

BARE MOUNTAIN ROAR

May 2022



Beautiful Spring on the mountain 2022

MESSAGE FROM THE PRESIDENT:

Brent sends his love to all the members. He and Kathy were going to help with the Robie Creek run but due to the weather they decided to listen to Cherie and not try to get into the club grounds due to the mud and snow. They are anxious to get going on all the plans made during the last 5 months but have been put on hold due to this winter like spring. Brent

2022 Spring on the Mountain

We arrived March 29 to great weather then....

We have had a different wet spring which is good for drought. We have shared pictures as Sharon, Larry, Ken and I had to hibernate in the beautiful snow. Luckily we had all had food, propane, electricity, water, Hughes Net, and our cabin phone. The turkeys are putting on quite a show this year.

Finally they plowed the road we went to town for provisions.

Now it's been raining and roads are mushy for trailers to come in, waiting for needles to dry up, internet and phones to get fixed at the club house.

Cindy and Ted came to visit for a night but got stuck turning the truck around, Jason's zebra jeep came to the rescue to pull the truck out. We are all avoiding the area in front of Donnie and Bettys till the road is fixed. The tractor has a big flat tire so Ken hasn't been able to fix the road yet.

Good news the new road mix is standing up to the weather.

Overall we miss all of you.

Cherie

A couple of photos taken by Susan and Mark in early April. This is just past Ken's cutoff if you are going clockwise from the A frame.



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Robie Creek Run

After 2 weeks of snow on the mountain, Robie Creek road not plowed, then snow the night before the race, rainy the day of the race and 45 degree temperatures, a difficult decision was made.

For the first time in 9 years we did not give out fruit and gator aid to runners.

Jon found the attached article about Robie Creek Run which is interesting.

Thank you to the 16 volunteers we had lined up. We will try again next year.
Cherie

Activities

The attached calendar is to give you an idea of when sponsors and/or hosts are needed. Take the time to review and come up with an activity for the club to make 2022 memorable you can sponsor or host.

What is an activity you ask? Such as a dance, game day or night with corn hole, or croquet contest, dinner, karaoke, appetizers with a byob, What idea do you have? Please share with Kathy (mrstwister62@gmail.com) any date you would like to reserve.

April 30, May 1 Start raking needles Start on the "open the mountain" list

May 7 & 8 Continue to open the mountain

May 14 – Trail Cleanup – See April Roar for details

May 21 - 9 AM Needle trailer load up
12:00 Potluck
1 PM General Meeting

NOTES FROM THE NUDE'S NEST:

7/30/17 No traffic jams on the mountain trails, Peaceful, quiet, awesome scenery. Doc,

7/8/21 So nice to breathe and dance free and in sync with the world all around us. Alex

7/9/21 I'm back. Awesome morning. A hike to start the day. Always Great, John, SLC Utah

May 1 is Gardening Nude Day



Update on Ed W.

Ed is doing amazingly well. Its hard to tell that he even had a stroke. It was a left frontal brain bleed that caused some aphasia (speaking, writing, and reading). To talk to him you wouldn't even realize he has had a stroke. At first they said he was home bound (because he isn't allowed to drive) so we had in home nursing visits, physical therapy, occupational therapy (he only came once) and we agreed with him when he said Ed didn't need any OT as he could dress himself, feed himself, etc. Speech therapy came twice and then he was released to outpatient speech therapy. His first speech therapy class will be this coming Wednesday. The therapist that came to the house left him a stack of papers to read thru and complete for word recognition and cognitive retention. He has been to see a cardiologist and a neurologist. The neurologist visited with him and checked him over and said he was doing great. If it was up to him he would pass him off to drive NOW. The cardiologist is sending him to a rhythm doctor to figure out his Afib (fibrillation). Ed is really chafing to be able to drive again but we have to wait for Dr. Gardner to give him the green light. If he needs additional speech therapy we will transfer him to St Luke's IHC from McKay Dee IHC. I will probably need physical therapy a lot longer than he needs Speech Therapy

We will make it up to the mountain – my kids want me here to celebrate my 75th birthday on May 19th but we hope to be up that weekend. Brent has told us repeatedly that there are several guys who have offered to go to MHAFB and pick up our trailer and bring it up and put it

in place!!! It will have to be someone with a military ID or else Ed will have to drive with them to get it from the air force base. But that can be worked out. Ed is getting anxious to get up to the club to oversee all the projects as land chair. He tried to use this as an excuse to pass the work load to someone else as he lay in the ICU in the few days after his stroke, but Brent wouldn't let him. "Let's wait and see how you are doing..." was Brent's advice.

Thanks for caring!! All of your emails and phone calls have been very much appreciated.

