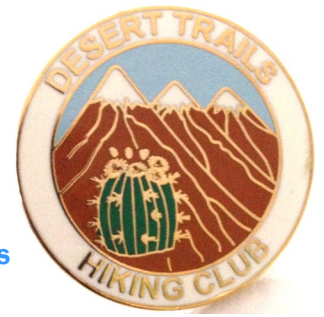


Newsletter

Providing members a variety of hiking, social and stewardship opportunities



Winter—Feb 2017



Mark Your Calendars



- **March 5**-Hike for Hope
- **March 7**-Dinner/Dance Social at Cimarron Restaurant (prior payment required for dinner)
- **March 8**-Work Hike-see website
- **March 20-23**-DTHC Get-away - Julian
- **April 10**-Work Hike-see website

Rare Opportunity

Our wonderful Coachella Valley has a large number of hiking trails with a vast history behind them. Some have names of prominent people. Some have names that describe the terrain. Others have names like 'The Ladders' describing how to traverse the trail. We now have one without a name [yet].....because the trail is not officially a trail [yet]. It is still '*UNDER CONSTRUCTION*'.

Desert Trails Hiking Club has been instrumental in the process of bringing the 'East Indio Hills Trail' from idea to reality. When completed, the seven mile long trail will be dedicated by the City of Indio complete with a paved parking lot and directional markers for the trail. Mid summer 2017 is the planned time for dedication.

On Thursday, February 16, Rich Jarvinen along with Gordon Fidler of Friends of the Desert Mountains led a group of 15 volunteers to begin the formal creation of the trail. Seven of the 15 are Desert Trails Hiking Club members. You, too, can be part of this historical transformation.

A new 700' switchback was cut. The cleanup of the top ridge trail got a good start with much more to do. Two more Work Days are planned to complete the lion's share of the trail work. There will be some moving of rocks to support the switchbacks, creating some water bars, eliminating some graffiti, improving the widening and out-sloping of the trails. You will learn about the use of the McLeods, Pulaskis, Rogue Hoes and the important safety required when using the tools.

Dates to remember are **Wednesday, March 8**, and **Monday, April 10**. Contact [Rich Jarvinen](#) if you are interested in participating. All you need is water, snacks, desire, energy and a pair of work gloves.

Council Members 2016/17

Dianne Delong
Rich Jarvinen
Cathy Luckwell
Dave Luckwell
Dave McGuire
Mike Ovesen
Bernard Rochet
Herbie Rochet
Gary Ward



Winter-Feb'17

STOPPED ME IN MY TRACKS

A few days ago, I read an article that stopped me in my tracks. This article was written by an Australian nurse named Bronnie Ware. She worked many years with terminally ill people. Bronnie's job involved counseling and relief from the stresses that come when facing end of life.

As part of her therapy, she would ask what regrets these patients had as they now faced the fate all of us will eventually encounter. The most common five regrets are ones that all of us have an opportunity to influence in our lives.

Desert Trails Hiking Club is based in a wonderful part of the world. Our common interest of hiking implies that we are healthy enough to enjoy the exercise in the beauty of mountains around us. Taking our health for granted is easy until something snatches it away.

Think about how lucky we are and the choices we make every day as you read the five most common regrets of those near the end of life.

#1: I wish I pursued my dreams and aspirations-not the life others expected of me

#2: I wish I did not work so hard and spent more time with my family and friends

#3: I wish I had the courage to express my feelings and speak my mind

#4: I wish I stayed in touch with my friends

#5: I wish I had let myself be happier as happiness is a choice

Hiking is a wonderful way to stay fit, reduce stress and be as social as you desire. Learn from your elders and relax. Think about what makes you happy and do more of it. Hiking is a happy activity..... especially when you consider all those choices you did not make. Make every day special.

If you want to learn more about Bronnie Ware, you can click on her [homepage](#) and/or find her book on [Amazon](#).

Reminders

- ⇒ The DTHC website continues to be updated all the time. Continue checking our website for all current and updated DTHC news, especially the hike schedule. The schedule is an ongoing process that should be reviewed frequently.
- ⇒ Make sure and DO NOT LEAVE ANYTHING OF VALUE lying around in your car when hiking. It just entices individuals to break into your car.



