



October 2019 Newsletter

Note: There will not be a Newsletter for the next few months.

Saturday September 14 General Meeting:

There were 29 people at the meeting and potluck at the Large Ramada at Woodland Lake Park. There were no guests or visitors.

Jim Snitzer led the meeting. He asked members to contact him to suggest possible ways to use funds donated for memorials for **Bob Pena** and **Liz Wise**. They were both long-time hard-working members of TRACKS. Next Jim shared the need for people to help with:



- Monday trail crew (contact **Jerry Good** → jgood6@cox.net)
- Fall Festival Parade 9/28/19 (contact **Arlene Nelson** → 928-367-6810)
- Purchase of TRACKS T-shirts, hoodies and hats (contact **Arlene again!**)
- 10/5 Tour of the White Mountains (contact **Nick Lund** → 928-241-2444 or lundaz@cablone.net)
- TRACKS Newsletter; it was announced that **Tim Strand** is resigning as Editor after completion of the October issue. If you have an interest in helping TRACKS in this capacity contact **Jim** (jim@snitzer.org).

Jim mentioned that although bicycles powered by electric motors (e-bikes) are permitted on bike trails on National Park and BLM land, they are not permitted on non-motorized trails in the National Forests (all of TRACKS non-motorized trails). After the meeting some enjoyed a stroll along Walnut Creek.

ANNOUNCEMENTS:

Tracks Monthly Meetings: Beginning in October monthly meetings will usually be at Darbi's Restaurant in Pinetop. **The next General Meeting** will be at 8 am Saturday October 12. Come a bit early if you'd like to order breakfast.

The TRACKS Governing Board is considering issuing the Newsletter quarterly instead of monthly. There may not be a newsletter for several months, and so, here is **General Meetings information for November and December:**

- 8am Saturday November 9 meeting at Darbis,
- 11am Saturday December 14 meeting and potluck at **Jim Snitzer's**.
(details for this Christmas Potluck Dinner are on page 4)

YOU CAN BE IN THE FALL FESTIVAL PARADE, SOON !!! → 9/28

The parade, a 2-mile walk or bike ride, is lots of fun! Please come, help out and join in showing TRACKS to be an active and supportive group in the community. **Volunteers are still needed.** You can walk or ride or *stride* down Main Street Pinetop. Contact **Arlene Nelson** (928-368-6810) to join the fun.

The parade is scheduled to start at 10 am on Saturday, September 28 but all **parade volunteers should check in at the staging area by 9:30.** The staging area is the parking lot directly across from BBVA Compass Bank, at the SE corner of White Mountain Blvd and Malapia Drive. Do not park there but go there for directions. The parade ends at Blue Ridge High School and so, I strongly suggest you **arrive at the High School Parking lot around 9:15 am** so you can meet other volunteers to carpool from there to Malapia Drive, to prevent having to walk back to the start-up spot. Bikers can peddle back.

The theme of the parade is “Great American Heroes,” and there was unanimous agreement on **John Muir** as our Hero. He was a naturalist who believed in preserving areas of natural beauty and he worked hard to do so by founding the Sierra Club and promoting the formation of National Parks.

Wear comfortable walking shoes and a TRACKS T-shirt and hat if you have one (if not, call Arlene 368-6810). Bring your walking stick if you use one on the trails. Cyclists – decorate your bike and helmet – the crazier the better!

Be there or be square !!!

by **Arlene Nelson**

24th Annual TOUR OF THE WHITE MOUNTAINS

Coming Saturday October 5, 2019

by **Nick Lund**

TRACKS Volunteers still needed to help with this mountain bike ride event. Epic Rides of Tucson manages the event, and makes a nice donation to TRACKS for our efforts. Riders can choose rides of 9, 35 or 50 miles on our White Mountains Trail System or a 30-mile forest road ride. Last year there were about 750 riders and more are expected this year. TRACKS volunteers help pin-flag and de-flag routes, serve at aid stations, guide riders at critical turn points in the forest, help at the kids’ ride in the venue, direct campers to sites in the start/finish area, etc. **To volunteer contact Nick Lund now, today** at 928-241-2444 or at lundaz@cableone.net. Let Nick know your T-shirt size, cell phone # and if you will attend the dinner for volunteers the day before the event, Friday, October 4. The earlier you volunteer, the sooner the entire volunteer plan can be formulated. This is a great, fun community event that benefits TRACKS and the region, so please come help.