Susan

A special thanks to Cherie for all her photos and updates on This last month at the club. THANK YOU!!

Cherie found this brochure in Arizona and since so many members travel in the winter I wanted to share the information about Air Emergency coverage outside of Idaho

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The turkeys know it is Spring – Cherie took these two pictures of the turkeys and their mating dance (April 4)



And finally.....

FOR THOSE WHO ARE 60 yrs OLD AND ABOVE PLEASE READ THIS.

This is for you. Thank you to the person who wrote this.

- ▶ Between 60 and death. It's time to use the money you saved up. Use it and enjoy it. Don't just keep it for those who may have no notion of the sacrifices you made to get it. Remember there is nothing more dangerous than a son or daughter-in-law with big ideas for your hard-earned capital.
 - ▶ Warning: This is also a bad time for investments, even if it seems wonderful or fool-proof. They only bring problems and worries. This is a time for you to enjoy some peace and quiet.
 - ▶ Stop worrying about the financial situation of your children and grandchildren, and don't feel bad spending your money on yourself. You've taken care of them for many years, and you've taught them what you could. You gave them an education, food, shelter, and support. The responsibility is now theirs to earn their own money.
 - ▶ Keep a healthy life, without great physical effort. Do moderate exercise (like walking every day), eat well, and get your sleep. It's easy to become sick, and it gets harder to remain healthy. That is why you need to keep yourself in good shape and be aware of your medical and physical needs. Keep in touch with your doctor, do tests even when you're feeling well. Stay informed.
 - ▶ Always buy the best, most beautiful items for your significant other. The key goal is to enjoy your money with your partner. One day one of you will miss the other, and the money will not provide any comfort then, enjoy it together.
 - ▶ Don't stress over the little things. You've already overcome so much in your life. You have good memories and bad ones, but the important thing is the present. Don't let the past drag you down and don't let the future frighten you. Feel good in the now. Small issues will soon be forgotten.
 - ▶ Regardless of age, always keep love alive. Love your partner, love life, love your family, love your neighbor and remember: "A man is not old as long as he has intelligence and affection."
 - ▶ Be proud, both inside and out. Don't stop going to your hair salon or barber, do your nails, go to the dermatologist and the dentist, keep your perfumes and creams well stocked. When you are well-maintained on the outside, it seeps in, making you feel proud and strong.
 - ▶ Don't lose sight of fashion trends for your age, but keep your own sense of style. You've developed your own sense of what looks good on you – keep it and be proud of it. It's part of who you are.
 - ▶ ALWAYS stay up-to-date. Read newspapers, watch the news. Go online and read what people are saying. Make sure you have an active email account and try to use some of those social networks. You'll be surprised at what old friends you'll meet.
 - ▶ Respect the younger generation and their opinions. They may not have the same ideas as you, but they are the future and will take the world in their direction. Give advice, not criticism, and try to remind them that yesterday's wisdom still applies today.
- Never use the phrase: "In my time." Your time is now. As long as you're alive, you are part of this time.
- ▶ Some people embrace their golden years, while others become bitter and surly. Life is too short to waste your days on the latter. Spend your time with positive, cheerful people, it'll rub off on you and your days will seem that much better. Spending your time with bitter people will make you feel older and harder to be around.
 - ▶ Do not surrender to the temptation of living with your children or grandchildren (if you have a financial choice, that is). Sure, being surrounded by family sounds great, but we all need our privacy. They need theirs and you need yours. Even then, do so only if you feel you really need the help or do not want to live by yourself

- ▶ Don't abandon your hobbies. If you don't have any, make new ones. You can travel, hike, cook, read, and dance. You can adopt a cat or a dog, grow a kitchen garden, play cards, checkers, chess, dominoes, golf.
- ▶ Try to go. Get out of the house, meet people you haven't seen in a while, experience something new (or something old). The important thing is to leave the house from time to time. Go to museums, go walk through a park. Get out there.
- ▶ Speak in courteous tones and try not to complain or criticize too much unless you really need to. Try to accept situations as they are.
- ▶ Pains and discomfort go hand in hand with getting older. Try not to dwell on them but accept them as a part of life.
- ▶ If you've been offended by someone – forgive them. If you've offended someone-apologize. Don't drag around resentment with you. It only serves to make you sad and bitter. It doesn't matter who was right. Someone once said: "Holding a grudge is like taking poison and expecting the other person to die." Don't take that poison. Forgive, forget, and move on with your life.
- ▶ Laugh. Laugh away your worries remember, you are one of the lucky ones. You managed to have a life, a long one. Many never get to this age, never get to experience a full life. My valued friends, enjoy peaceful life at this point in your life. Don't worry... be happy. 😊

See you all soon, the mountain is waiting for you. Be safe in your travels.