



BARE MOUNTAIN ROAR

February 2022



Taken by Randee January 8, 2022

President Note:

I would like to take this opportunity to wish everyone a Happy and Safe New Year. I also want to thank all those who have agreed to Chair the various committees. As you will see in this edition of the Roar, you will be hearing from these folks and learn a bit about what they are planning for the upcoming year. Please check out their messages and consider where you would be willing to help by getting on one or more of the committees. Keep in mind that we are a MEMBER run club and that things go much better when we all pitch-in. I have seen a great amount of enthusiasm for the 2022 year from the new Board members and from all the members I have heard from so far. Thanks to all for your support and helping make this another GREAT year on the Mountain.
Brent

Race to Robie Creek:

It's happening this year on April 16, 2022. We have new requirements: Volunteers must wear a mask, gloves, and be vaccinated. Please contact Cherie at cmsalz@gmail.com to volunteer.

AANRNW club info:

Squaw Mountain Ranch has legally changed their name to Serenity Mountain Retreat.

LOGO contest:

Lisa took the task at the January meeting to gather and provide at the next Membership meeting new ideas for Bare Mountain Logo. Please send your entry to Lisa (lisa.k.hensley@gmail.com) by March 31, 2022

Email Addresses:

Very important, please include me on email address changes, I've had a number of changes already due to some websites changing. Thank you, Cherie (cmsalz@gmail.com)

Committee Chairs articles: Please review and start volunteering.

Activities: Chair is Kathy H (mrs.twister62@gmail.com)

Hello All. Hope your winter is going great. Looking forward to another great summer on the mountain. I would like to invite anyone who is willing to be on the activities committee with me, please let me know. I could use all the help I can get. If you have any suggestions on what kind of activities you would like to see happen this summer, or would like to host/sponsor an event.

Kathy H

Beautification Committee: Chair is Ann B (eric.ann.beck@gmail.com)

My vision for the beautification committee would be to make it a habit. Everything in life that we care about requires some maintenance. We take care of our cars, homes, pets and ourselves, to keep things happy, healthy and running as best that we can. We either fix or replace the things that are not working for us now.

> So please join me in creating a new good habit. I look forward to hearing your ideas and thoughts. All the small things you do to be helpful and healthful add up to living a good life. As Yogi Berra said "Little things are BIG."

Ann

Emergency Preparedness: Chair is Ron W (printwright46@gmail.com)

Last year we had 2 incidents of broken bones and a wildfire on Bare Mountain. That seems to have been a wake-up call to us to finally get a program on track to provide meaningful first aid to our members should there be future problems. I hope some of our members will join in with this committee as we lay out a number of improvements to our emergency preparations.

Equipment and Supplies

- Check First Aid kits - customize if needed for best use. Check for the proper number of kits and their best placement.
- Fire Extinguishers - same
- AED - Automatic External Defibrillator - Check for current batteries and function. Assess the need and placement for an additional unit.
- Backboard - check for straps and sandbags. Consider adding or changing to a "scoop" style stretcher. Assess the need for additional units.
- Examine the need and cost for additional equipment: Air Splints, Bag Masks (CPR), Oxygen Bottle and regulator, EPIPEN, Narcan dosage, Crutches or Walker, Neck Brace, ECT.

Training

We may wish to identify and work to implement basic as well as some advanced training goals.

- Consider holding several short sessions to allow a time for all members to attend and learn: CPR, AED functionality, Heimlich maneuver, bleeding control and shock treatment. Our goal would be to train every member with these basic skills.
- Arrange and hold some more advanced First Aid classes for interested members.
- Identify members with some advanced First Aid knowledge.
- Learn about local emergency resources and incorporate those capabilities into a coordinated emergency strategy.

What we can do:

- Help members learn which injuries and illnesses are life threatening and would require full EMS support through 911.
- How to best support and stabilize an illness or injury.
- Provide supplies and equipment to help stabilize and support the patient.
- Understand, cooperate and assist fire and rescue personnel with emergency operations or evacuation orders as necessary.

Please contact Ron W or any Board member if you would like to help with this important task.

Land: Chair is Ed (ewillden@yahoo.com)

This committee has the task to complete the Master Plan each year. Please review the 2022 Master Plan and pick a tasks to lead or help complete. Ed will need a lot of commitments to a project or projects. Starting with the FENCE...

Legislation: Chair is Albert (apadley@gmail.com)

This committee is tasked with reviewing the manual to ensure all is up to date. If any changes are needed the proposal is written and reviewed by the committee then presented to the Board for Do pass or No pass. Then given to membership 30-45 days before the next membership meeting to be voted on by the members in attendance. If you have anything you would like reviewed please contact Albert.

Lot List: Chair is Cherie (cmsalz@gmail.com)

The purpose of this position is to ensure the listed is kept in date order, notify the lot is offered to members on the lot list first then to membership if not taken by a lot list member.

