

Winding Trails: by Al Hobart

Thursday, June 16, 1966
Illinois Valley News

Kalmiopsis near Taggart’s Bar

Boundless are the joys of tramping the trails through the green forests and over the mountains, and thrice blessed are they who have the yen and the opportunity to partake generously thereof.

The above quotation was filched from the second volume of resolutions of the W O W C (Wandering Order of Wild Canuricans), a select club of half a dozen members of restless souls to which I belong, and whose ambitious intent is to hike all available trails within our chosen range, climb all the worthy mountains within our ditto and otherwise hobnob vigorously and joyously; with Nature at every opportunity.

A two-day opportunity presented itself to two of my WC pals in neighboring Grants Pass, and a ditto lull occurring in my busy routine, and

the three of us decided to rendezvous at a point between our respective bailiwicks and from there take to the wilderness with cameras, bedrolls and a two-day food supply to search canyons, high saddles, and mountainsides for a photogenic stand of the royal, lovely little shrub, Kalmiopsis.

I parked my jeep near the store in Selma, our take-off point, at 7:30 a.m. Charles and Dean of course were late – 3 minutes. Hobbling Little Toot in a vacant lot, with dire misgivings I climbed aboard Dean’s doodlebug and the 3 of us took off down the Illinois River like the heel flies were after us. Ten miles or so down the river, by the swinging footbridge near McCaleb Ranch, where there is no vehicle crossing at present, we parked the Volkswagen, wiggled into our packs and headed into the high hills, our destination being Big Chetco River and beyond into the southwest.

Steady climbing for about 5 miles brought us into Chetco Pass, on the high divide between the Illinois River and

Chetco drainages, and from Josephine into rocky, topsy-turvy Curry County. The day was warm and by the time we reached the top little trickles of brine had etched map-like designs on our dust and pollen-coated faces, and our tongues were hanging clear to here. The route down to the Chetco was a little shorter but a lot steeper, especially the lower half, and much more rocky.

In the early evening we reached the river and decided to make our camp here on a level, smooth spot beside the mouth of Slide Creek. And it was at this point I realized I was still being dogged by the hard luck that has pursued me all my life. It seems I’m never looking when something like this happens. One of the treacherous stepping-stones across Slide Creek decided to play a dirty trick on Charles; it maliciously shrugged him off right in midstream, and in he went clear up to here. When he came up the bank, trailing half of Slide Creek after him, and Dean and I realized what had happened while we were gawping elsewhere, we

were so disgusted with ourselves we didn’t even laugh– well, not very hard.

A cold wind blew on us during the night, but in our hooded, down-filled mummy-bags it only added to our snug enjoyment. With high ridges all around us, contentedly listening to the loudly chuckling swift waters of beautiful Chetco and Little Slide Creek, we lay looking up at the star-filled sky. From the bottom of this deep, dark canyon the stars appeared remarkably bright. Too soon the sandman had to put in his two-bit worth, and it wasn’t long till the musical snores of Dean and Charles were harmonizing with the gurgling and babblings of Slide Creek and Big Chetco.

Next morning we waded the river and began the long climb out of the canyon in the general direction of Taggart’s Bar, several miles down the Chetco. Beside the trail, in the saddle of a high, narrow ridge, we found a colony of the wee Kalmiopsis, the first we’d seen of the tiny shrub since entering the Kalmiopsis Wilderness, growing in the

company of lovely rhododendrons and flowering dogwood. We were almost too late, but some of the Kalmiopsis plants were still in bloom and the boys took numerous color pictures of them (my camera chose this particular time to go on the blink).

Our mission accomplished, we turned back, and began the long trek out. The return hike, as always, was longer, steeper and hotter. But on such a wonderful outing the toughest moments, all mixed up with the many thrilling ones, add up to a nice healthful experience of purest pleasure.

