



Alta Dutch Flat Gold Run COMMUNITY

Volume 33 – No. 4 PUBLISHED BY THE DUTCH FLAT COMMUNITY CENTER WITH MEMBER SUPPORT Winter 2022

Local company bringing high-speed internet to our community

By Sarah Fugate



Sierra Mountain Internet's Jeremy and Scott Stanfield

All photos provided by Sierra Mountain Internet

Sierra Mountain Internet (SMI) is a new, family-owned and operated, business offering high-speed internet. Alta residents, Scott and Jennifer Stanfield and their sons, Jeremy and Benjamin, “love the Alta-Dutch-Flat community and have a vested interest in ensuring that ‘Best in Class service’ is always provided to our friends and neighbors.”

Sierra Mountain Internet is a community-based, “Mesh Network”. By relying on customer locations to transmit internet signal strength via antennas to neighbors, they anticipate being able to add 1000’s of additional homes and businesses to the system without lag time. In doing so, SMI is quickly and efficiently expanding the network to add new areas of Alta, Dutch Flat, Gold Run, Secret Town and Alpine Meadows, plus the communities of Blue Canyon and Emigrant Gap. It’s an exciting venture that all are welcome to become a vital part.



SMI's Benjamin Stanfield

The Sierra Mountain Network was originally designed and engineered by lifetime Alta residents and well-respected business owners, Aren and Valentina Sutton, of Sutton Tech Services. With care, concern and thoughtful consideration in every detail and aspect of planning, the Sutton team has done a remarkable job of implementing the Sierra Mountain Internet “mesh network”. The Stanfields are grateful for Sutton Tech Services innovative engineering approach and technical capabilities.

SMI is providing a 5% Discount off your monthly bill for every neighbor to which you relay internet. It’s a wonderful thing to provide real cost savings for being a part of this community approach. With dozens of satisfied local customers now receiving fast and reliable, 1st class internet service, it is their intention to continue to reach out to difficult service areas that other providers are unwilling to serve. Sending signal strength over multiple mountain ridges and around thousands of trees is no easy feat, yet SMI plans to expand their network of fully capable relay sites throughout this area.

The Sierra Mountain Internet team has a 34-year family history in Business and Information Technology. SMI has become



Expert tree climber, Rich Jameson, and SMI's Jeremy Stanfield

the leading reliable network in our region. During the massive “Snowmageddon” storm we faced in December 2021 / January 2022, the Sierra Mountain Network had service uptime over 96%. Another provider was down for over a month during that storm, which frustrated customers and stopped productivity here in town. SMI is committed to the “standard of excellence” and “service precedent” set by Sutton Technologies.

The Sierra Mountain Network begins with a dedicated local Fiber Infrastructure. From this engineered network, SMI broadcasts a private internet signal to you, creating the fastest internet reception service in town. Point-to-Point antenna relay technology allows for a small antenna to be placed at your property that receives a direct signal from a Sierra Mountain Network antenna nearby. The wireless connection to your home or business is called an “end station point” and is connected to the main fiber line antenna allowing for fast, reliable service via a fixed, private, wireless connection to you.



SMI's Benjamin Stanfield

Contact Sierra Mountain Internet at 530-389-5550 or www.sierramountaininternet.com

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Bear River Recreation Area to remain open for day use under new agreement

Reprinted from placer.ca.gov

The Bear River Recreation Area in Colfax will remain open to the public for daytime use only under a new agreement with the California Department of Fish and Wildlife.

The agreement, approved Nov. 29 by the Placer County Board of Supervisors, will allow the county to provide essential services such as ranger patrols, and garbage and restroom facility services while the property remains open for day use.

The agreement comes after the county’s contract with the property owner, CDFW, to manage the Bear River Campground expired Nov. 12. The county previously operated the property for the past 54 years.

“I am excited for Bear River Recreation Area visitors as the park’s future was uncertain when our contract with the state expired,” said Placer County Board of Supervisors Chair and District 5 Supervisor Cindy Gustafson.

The board's decision comes on the heels of a series of public outreach meetings eliciting community feedback on the property’s future.



Photo by Jeremiah Sumner

Fishing at the Bear River

“The public has given us very constructive feedback and has expressed their desire to see continued public access and uninterrupted service to the Bear River property,” said Andy Fisher, county parks administrator. “This agreement meets those immediate needs and gives the state time to consider the best options for long-term management.”

Also in response to public feedback, the county and CDFW will be installing new signage to provide guidance and rules consistent with the new agreement. Picnic tables are also slated to be installed near day-use parking areas, and vegetation management will continue under CDFW guidance.

During a presentation to the board, CDFW Regional Manager Kevin Thomas, noted their willingness to consider a variety of third-party agencies and organizations that could play a role in long-term management.

The recreation area offers a variety of day-use activities including hiking, swimming, fishing, gold panning and more. A 3-mile trail network runs through the park’s 200-acre property where wildlife such as deer, porcupines and squirrels are often seen. Camping will not be allowed during the life of this agreement but may be reconsidered by the state in the future.