Trail Crew Kudos!

By **Jerry Good**

I’m very proud of work the trail crew has done this summer – work on Los Burros, Turkey Track, Walnut Creek, Country Club, and the new Junior High School bike trail! This year’s work was dedicated to Liz Wise and Bob Pena, two very dedicated trail-crew people. I know they’d be proud of all the work the trail crew completed this year! THANK YOU TRAIL CREW!

White Mountain Audubon Society: All are welcome at **WMAS** events. There are two events of interest in October.

October 2 - Mary Williams, experienced birder, will focus on targeted birding - especially by using eBird - and on specialties of the White Mountains such as Dusky Grouse, Montezuma and California Quail, Canada Jay, and the American Three-toed Woodpecker. Participants will be encouraged to add desert and sky island targets to their lifetime birding lists by planning trips to birding hotspots in other parts of AZ. This is the 5th of her *Birding in the White Mountains* series.



October 19 - Field trip to Old Hatchery Trail: participants will meet at 7am at the Arizona Game and Fish Department parking lot (2878 E. White Mountain Blvd, Pinetop). This mixed woodland, riparian trail is less than a 2-mile roundtrip stroll along Billy Creek. It is a natural terrain trail and is moderately hilly in certain places. Call **Rob Bettaso** at (928) 368-8481 for more information.

Once a year call for donations to TRACKS: Please consider a financial donation to TRACKS. Lots of people do. It's a worthwhile cause – promoting healthy outdoor activity in the forest. Your financial help enables TRACKS to purchase tools, signs, etc for White Mountains Trail System maintenance and helps pay for other expenses of the organization. TRACKS does not have a membership fee and counts on donations. We are a non-profit, 501c3 volunteer organization so donations are tax deductible. You can use PayPal on the TRACKS website or mail a check to the TRACKS Treasurer, **958 S Woodland Road, Lakeside AZ 85929**. Enjoy the trails and sincere thanks in advance for your continued support.

Trunk or Treat! Pinetop-Lakeside's annual **Halloween** event will be from 5:30 to 9pm Saturday October 26 at Mountain Meadow. This is a way to keep kids safe and off the streets while they enjoy the scary holiday. Last year 2000 (!!!) showed up to flaunt their costumes and collect candy and other treats. Different people, organizations and commercial groups decorate their trunks and open them to the kids. There'll be a pumpkin-carving contest, an inflatable slide and bounce house, costume contests at 6, 7 and 8pm. **Kay Alderton** and **Arlene Nelson** will dress up and decorate the back of Kay's Jeep in Halloween array. Sounds like fun! Think I'll go.



Witches!

Christmas Brunch Potluck, Saturday 12/14/19, 11 a.m.
in Lakeside at Jim Snitzer's cabin on the east shore of Rainbow Lake

If your last name begins with

A - J bring a main dish

K - Q bring a side dish, veggies or salad

R - Z bring dessert

Please plan servings for 20-25 people as we're expecting 60 - 70 guests. Jim will provide Cider and maybe sodas. Feel free to bring champagne or BYOB. Label your utensils and dishes so they don't get lost. You might want to bring a chair or two and a warm coat to be comfortable around the firepit.

Directions (call Jim if you get lost – 928-368-3283)

- Turn south on Niels Hansen Lane (across from Lakeside Forestry Office).
- Go one short block and turn right (west) on Rainbow Lake Lane.
- Go 0.2 miles and turn left at the first driveway – the address is 2401.

Up the Hill Gang Hikes – November and Beyond! An optimistic November hiking schedule has been planned, hoping winter will not arrive early. **There will not be a TRACKS Newsletter for the next few months** so hikes for November are listed below. **All will start at 9am** and be 4-5 miles long.

11/6/19: Meet at Walter and Addie Bethoon's house. Hike will be along Show Low Creek then back for refreshments and to view Walter's amazing art work.

Directions – from Wal-Mart take Show Lake Rd east, then **L** on 28th, **R** on Sitgreaves, **L** on 32nd, go to end of street to find 3180 E. Larson Way.

