistant leaders, and other club members who keep the club running efficiently. And thank you hikers. It's been a fun ride.

Kim Boswell

Our new Hikemaster and Assistant for 2024-2025

Kay Pasley and Steve Toeniskoetter

With Hikemaster Kim Boswell, counting down the weeks remaining in her term with a big smile, my anticipation grows. When I moved to Green Valley in 2014, I didn't know the GVR Hiking Club existed. I soon learned about the Club, attended orientation, hiked consistently, and became Assistant Leader. Later I became a Leader, which allowed me to apply some of my outdoor skills, meet new people, and develop wonderful friendships with those who shared my passion for nature and hiking. Now, as Assistant Hikemaster, I feel well-prepared to assume my role as Hikemaster due to the excellent mentorship by Kim, allowing me to "learn the ropes" in a gradual and supportive way.

Looking to the future, my commitment is to honor the rich history of the Club, provide ongoing support to Leaders and Assistant Leaders and make sure that we continue to offer "Safe and Enjoyable" experiences to our member. Plus, I have two additional goals: (a) I want to broaden our weekly offerings by including hikes that are run rarely often; and explore archived hikes to determine whether they should remain so; and (b) implement a more streamlined and user-friendly data management system. This will focus first on the responsibilities of the hikemaster and testing the "hike selection" process, including selecting hikes, assigning leaders, changing/cancelling hikes, and preparing/revising our monthly Bulletin.

We selected Steve Toeniskoetter to be the next Assistant Hikemaster, because of his strong commitment to the Club. I appreciate his willingness to lead hikes of any level and in any location, not to mention his genuine concern for each hiker in his care. Steve will be an essential part of my "village" as we work together to meet the future needs of the club.



KAY & STEVE

Kay Pasley

President's Report

It has been another great fall and winter hiking season for the GVR Hiking Club. I am proud to have served on the Board of Directors of this vibrant club for three years.

There were two significant achievements that came to fruition during my tenure as Club President. The first is an agreement between Black Pug Software and the GVR Hiking Club that defines the rights and responsibilities relating to a customized database program to make the Hikemaster's job a little easier. The second is a Trail Maintenance agreement between the US Forest Service and the Club. You will be hearing more about these agreements in the near future.

I hope everyone can continue to have safe and enjoyable hiking experiences in the coming months, and years.

Dave Kean, Club President, 2021-2024

"Hiking is not escapism; it's realism. The people who choose to spend time outdoors are not running away from anything; we are returning to where we belong."

- Jennifer Pharr Davis



Kathy and George Chute's combined 300 hike leadership and sweeps: a Club lifetime accomplishment!

"We're proud of achieving the milestones of 300 leads and sweeps, and grateful to the Hiking Club for the opportunity to give back. We've made many hiking friends over the years, and enjoyed miles of wonderful trails together."

Kudos are in order for this dynamic duo in achieving a longevity of sorts in helping to maintain the Club's high hiking standards. And it goes without saying: each has served multiple times as trainers for new leaders and sweeps, which helps to explain the continued high quality of the Club's hiking leadership.



Sadly, one of our majestic saguaros falls...

Check out the article on the Pink Hill hike at the bottom of page 3.

Volunteer Services Report:

The most recent volunteer project was cleaning up the roadside on Whitehouse Canyon Road on the way to Madera Canyon from milepost 2 to 4. We had 15 volunteers who finished the task in under two hours. The Summit Hut 20% discount period for the GVR Hiking Club ran from Saturday, January 13th to the end of the day on Sunday, January 21st. Our next project is putting up the Memorial Day flags along La Cañada from Esperanza to Continental Road. Since March 1, 2023, 22 orders for name badges were placed. They cost \$6.50, but with postage, the club loses a few dollars due to postage costs. This has raised the question whether we want to raise the price of the name badges. The spirit of volunteerism of the GVR Hiking Club has made this position a pleasant one! Thank you!

Sue Palfrey

Social Report:

67 Club leaders, assistant leaders, and emeritus leaders attended the annual Leaders' Breakfast at La Posada on January 9th. The following week saw the second potluck on January 14. 157 attended, the largest crowd since the pre-pandemic period. Attendees donated 105 pounds of food and \$255 to the local food bank. The annual membership meeting will be held at 8 a.m. March 5 in the Desert Hills auditorium. Juice, muffins, and pastries will be served. Following a new format, the last potluck will take place at 4 p.m. on March 24: the kitchen will be closed, but the **"jolly hour"** will take place accompanied by membership-donated small plate appetizers and desserts until 5:30, when our speaker, Club hike leader David Colpitts, will describe his trek on the Robert Louis Stevenson Trail in southern France.

