



AUGUST 2017 Newsletter

July TRACKS Meeting: There were approximately 49 people in attendance. Guests, Chris Snow and Mindy Horvath, were introduced.

Announcements:

Appreciation Luncheon: There will be a luncheon held at Jalapeno's on August 2 at 2:00 PM to thank TRACKS members who have volunteered as Trail Stewards, Trailhead Adopters and Trail Crew members during this year.

TRACKS Yard Sale will be held at Nick's house July 22 from 7:00 AM to 4:00 PM. There will be a pre-sale for members on Friday, July 21 from 7:00 AM to 1:00 PM.

Trail Crew Leader: After many years of service, Liz Wise is stepping down as Trail Crew Leader. Her position will be filled with several members who will take over the many Trail Crew activities Liz handled over the years. She received a standing ovation from TRACKS members for her well-run Trail Crew and years of dedicated service to the White Mountains Trail System. Vicky Sandler announced a **Two-Hour Workshop at Unity Church** July 15 from 1:00-3:00 PM and on July 30 a **Two-Hour Session on Health and Diet**. Joan Patrick reminded members of the **Audubon Film Festival on July 15** from 4:30 to 9:00 PM. Tickets \$25 or \$30 at the door.

Possible Future Bike Trail in Show Low with connecting trails involving Fool Hollow, Pintail Lake and, possibly, Timber Mesa were announced by Nick. Todd Ferneau of Cycle Mania will be involved in building these trails.

Tuesday/Thursday/Saturday Bike Rides are attracting steadily increasing numbers of riders, with long rides led by Nick and shorter rides led by Peggy Lund.

Next Meeting will be August 12 at 8:00 AM, a potluck breakfast at Woodland Lake Park Large Ramada.

Activities: Ruth Nelson led a walk around Woodland Lake Park and Nick led a bike ride.



Trail Care Program: TRACKS has acquired a new trailer for transporting tools and other equipment as Liz's ubiquitous Toyota truck is no longer available for this purpose. Jim Snitzer and Nick built shelves inside the trailer to make storage more efficient. Our TRACKS Logo has been painted on the outside with the work donated by High 5 Design in Lakeside. The trailer will be stored on Forest Service Property.



SAVE THE DATE: The 22nd Tour of the White Mountains Bike Race is scheduled for Saturday, October 7th. If you would like to volunteer, please send Nick an email lundaz@cablone.net or call 928-241-2444. Let him know your t-shirt size, *your cell phone #*, and if you would like to be at any particular location. 700 riders are expected for this year's event. This is a good fundraiser for TRACKS since Epic Rides makes a donation because of TRACKS members' valuable involvement



NEW SIGNS ON WOODLAND LAKE PARK TRAILS

Check out the great new signs at all the intersections along the Woodland Lake Park trails. Kathryn Melsted, along with help from many TRACKS members, got these signs created and installed, with special thanks to Steve Rodney who drove the posts for installation, Dave McCullough and Dave Hollibush for cutting the extension posts, Jim Snitzer for his consistent and unlimited knowledge about how to get things done, and thanks to Matthew Williams for his thoughtful and helpful input, payment for 1/2 of the signs, and for use of the Town post pounder.



That little white arrow says "YOU ARE HERE"

Alert for hikers about hydration/nutrition: (By Beck Ney, former nurse).

Hiking in the summer heat can take a toll on our bodies. Especially in dryer climates, we need to have plenty of water in our systems so drink before you hike or engage in any other strenuous exercise, and often during exercise even if you do not feel thirsty. The same goes for nutrition. The body has not had fuel since before sleep, so eat something prior to hikes that begin early. We all care about each other so don't give fellow hikers cause for worry, carefully monitor your water and nutrition intake to enjoy the outdoor and the companionship of the trail.

SNAPSHOTS



The Tuesday/Thursday/Saturday bike rider group is growing. They Rode Reservation Flats area of Los Burros and Chipmunk

The TRACKS yard sale of gently used outdoor equipment raised over \$2,000 for the White Mountains Trail System. Sincere thanks to all who donated such quality items, and to all who bought items. Several TRACKS members helped during the event, including Walt Ranks, John & Diana Burton, Guy Van Zijll, and Karen Mager. A HUGE shout out of appreciation to Peggy Lund, our “first lady”, who spent weeks cleaning items, sorting them, researching appropriate prices, conducting the yard sale, and contacting regional non-profits to donate the items we did not sell.



WM Nature Center News (from Lynn Krigbaum)

The Saturday Discovery Series programs are continuing through the rest of the summer. On the last Saturday in July there will be 2 opportunities to learn at the Nature Center. In the morning at 10AM there will be a **Science Cafe** which will focus on STEM (science, technology, engineering and math) activities. In the evening starting at 7PM there will be an **Astronomy Evening** with telescopes, the ASU Star Lab and a program about Mars.