Winter-Feb'17

Summary of DTHC Coordinating Council Meeting

February 13, 2017

Our third Coordinating Council meeting of the season was held on February 13, 2017. In attendance were Rich Jarvinen, Dave and Cathy Luckwell, Dave McGuire, Mike Ovesen, Bernard and Herbie Rochet and Gary Ward.

Treasurer's/Membership Report: Gary reviewed financial status as of 12/31/16. Membership is currently at 318. Our new Financial Statement reflects available funds beyond reoccurring expenses. This makes decisions about donations to trails-related organizations more obvious.

Last year's \$1500 donation to the Desert Trails Coalition [DTC] for the East Indio Hills Trail was not used as the Trail was 100% funded by the City of Indio and Coachella Valley Mountain Conservancy [CVMC. At our next and final meeting of the season, potential donation recipients and amounts will be on the agenda.

Social Report: Rich reported that the Annual Appreciation Dinner, scheduled for Tuesday, Mar 7, is now in the hands of Cimarron Golf Resort to execute our plan. This year's Appreciation Dinner is expected to be well attended and full of surprises!

Planning for the Socials for the rest of the season is also complete thanks to Jane Udall, Alta Hester, Helen Mandry and Suzanne Jarvinen. Rich Jarvinen is formally turning over the Social chair to Diane Delong at the end of this season.

'Evite' will continue to be used for details on the Socials.

Workdays Report: Rich announced that all Desert Trails Hiking Club [DTHC] Workdays will be posted in the Hiking Schedule. Current focus of our Workdays is the creation of the East Indio Hills Trail. Feb 13 was the first Workday on this Trail done in cooperation with FODM. Two more Workdays on this Trail are planned for Wednesday, Mar 8, and Monday, Apr 10. Come join in this unique experience. Ribbon cutting is planned for Summer 2017 by the City of Indio.

2017 Getaway: Dave Luckwell said there may be a room or two left at the Julian Hotel. Once full, there will be 70 of us overnighting in Julian. Day hiking from Coachella Valley is the option for those not able to get the full experience.

Hikes for the Getaway are being selected based on the desires of the participants. Rich's Getaway Hike team [Rochelle Carlton, Jane Udall, Bernard and Herbie Rochet] will be fine tuning the list to assure we have enough EASY, MODERATE and STRENUOUS hikes for all participants.

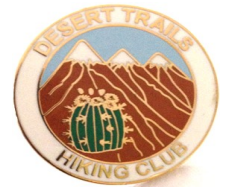
Registration Form for the Getaway are on our website. Please complete it now. It will assist Rich and his helpers plan and properly staff the hikes with Leaders and Sweeps. Volunteer now!

Hike Leaders Report: Mike held a Hike Leaders meeting on Friday, Feb 6, at the Friends of the Desert Mountains facility. Topics of discussion included Hike 4 Hope plans, the annual Appreciation Dinner, refresher on wildflowers, new trails under development, Hike Leader essentials, screening hikers, survival and safety tips and the need to look for future Hike Leaders.

Hike Scheduler and Website Report: Dave L said the Scheduler and Website are functioning well. There are 11 fewer hikes scheduled this year versus last year at this time. Hike Leaders are encouraged to remember to list their hikes promptly.

Communications Report: Cathy is prepping the Council for her departure from the Council at the end of this season but still offering to help with the Newsletter layout. Dave M heard feedback about the Newsletter being worthwhile and interesting.

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Desert Trails Coalition [DTC] Report: Rich updated the Council that the Land Exchange is creeping forward but with no end date offered. What was offered by Ashley Adams was that 'hikers will likely be pleased' with the outcome. Wildflower Festival at the Visitor Center is Saturday, Mar 4, and everyone is welcome to attend [and/or volunteer for working (DTC's) booth].

NEW BUSINESS: Bernard and Herbie Rochet were unanimously accepted as members of the Coordinating Council

ONGOING BUSINESS: Annual Work Plan to be revised by Cathy reflecting that Bernard will assist with Hike Leaders coordination; Herbie will assist with all aspects of Communication and Di-anne will assume all Social duties from Rich.

UPCOMING COUNCIL MEETING: Monday, 3/13/17, from 1-3

Meeting lasted 2 hours 15 minutes