Rhonda Wills

Mileage Award Patches--Oct.2023 to Feb 8,2024

50 miles: 10 awards 250 - 5 awards

500 { Tom Bosma, Mark Buchholz, Richard Calderazzo, Marianne Checkovich, Mary Elle Dellwo, Angela Krahalec, Kristi Lund, M. Joy Quigley

1000 - Donna Martin

2000 - Kim Boswell, David Kean, David Linn, Bill White

2500 - Jim Chervenka, Judith LeClair 3500 - Bill Hill

4500! Sally Boysen & Bob Porterfield



The first bottle of Coca-Cola from 1894 contained around 3.5 grams of cocaine.

Explains why our parents & grandparents could walk to & from school, uphill, both ways, in the snow, barefoot. 😊😂😂

Trail Tales asked a small group of Club hikers for their views on a selected list of questions which covered some facets of our hiking experience, such as most challenging hike, most scenic hike, most historical hike, and so on. Here's what they came up with:

Most Inspiring Hike:

Mt. Wrightson, Janet Gerdes:

I'm not exactly sure why, but each time I get to the top of Mt. Wrightson, I feel exhilarated, inspired, confident. It's not at all the hardest hike, but it seems to me to be the 'Pinnacle' hike near Green Valley - the one that many people want to do in order to feel that they have 'reached the pinnacle.' In addition, the hike has a special meaning to me. When we were first in Green Valley, Paul and I hiked the mountain with another couple, Ginny and Bob, whom we'd been friends with back in Michigan. We'd joined the hiking club the minute we bought our house, and started hiking with the club immediately. But Mt. Wrightson hadn't yet been run in the club, so we did the hike on our own in October 2009.

It was freezing on that October day! We were vastly unprepared for it. At Roundup, Bob put on a T-shirt which Paul was using as a rag. At our Baldy's Saddle snack, our hands were SO COLD that we had a very hard time getting our snacks open to eat. Bob had brought an extra pair of socks, and Ginny and I each had a sock on one hand. But when we got to the top, it was all worth it. We took some pictures, and the picture I have of the two of us is one of my favorite pictures, and always brings back wonderful memories.

Most Challenging and Historical Hikes:

Rincon Peak: Joe Frazier and Wayne Moshier:

Both Joe and Wayne agree that the most challenging (difficult?) hike that the Club has to offer is Rincon Peak: 4280' elevation gain, 16.8 miles long. Whew! And if you're looking for a hike loaded with history, consider taking the Fort Bowie trek.

Most Scenic Hike:

Catalina Peaks & Vista: Barb Jepkema:

One of my favorite hikes is Catalina Peaks and Vistas in the Catalina Mountains, because you get great views from the Tucson area all around - to the south looking at Tucson and the Santa Ritas as well as down onto Rose Lake, to the northeast into the San Pedro Valley and San Miguel, to the west and southwest to Kitt Peak, Baboquivari, and all the mountain ranges in that direction, and to the east, Mt. Graham and all the mountain ranges in that direction. In the fall it has some color and in the summer, a good selection of flowers. Also, it's always a beautiful drive up and down the Catalina Highway getting there.

Most Variety:

Cedar and Brownstone Canyons: Libby Stupak:

One of my most interesting hikes was Cedar/Brownstone Canyon. There are petroglyphs within the two-three canyons and such varied terrain. I really enjoyed Red Bull Run with its beautiful scenery. And Beyond Toruno is another scenic hike with its red cliffs and views from down in the canyon. Finally, the spectacular Pena Blanca Overlook trek has special significance for me: I got my first patch there!

**Best of Our Desert Plants Hike,
Pink Hill; Jerry Harpt:**

For those of you who haven't strolled into a desert embellished with giant **saguaros**, our club recently had the opportunity to lead us deeper into the magic of hiking among our majestic saguaros in the Saguaro East National Park. The saguaro is actually deemed a tree: uses photosynthesis and sports a rib-like skeleton that allows it to grow to 50-75 feet, and can live up to 150 years! The first six to eight years they grow only an inch a year and are vulnerable to extreme weather; but can survive by sheltering under 'nurse trees.' Age 70 finds them sprouting a branch, and later becoming protectors in their own right while inviting woodpeckers and flickers to make holes and nest in their trunks and limbs. In time, other creatures like bats and bees fill their vacant nests.