On August 5th the 10AM program will be **Beetlemania**. When it comes to bites and stings, what you don't know CAN hurt you! Learn recognition and avoidance of and treatment for some of our area's flying, slithering and crawling creatures.

The evening of August 12th will bring **the 3rd Annual Sock Hop** presented by Walking Down Ranch. This is a fundraiser for helping veterans.

At 10 AM on August 19th the program will be **The Legend of the Great American Jaguar in Arizona**. This presentation will detail this cat's history and status. This beautiful animal is occasionally seen in southern AZ today and its range once included the White Mountains.

On September 2nd the 12th Annual Woodland Wildlife Festival will bring loads of groups including TRACKS to the Nature Center. This is always a terrific event with interactive booths and displays with lots of love, wildlife, demonstrations and exhibits. The Wildlife World Zoo will make presentations at 11AM and 1PM. Then the 3rd Annual Town Campfire with treats will be at 7PM.

Finally, the 12th Annual Nature Center Benefit Dinner will be on September 16th. Doors at Hon-dah will open 4:30. The title of the event is "A Starry Night for Nature." Tickets are available now at the Nature Center and from WMNC Board members. They are \$50 each. Contact Lynn Krigbaum for more information - gemma.krigbaum@yahoo.com or (928)242-8814.

TRACKS MEMBERSHIP RENEWAL

Annually, we ask TRACKS members to renew their membership so that we can keep our membership database accurate. If you joined TRACKS during 2017, you don't need to do anything. All others, please, no later than September 1, do the following (after that time we purge the membership rolls):

a) send Nick (lundaz@cableone.net) an email saying that you wish to remain a TRACKS member....and give any updates to your email, paper mail address, phone number and email lists you want to be on or taken off of.

b) OR go on the TRACKS website and fill out the "email me form" to renew your membership.

c) OR call Nick (928-241-2444) with any updates to your email, paper mail address, phone # and email lists you want to be on or taken off of.

We sincerely hope you will continue as TRACKS members!

<u>Date</u>	CALENDAR OF EVENTS	Time & Place
August 2, Wednesday	Appreciation Luncheon for Trailhead Adoptors, Trail Stewards and Trail Crew	2:00 Jalapeno's Please RSVP to Nick at lundaz@cablone.net
August 2 Wednesday	Audubon monthly Meeting: Speakers will be Joe and Martha Peddie, talking about the Bald Eagle Nest Watch Program and management of bald eagles in AZ	6:30 PM at Pinetop-Lakeside Council Chambers on Niels Hansen Lane in Lakeside
August 2 Wednesday	Up the Hill Gang Hike: Flume Connector #636B	6:45 AM at Pinetop KFC. Moderate hiking. \$2 carpool
August 5, Saturday	Nature Discovery Program: Beetle Mania and Other Biting Creatures	10:00 AM at Nature Center at 425 S Woodland Road in Lakeside
August 9 Wednesday	Up the Hill Gang Hike East Baldy from Phelp's Cabin #95 to the rocks	6:45 AM at Pinetop KFC. 6 mi difficult hiking \$5 carpool
August 10, Thursday	TRACKS Board Meeting	1:00 PM at Nature Center on Woodland Rd. TRACKS members welcome
August 12, Saturday	TRACKS Monthly Meeting Potluck breakfast. Bring a dish to share	8:00 AM at Woodland Lake Park Large Ramada
August 16 Wednesday	Up the Hill Gang Hike: South Fork #97(from campground)	6:45 AM at Pinetop KFC. 6 mi difficult hiking \$5 carpool
August 19, Saturday	Nature Discovery Program: Legend of the Great American Jaguar in Arizona	10:00 AM at Nature Center at 425 S Woodland Rd in Lakeside.
August 23 Wednesday	Up the Hill Gang Hike: Los Burrow #631	6:45 AM at Pinetop KFC 5 mi moderate to difficult hiking. \$5 carpool
August 30, Wednesday	Up the Hill Gang Hike Four Springs Connector #652	6:45 AM at Pinetop KFC 6 Mi moderate to difficult hiking. \$5 carpool
September 2, Saturday	Wildlife Festival	10:00 AM at Nature Center. Volunteers needed to man TRACKS booth
Mondays	Trail Crew	Contact Nick to get on mailing list for times and meeting places: mailto:lundaz@cablone.net , or call liz at 928-537-1978
Fridays	Fool Hollow Lake Rec Area	9:00 AM – Nature Walk/Hike
Saturdays	Fool Hollow Lake Rec Area	4:00 PM – Children's Program 7:00 PM – Nature Talks



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