At the end of the second day we climaxed our 45-mile trip, which included 25 miles of hiking, with a big meal of celebration in a top-hole Valley eatery, after which we parted, going off in opposite directions to our respective hidey-holes, enthusiastically resolved to repeat the whole performance as often as circumstances will permit in the coming months of summer

ROGUE VALLEY



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SENIOR CORNER

For local resources call the ADRC at 1-855-673-2372

The 2015 Aging and Disabilities Resource Connection (ADRC) Consumer Satisfaction Survey conducted by Portland State University has just been released, and consumers say the ADRC is providing quality and needed support to Oregonians.

The ADRC of Oregon is a collaborative, public-private partnership that streamlines consumer access to a complicated and confusing aging and disability service delivery system. As part of its commitment to quality ADRC services, Oregon has used grant funds to conduct an annual survey of those receiving ADRC information and assistance or

options counseling services.

Of those consumers surveyed:

* 93 percent said they would recommend the ADRC to others.

* 83 percent report the services or information they received by the ADRC has allowed them to live in the place they most desire.

* 76 percent report they are more independent as a result of the information and services received.

* 76 percent believe they are safer in their home as a result of ADRCs assistance.

“This survey allows us to ensure the work we are doing though the ADRCs is

impactful and making a positive difference in the lives of those we serve. It is rewarding to know that we are making a difference,” said Sarah Hout, manager of the State Unit on Aging who oversees the ADRC.

To view an overview of the ADRC Consumer Satisfaction Survey go to http://www.oregon.gov/DHS/SENIORS-DISABILITIES/SUA/ADRCDocuments/DRC%20Executive%20Summary_Final.pdf.

For a copy of the full survey, please contact Kristi Murphy, program analyst for ADRC, at kristi.m.murphy@state.or.us.

Sponsored by I.V. Wellness Resources

Medical exam information by I.V. Wellness Resources

A medical/health exam has two participants. One is the health care professional (HCP) doing the exam and the other is the patient being examined. Both have the responsibilities of having the exam do what it is supposed to do - help you stay as healthy as can be. In this regard, one shouldn’t wait too long before having one. A medical exam can reveal problems which, if untreated, will only get worse with time. This is true for

problems you don’t know about and for problems you suspect.

What can you do to improve any medical exam you will receive? First and foremost do not hide anything. Some people do not want bad news or are afraid of something they suspect is wrong with them. A person may hope or believe if they ignore it will go away or just don’t want to bother the HCP with their silly worries. They might not tell the health care professional about it and IT MAY SAVE

MUCH MISERY OR EVEN BE LIFESAVING if they did. Often you will know something may be wrong before it can be found by an ordinary HCP exam. Please do not be shy or afraid to openly communicate your concerns. If you are seeing a HCP for something and are concerned about something else, please tell them about it. The more truthfully you answer any questions the more chance there is that you can be helped.

Another important patient responsibility is

following the HCP’s recommendations. Thinking of yourself and your health care professional(s) as part of a team to benefit your life is to your advantage. Do your part to make the team successful.

The term health care professional has been used for a good reason. Today there are different beneficial health/medical care systems available. We will try to acquaint our readers with an overview of them. You can contact I.V. Wellness Resources at ivwellnessresources@gmail.com.