And so we followed the dirt paths used today by horseback riders, distance runners, and fellow hikers, feeling like children at play. Prickly pear cacti, mesquite and palo verde trees welcomed us to their domain, urging us to join them in their quiet and gentle way to share in the unique ambience of a forest of spectacular Southern Arizona saguaros. It truly is a breathtaking experience!"

Club Membership

Current membership for 2024 is 316 members. This includes 30 new members and 286 who have renewed their membership. Compared to 2023, final membership was 354 members, with 53 of those being new members.

Marysia Czachor



Tom Johnson honored at January Pot Luck

The fall, 2023, issue of Trail Tales featured an extensive description of the creation and current operation of the Club's lending library. Thanks to the decades-long efforts of Tom Johnson, the library has grown and become even more available to our membership.

Thus, during the January 14 potluck, our President, David Kean, presented to Tom a commemorative plaque signifying his efforts and foresight in creating and running the library for the benefit of everyone in the Club's membership, an award to a deserving and admired individual: congratulations, and thank you Tom, for all your efforts in establishing and expanding the newly and appropriately named, the....

"Tom Johnson Hiking Club Library!"

EXERCISE AND THE BRAIN (or, 'Hey, it ain't over yet!')

The director of the George Washington University School of Medicine maintains that the brain of an elderly person is much more practical than is commonly believed. At this age, the interaction of the left and right hemispheres of the brain becomes harmonious, which expands our creative possibilities. That is why among people over the age of 60 you can find many personalities who have just started their creative activities.

Of course, the brain is no longer as fast as it was in youth. However, it gains in flexibility. Therefore, with age, we are more likely to make the right decisions and less exposed to negative emotions. The peak of human intellectual activity occurs around the age of 70, when the brain begins to work in full force. **Over time, the amount of myelin in the brain increases, a substance that facilitates the rapid passage of signals between neurons. Due to this, intellectual abilities increase by 300% compared to the average.**

Also interesting, is the fact that after 60 years a person can use two hemispheres at the same time. This allows you to solve much more complex problems. Professor Monchi Uri, from the University of Montreal, believes that the elderly brain chooses the path that consumes less energy, eliminates the unnecessary and leaves only the right options to solve the problem. A study was conducted in which different age groups participated. **The young people were very confused while passing the tests, while those over 60 years old made the right decisions.**

Characteristics of the brain between the ages of 60 and 80:

1. The neurons of the brain do not die, as everyone around you says. **The connections between them simply disappear if one does not engage in mental work.**
2. Distraction and forgetfulness arise due to an overabundance of information. Therefore, you do not need to focus your whole life on unnecessary trifles.
3. From the age of 60, a person when making decisions does not use only one hemisphere of the brain, like young people, but both.
4. **Conclusion: * if a person leads a healthy lifestyle, is mobile, has viable physical activity and is fully mentally active, intellectual abilities DO NOT decline with age, they simply GROW, reaching a peak at the age of 80-90 years!**

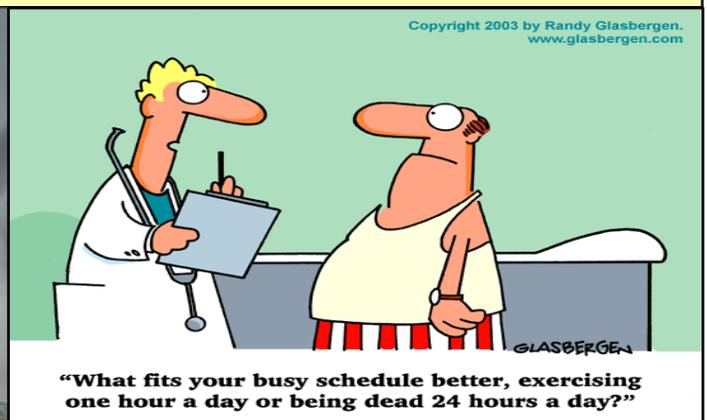
HEALTHY TIPS:

1. *Don't be afraid of old age.*
2. *Strive to develop intellectually.*
3. *Learn new crafts, make music, learn to play musical instruments, paint pictures! Dance!*
4. *Take an interest in life, meet and communicate with friends, make plans to travel as best you can.*
5. *Don't forget to go to shops, cafes, shows and plays.*
6. *Don't shut up alone, it's destructive for anyone.*
- 7 *Be positive, always live with the following thought: "all good things are still ahead of me!"*

SOURCE: New England Journal of Medicine



7:50 AM on a Thursday Morning:
" Kim, a go or no-go?"



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"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"