Marketing: Chair is **OPEN**

This committee is responsible for: sending articles to AANRNW and AANR for their publications, Government Affairs (watching AANR flyers, newspapers, and internet), and the Boutique products.

**Need a member to organize the Streak to the Peak. Interested? Please let Brent know.

Membership: Chair is Ken (fonzie986@gmail.com)

We are always looking for new members and how to attract visitors. Assisting anyone who would like to become a member to meet with myself and the member at large to review our how our Coop club takes everyone.

**Need a member to organize cabin cleaning. Interested? Please let Ken know.

Newsletter: Chair is Susan Wi (susan@wildden.org)

Bare Mountain Roar is to distribute information to all members. Contact Susan if you have a story, picture, or an idea. We are also going to have a contest to change the look of the Roar. Please send your idea's to Susan.

Playground: Chair is Cindy (tedcthomason@gmail.com)

I am very excited to have an opportunity to bring back the Children's Play Area and to have a chance to involve as many members as possible that would like to be involved. I have many ideas and I welcome feedback. This affects everyone and I am trying to be mindful of this.

I would like to take the opportunity to announce the people I have talked to so far and have committed to be on the committee to help build, maintain, make playground rules and to participate in any capacity that they can. They are Brent H, Donna L, Ted T, Chuck H, Nancy H, Ann B, Lee P, Gary N and Betty S. If anyone else would like to be on this committee, please let me know. The more the merrier!

I have not purchased any equipment as we have not agreed to the location. I have looked on Buy-Sell-Trade for bargains to stretch the money. Anyone wanting to make any donation of items that are in good to excellent condition please let anyone on the Board know. We are striving for playground equipment plus items both children and adults can use such as foosball table, full size ping pong table/net/balls/paddles, plastic dart set, basketball hoop, games, puzzles, bingo, cards. I will try to keep up with the progress with reports until we are able to do more in person on the mountain.

As we all know, our membership average age is in the 60's +. If we want to grow our membership and maintain a healthy club a lot of us feel we need to recruit younger members. Younger

members often have children. Our goal is to provide a place for children to safely play on the mountain plus have games we can all participate in.

Thank you everyone! It's going to be a fun and exciting year!

Cindy T

Trails: Chair is Gary L (garyflegler@gmail.com)

As you know, we keep a logbook at the "Nudes Nest" so hikers can write comments about what they have experienced. For some it is the first time they have hiked nude anywhere.

Most folks are very complimentary of the trails and the views. As someone who helps with the trails, that is always nice to hear. But many also comment on how welcoming and friendly our club members are. That to me means the most. I am proud of the overall experience the hikers are having.

We will always need members to help maintain and continue to improve the trails. They are certainly something we can be proud of. Not everyone can work on the trails, but we all have the opportunity to be a friendly "Bare Mountain Ambassador".

Please get involved however you can. Keep up the good work!

I'm looking forward to an exciting 2022 season!

Happy Trails, Gary L.

Webmaster: Chair is Albert (apadley@gmail.com)

Our website has been bringing in great members to our mountain. If you have any ideas or photos please be sure Albert gets a copy.

AANRNW Delegate: **OPEN**

This position is very important to keep our club informed. This position is voted on each October but we have not had a member to step up to be our Delegate (Manager in AANRNW language). There are quarterly meetings that are held via the internet; summer and fall meetings at different clubs; and the AANRNW/AANR meeting each year in the northwest; Information comes by email regarding other clubs which may or may not need to be shared with the Board and/or members.

Thank you to Randee & Rick for the following pictures to keep up updated on the SNOW this year. Hope the fence stays up!

Pictures from Mountain taken January 8, 2022





Pictures from the Mountain taken January 15, 2022



Good thing the Big tree is down.... See its stump?

Camera took a picture of

Brent & Kathy have an indoor camera in case of intruders. Guess who took their picture with their camera? A Mouse

However because Brent asked Rick to put stuff in rig to kill it they found the bigger problem.

Susan Wi update:

As most of you know I fell on the mountain on August 29 and with the help of several wonderful neighbors we got me splinted and to the hospital in Boise where I found I had broken my ankle and

had subsequent surgery. About six weeks later I realized that my right arm was still hurting and actually hurting more and more. When I had fallen I landed on my ankle (which gave a GREAT crack and also on both hands with the full weight of my body. So, I had an MRI done in Utah and it was found that the rotator cuff muscles were torn and would need subsequent surgery. I asked my Utah doctor for a referral to a doctor in Yuma as I had no desire to spend my winter in the ice and snow of the north. We found a fantastic doctor in Yuma who went in and stitched my rotator cuff ligaments back together on December 17. I'm almost five weeks out now and healing slowly. But I am getting better every day. January 24 I am again scheduled for surgery, this time to remove the 2 large screws that were put into my ankle to help the torn ligaments there to heal.