Illinois Valley Wellness Resources

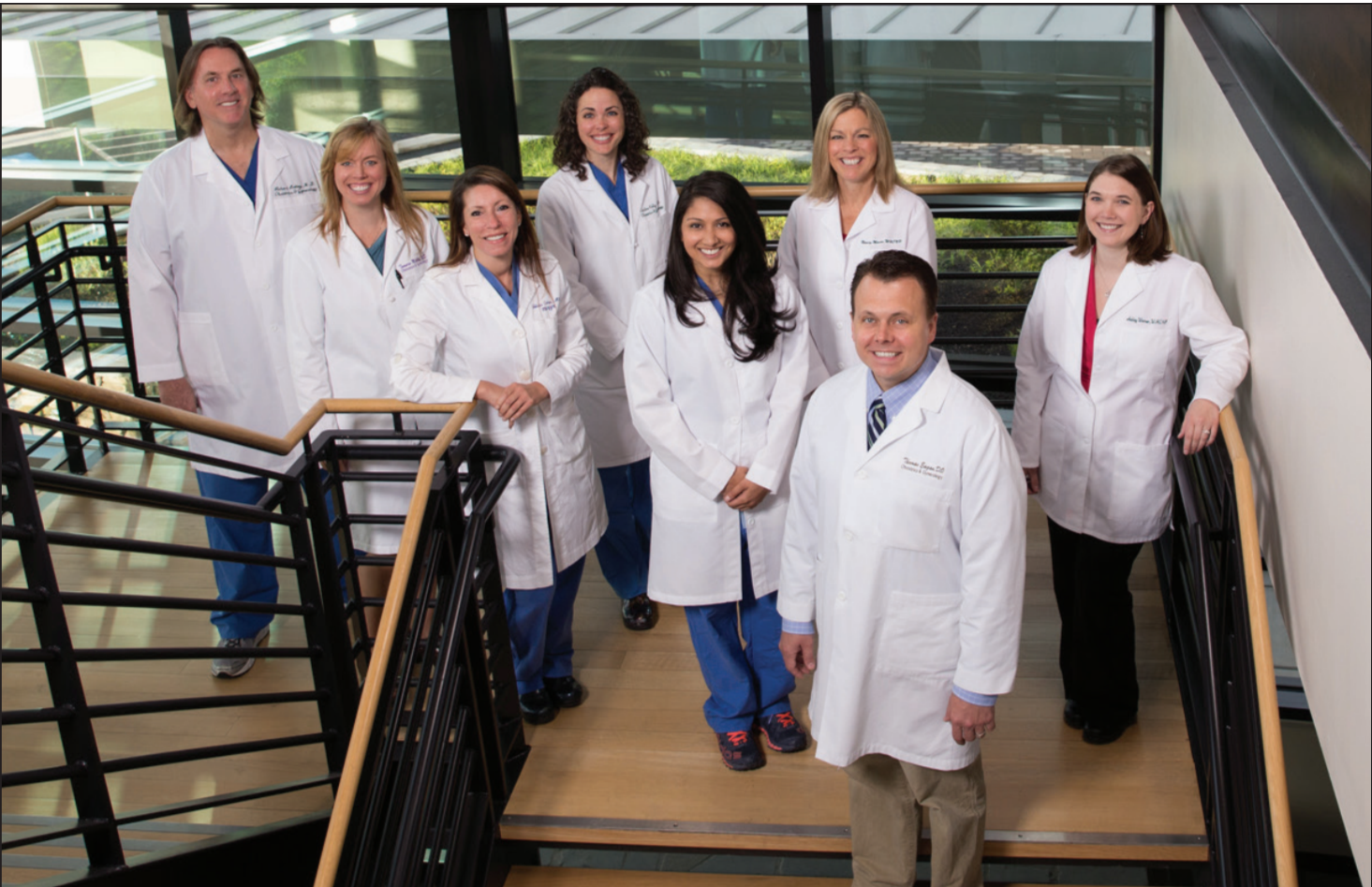
Senior Bulletin

FREE Chair Fitness Classes Monday and Wednesdays from 2-2:45 p.m. at Healthy U at 535 E. River St, 541-592-4888.

Low cost spay/neuter available to people feeding free roaming cats. Call Stephanie 541-956-7586 for information. Sponsored by the Josephine County Spay and Neuter Fund.

FREE for Seniors

If you are a senior and want to place a **FREE AD** for a living or health care need call Laura at 541-592-2541 or email laura@illinois-valley-news.com.



Extraordinary Care for Women

Women’s Health Center of Southern Oregon helps you manage your unique health needs from puberty and pregnancy through menopause and beyond. Our doctors, women’s health nurse practitioners, and staff work together to help you feel comfortable and enjoy a lifetime of great health.

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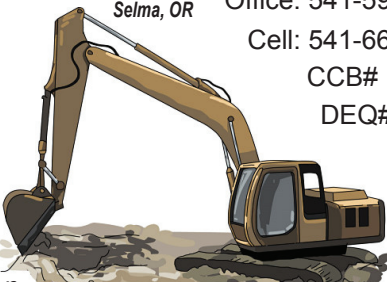
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