

# 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 WOWC (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 three 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 maple-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



COUNCIL OF GOVERNMENTS

### Food & Friends Menu

#### FRIDAY – JUNE 24

CHICKEN SALAD

SANDWICH

#### MONDAY – JUNE 27

TURKEY LOAF

#### WEDNESDAY - JUNE 29

MEATBALLS W/ PASTA

If you need meals delivered please call

541-955-8839.

## SENIOR SPOTLIGHT

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

### Senior Companion volunteers needed:

The United Community Action Network (UCAN) is desperately seeking Senior Companion volunteers for the Illinois Valley.

This is a valuable program that helps elderly adults, 60 years or older and adults who are disabled stay independent in their own homes. Senior companions serve older adults by providing companionship, assisting with some personal care, transportation, light chores, cooking, shopping and respite care.

### Benefits to volunteering:

- 1) Tax free stipend
- 2) Mileage reimbursement
- 3) Meal reimbursement
- 4) Supplemental insurance
- 5) Training - pre-service and monthly training on best practices for aging, disabilities & senior issues
- 6) Studies show that volunteering helps the volunteer live longer and promotes a positive outlook on life.

If you are interested in becoming a UCAN senior companion please contact Carlos Gomez,

program manager of UCAN Senior Companion Program serving Douglas and Josephine counties at his office at 541-492-3520 or fax at 541-672-1983. His email is carlos-gomez@ucanap.org, 280 Kenneth Ford Drive, Roseburg, OR 97470.

For more information about resources found in the Illinois Valley or connect to local information for seniors and people with disabilities, their families and caregivers you can call the **Aging and Disability Resource Connection (ADRC)** at 1-855-673-2372 or online at [www.adrcforegon.org](http://www.adrcforegon.org).

### Sponsored by I.V. Wellness Resources

### Preventing a fall:

Falling or tripping hurts. Sometimes falls cause serious injury. The potential for a fall, serious and minor, is something seniors should have in mind. Tripping over a pet happens quite often. Pets seek our company and try to attract our attention, especially if they want something from us. Trying to walk faster than usual or walking with a mental preoccupation can make us less wary. If one has a pet and is trying to move quickly with their

mind on something other than walking safely, the potential for tripping over your pet increases. The same is true for that carpet or rug which seems to always catch your foot. Clearing the spaces you walk through of potential hazards, anything which might cause you to trip, is a good idea. Lightheadedness, feeling dizzy, for example, when one gets up from sitting or lying down can easily predispose someone for a fall. This is especially true when getting up from bed

a night. Even if you only experience this once in a while, it is a good idea to wait after you stand up before walking. If you experience this dizziness often or if it ever causes you to doubt your ability to walk until it passes, having something sturdy to hold on to right where you get up is a good idea. How about those slippery porch steps or that rickety step ladder or those sticks in the yard? There are many things which can predispose you to trip and fall. A safety survey and

potential hazard clearance of your surroundings is in your best interest. Please remember that many medicines and intoxicants can increase your likelihood of falling. In this hot weather, drink plenty of water. Dehydration can make you less stable on your feet.

Please remember that cold drinks can cause "brain freeze." This will certainly predispose you to falling.

Contact I.V. Wellness Resources at [www.iwellnessresources@gmail.com](http://www.iwellnessresources@gmail.com).



### 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](mailto:laura@illinois-valley-news.com).

# Concerts in the Park

Summer 2016

## Thursday Evenings

6:30 - 8:30

Jubilee Park

Cave Junction

Free admission

Bring your lawn chairs or blanket

- June 23 Dale Hopper
- June 30 Ras Cricket & Frankie Hernandez
- July 7 Southbound
- July 14 Shoplifter
- July 21 Kelly Thibodeaux and Etouffee
- July 28 Buckle Rash
- Aug 4 Rosie Wittman

Refreshments on sale by Bobbalou's Hamburgers and Dogs

Sound provided by Jammers Jukebox Check him out on Facebook at Jammers Jukebox



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