11/13/19: Meet at Country Club (CC) Trailhead (off Sky Hi Rd). Hike will be along these trails: CC → Iron Horse → Springs → Blue Ridge → back to CC.

11/20/19: Meet at Timber Mesa (TM) Trailhead (off Porter Mtn Rd). Hike will be along TM → Osprey → Ice Cave → Porter Mtn Rd → back to TM trailhead.

11/27/19: Meet at Blue Ridge (BR) Trailhead #2 (off Ski Hi Rd ½ mile past Springs Trailhead). Hike will be up BR to short cut, down to 187, back to T.H.

December through April hikes will be selected week by week by **Kay Alderton** depending on weather and trail conditions. If trails are wet/snowy hikes may be postponed to Friday or Saturday. Petrified Forest hikes will be on weekends. There may be some snowshoeing trips. To join the hikes, call **Kay** early in each week at 928-367-7003 (no email or text). Leave your name and phone number if she's away and she'll call back.

The **Annual Yoga/Mt. Baldy Hike** with **Rosie** and **Lauren** is scheduled for Friday October 11. If you'd like to go, meet at Hon-Dah Casino parking lot at 8:15 am, caravan or carpool to the Mountain, then enjoy some yoga and a hike! Partway up, the trail splits and you can choose an easier or a steeper way. After the uphill part of the hike there'll be more yoga, time for lunch (pack a snack or lunch), and then an easy downhill walk back to the cars. Expect to be back at Hon-Dah about 1:30 pm. To learn more, contact **Lauren** of Open Spaces Yoga in Lakeside, 928-367-4636. Donations are accepted for TRACKS to say "Thanks" for maintaining trails.

FOR YOUR INFORMATION:

Coming this weekend! September 27-29, Annual “Run to the Pines” Car Show. This is fun to see! You can watch nearly 600 very fancy old (pre-1973) cars driving from Show Low to Hon-Dah starting at 4pm Friday. If you want a closer look they’ll be on display Saturday (8am to 4pm) and Sunday (8am to 12 noon) at Pinetop Lakes Country Club. More info at runtothepinescarshow.com.

Also coming this weekend! Saturday September 28, Cool-Running 2-mile and 10K Fun Run/Walk at Woodland Lake Park. This is part of the Fall Festival. Register at 6:30 am/Run at 7. Entrance fees: 2-mile-\$15, 10K-\$25. T-shirt for all entrants, medals for fastest 3 in each category. **Volunteers are needed to help** – Contact **Malaina** (mspillman@pinetop-lakesideaz.gov.)

Wilderness Safety and First Aid by Joanne Feller, RN. Joanne has been a nurse for many years. She’s a member of the Wilderness Medicine Society with a special interest in critical care, emergency, and flight nursing. She’ll be speaking and sharing stories and handouts on Wilderness Safety and First Aid on Saturday, October 5, 10am to 1pm at Aspen Center Room 111, Show Low NPC. There will be training and **practice using Bear Spray.** NPC charges \$40 for this seminar (not recommended for children less than 10). Call Katie Olsen at NPC by October 3 to register – 928-536-6244. She’s there 9-4, Monday through Friday.

Nature as Therapy

More than 300 peer-reviewed scientific studies have found a strong correlation between time spent in nature and more than 20 health benefits. Some of these benefits include lower blood pressure and heart rates, reduced stress hormones and feelings of stress, reduced risk of obesity and diabetes, better sleep, less hostility and depression. Exercise is beneficial but so is just spending time in nature. Take a few minutes to sit in the benches by Woodland Lake, take a few deep breaths and enjoy the fresh air and the view.



Late-Breaking Details on HARVEST FESTIVAL

Happy Halloween!



2nd Annual Harvest Festival

Saturday, October 26, 2019 ~ Noon to 4 pm

At the White Mountain Nature Center.

