

PC Hiking Club Minutes

April 15, 2024

Officers Present: Neal Wring, President, Tom Wick, Vice President, Mike Tansey, Treasurer, and Carol Rice, Secretary

Meeting called to Order: 7:02 pm; Adjourned: 7:47 pm

48 members were in attendance

- **Opening Remarks:**

This is our last meeting for the season.

- **Executive Committee Activities:**

The March 2024 minutes were approved, Motion to accept the minutes was made by Mike Tansey with approval made by Ron Hoffman.

Current Balance	\$2705.10
Deposits	\$176.00
Club Dues Collected	\$80.00
Picnic Raffle	\$96.00
Expenses	\$225.55
Garmin	\$125.55
Speedy Dee Embroidery	\$100.00

Club Membership	137
New	29
Honorary	16
Regular	92

Club dues can now be paid electronically using Zelle, Recipient: Pebblecreek Hiking Club pchctreas@gmail.com. Any questions, see Mike Tansey.

- **Hike Schedule Highlights:**

Summer schedule starts May 6, 2024 through September 14, 2024. Summer Hike Leaders will be Kris Racziewicz, Dana Thomas, Clare Bangs and Mike Tansey.

We will use the same schedule of hikes from last summer. Leaders can change hikes. If someone wants to lead a hike, notify one of the hike leaders with the hike info and the day you want to lead.

Hikes will be C and D hikes, less than 10 miles, no more than four hours out on the trail, and no exploratory hikes.

The next regular season runs from September 2024 to May 2025. Current Hike Coordinators will be contacted to see if they want to continue to be Coordinators for next season.

Saturday hikes will continue next season, both C and D hikes. Leaders will be Ruth Bindler, Tom Wellman, Laurie Rosenbloom, and Dennis Zigmunt. Thank you all for stepping up to lead Saturday hikes!

All Hike Coordinators will turn in next year's schedule by end of July so it can be consolidated and put onto the website.

A big thank you to Nadine Eder for all the work she does to send out the weekly hike schedule email!

- **Hiking Club Topics:**

- Hot Weather Preparation**

- The weather is warming up. Increase the amount of water you take with you and bring electrolytes. You should take 3-4 liters of water, 1 liter per hour on the trail is a good rule of thumb. Consider freezing water bottles and filling your water reservoir with ice. Also consider putting an extra bottle of water in your pack in case there is a need for water on the trail by someone. You can also freeze a towel overnight to use to cool down and remember to use the shade umbrellas that are in the medical kit. Also, do not hike every day, give your body a rest.

- Hike Leader Training**

- Thanks to Ron Hoffman and Tom Wellman for starting OJT training for hike leaders. We will continue this next season as well for anyone that wants to become a hike leader.

- EZ Hikes**

- EZ hikes have been well attended. Hikes will be no more than 3 miles and will be kept separate from D hikes. There will be a dedicated medical kit starting next season, until then the Monday C kit will be shared. All hikers need to carry a backpack with the required items and water. We will formalize the EZ hikes over the summer and update the club SOPs.

There is a plan to put an article in the PC Post in September for the EZ hikes to bring awareness to this new level of hikes.

- In Reach Messages**

- The Board is working on updating the use of In Reach Messages. Sending an 'all okay' message at the break will no longer be required. The In Reach will be used for sending SOS messages when there is an emergency. It can also be used to send a message to a specific email address(es) when needed.

Dana Thomas brought up that we should hold In Reach training in the fall. He also noted that the instructions he previously created should be reviewed/updated.

The current instructions for using the In Reach are posted on the website and there should be a copy in each medical kit. Barb Kripps will be checking the medical kits over the summer to ensure each kit has a copy of the instructions.

- **Event Committee**

Linda Schmillen reported that next week is crazy sock week, hikers are encouraged to wear fun socks on their hikes. The committee is planning a Welcome Back picnic in October and Ruth Bindler is planning to lead a sunset hike in November. If you have any suggestions for events/activities please fill out the form on the website with your suggestion and submit it to the Event Committee.

Thanks to the Event Committee for all of their work this season in planning events!

- **Safety Committee:**

Barb Kripps gave a talk on rattle snake awareness. Arizona is #1 in rattlesnake bites and rattlesnake deaths!

If you see a rattlesnake on the trail, stay back (even though everyone's first response is to get closer to see it). The snake will typically warn you with a rattle prior to striking. Stay on the trail, don't stick your hands and feet into bushes or cracks in rocks.

If someone on the trail is bitten, move the group back ~25 feet from the snake. A dead rattlesnake can strike up to one hour after it is dead. Call 911 or use the InReach to call for help. Follow the instructions given to you by the 911 operator. Use the sharpie in the medical kit to draw a circle around the bite area and note the time. Use the pulse oximeter to monitor vitals and keep the bite area at heart level. Do not apply ice.

Barb asked that if you currently have a medical kit and will not be using it over the summer to please contact her and get the kit to her. She will be checking all of the kits over the summer.

Two members of the Safety Committee, Ruth Bindler and Leon Mosse will be stepping down. Sandy Mednick has volunteered to join the team and Barb is looking for an additional volunteer. If you are interested, please contact Barb. A medical background is not required. A big thanks to Leon and Ruth for their time and effort serving on the committee!

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- **Club Stats:**
Congratulations to Nadine Eder on reaching 4000 miles. Also to Steven Duncanson on reaching 100 hikes, Barb Kripps on 400 hikes and Clare Bangs on 1500 hikes.
- **Next Meeting:** Monday, September 16, 2024 at 7:00 pm in the Palm Room at EN.