**Arts & Crafts, Food Judging, Boy Scout Hot Dog
Stand, Games and Costume Contests ~ Fun for
the Whole family!**

Grand Finale the Pumpkin Chuck Contest

TRACKS Calendar, September 25 through October 31

Date and Time	Event	Location, Details
Monday Mornings 7:30 am	Trail Crew (T.C.): Help Beautify the Trails (weather permitting)	To get on T.C. List contact Nick (lundaz@cableone.net)
Wednesday Mornings 7:45 am (except 9/25)	Up the Hill Gang (UTHG) Hikes (weather permitting)	See September 25, October 2, 9, 16, 23, 30 below
Sept 25, Wed 8:45 hike, potluck after	Up the Hill Gang Hike and Potluck: Leader Russ Coon; bring food to share	White Mtn Nature Center 425 Woodland Rd, Lakeside
Sept 27 – 29, Fri-Sun 11 am – 5pm (Sunday 10 – 3pm)	44th Annual Fall Artisan Festival Handmade crafted items by artisans from around the country, live music, food & drink	The Orchard at Charlie Clark's 1701 E. White Mtn Bl, Pinetop
Sept 27 – 29, Fri-Sun (see Newsletter page 4)	Annual Run to the Pines Car Show (runtothepinescarshow.com)	Hwy 260 Fri, Pinetop Lakes Golf Club (Sat/Sun)
Sept 28, Saturday Parade starts at 10 am (Participants 9:30)	Fall Festival Parade TRACKS volunteers in Parade (see Newsletter page 2 for details)	Hwy 260 between Charlie Clark's and Blue Ridge High School
Sept 28, Saturday Registration 6:30 am	Cool-Running 10K and 2-mile Fun Run/Walk (entrance fees \$15-25)	Woodland Lake Park
Oct 2, Wednesday 7:45 am	Up the Hill Gang Hike: Escudilla Trail #308 with leader Kay (bring sack lunch or eat lunch out)	Pinetop KFC parking lot. 7 miles, rating 3.5, carpool \$5
Oct 2, Wednesday 6:30 pm	Audubon Society Monthly Meeting: Mary Williams on rare birds. See Newsletter p. 3	P-L Town Council Chambers 325 W. White Mountain Blvd.
October 5, Saturday 7 am to 3 pm	24th Annual Tour of the White Mountains (TRACKS Volunteers Assisting)	Pinetop Lakes Activity and Equestrian Center
October 9, Wednesday 7:45 am	Up the Hill Gang Hike: Green's Peak Loop – Fall Colors hike with leader Ron Miller	Pinetop KFC parking lot. 6 miles, Moderate difficulty – rating 3.5, carpool \$5
Oct 10, Thursday 1 pm	TRACKS Board Meeting (members welcome)	Nature Center 425 Woodland Rd, Lakeside
October 11, Saturday 8:15 am	Annual Yoga/Mt. Baldy Hike Leaders Rosie & Lauren , Open Spaces Yoga	Hon-Dah Casino parking lot (bring a sack lunch)
October 12, Saturday 8 am	TRACKS General Meeting (come early to order breakfast)	Darbi's Restaurant Pinetop
October 16, Wednesday 7:45 am	Up the Hill Gang Hike: Pole Knoll #602 – Fall Colors hike	Pinetop KFC parking lot. 6 miles, rating 3, carpool \$5
Oct. 17-20, Thur-Sun 2 pm to 9 pm	White Mountain Arizona Film Festival	Lakeside Village 8 Theater, 1501 W White Mountain Blvd
October 19, Saturday 7 am	Audubon Society Field Trip Old Hatchery Trail with leader Rob Bettaso.	AZ Game & Fish, 2878 E. White Mountain Blvd, Pinetop
October 23, Wednesday 7:45 am	Up the Hill Gang Hike: East Fork #94 with leaders Kay and Jim	Pinetop KFC parking lot. 5 miles, rating 2.5, carpool \$5
October 26, Saturday noon to 4 pm	2nd Annual Harvest Festival (more info on page 6 of the Newsletter)	Nature Center 425 Woodland Rd, Lakeside
October 26, Saturday 5:30-9pm	Trunk or Treat: Safe Halloween Fun! (more info on page 7 of the Newsletter)	Mountain Meadow 1101 S. Woodland Road
October 30, Wednesday 7:45 am	Up the Hill Gang Hike: Ghost of the Coyote #641 with leader Charmi	Show Low Kmart parking lot 5 miles, rating 2, carpool \$2
October 31, Thursday	Happy Halloween 🍬	Not too much candy!

Tim Strand RN, MD, RD, TRACKS Newsletter Editor



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