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Views expressed in letters, guest opinion pieces and other contributions do not necessarily reflect the views of the Editor, the Dutch Flat Community Center, or its Board.

This newspaper is published quarterly and distributed to Dutch Flat Community Center members and to residents of the Center’s service area from Gold Run to Emigrant Gap in Placer County, California.

We welcome contributions from readers. Submission deadline for the next issue is March 10, 2023.

CALENDAR OF EVENTS

The Attic: Thursdays, 10 am - 1 pm.

Auburn Interfaith Food Closet: Monday-Friday, 10 am-2 pm, Wednesdays, 4-7 pm, last Saturday of each month, 10 am-2 pm. 1788 Auburn Ravine Rd, Auburn. 530-885-1921. Delivery available.

Dutch Flat Community Center Board of Directors Meeting: 2nd Mondays, 6:00 pm. Location varies. Contact Bob Kims, 530-389-8684.

Dutch Flat Community Center Potluck: 3rd Thursdays. 6:00 pm. Bring a place setting, your own drink, and a dish to share.

Dutch Flat United Methodist Church Pancake Breakfast: 2nd Saturdays, 8:00 am -10:00 am.

Dutch Flat United Methodist Church Arts & Crafts: Thursdays, 9:30 am - 4:30 pm. All are welcome. Learn something new!

Dutch Flat United Methodist Church: Sundays. Fellowship Dinner, 5:00 pm. Worship Service, 6:00 pm.

Golden Drift Historical Society Board Meeting: 1st Monday of February, April, June, August, October and December, 7 pm. Golden Drift Museum, Main Street. Contact Sarah Fugate, 530-210-5085.

Pioneer Union Church, Gold Run: Worship Service, Sundays, 10 am.

Placer County Library Mobile Service: Alta Store, 10/6, 11/3, 12/1, 11 am-12 pm. Dutch Flat Community Center, 10/11, 11/8, 12/6, 10 am -12 pm.

Sierra First Baptist Church, Alta: Worship Service, Sundays, 11 am. 33990 Alta Bonny Nook Rd., Alta. Contact 530-389-2168.

Sierra First Baptist Church Bible Study: Mondays, 8:30 am,

Sierra First Baptist Church Community Lunch: Mondays, 11:30 am - 12:30 pm. Free.

Sierra First Baptist Church Food Pantry: Thursdays, 10 am - 12 pm.

Dutch Flat Community Center has a New Board President: Laura Glassco

By Laura Glassco

Hello to All!
We hope you all are enjoying a wonderful holiday season. Please stay healthy and ready to have a great 2023!
Allow me to introduce your Board of Directors for 2022-2023:

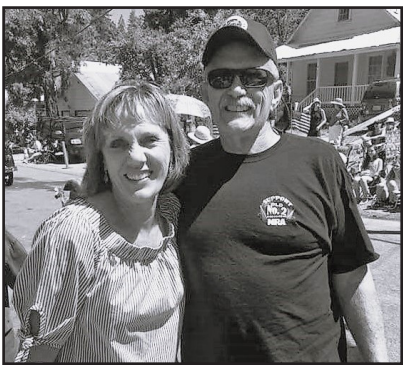
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Shannon Molloy, Recording Secretary
Alicia Lampley-Gebel, Corres. Secretary

At Large Directors:

Bill Charles
Karen Charles
Bob Pfister
Suzanne Vidal
Alan Willsmore

So many people have worked endless volunteer hours to make this organization such a vibrant, vital cornerstone of our community. Our goal is to preserve our traditions, maintain our beautiful historic building and provide a place for our community to meet and enjoy one another’s company.
We are all volunteers working together.



Laura Glassco is an active member of our community. In addition to her service to the DFCC, she has served as Board President of the Friends of the Dutch Flat Pool and is a current member of the Golden Drift Historical Society Board.

We want to hear from you! If you have suggestions, ideas or concerns, please contact us or come to one of our monthly Board Meetings.

Our annual membership drive will be underway shortly. If you don’t receive a letter in the mail, please contact us. Your contribution will support this organization to maintain and grow. We look forward to a very fun filled year of events and activities with you!

How to contact us:

DFCC Office Phone: 530-389-3810
Email: dutchflatcommcenter@gmail.com
Mail: P. O. Box 14, Dutch Flat, CA 95714

Volunteers needed for Board of Gold Run Cemetery

History provided by Golden Drift Historical Society



Photo by Debblesed

Gold Run was originally called Mountain Springs, a mining settlement established in 1850. Roads leading to this settlement became impassable in the winter months so, in 1861, a local businessman, Orrin Hollenbeck, cleared a new town site and the settlement was moved to what is now Gold Run. The Central Pacific Railroad reached and established a station at Gold Run in 1866.

The name of the town comes from Gold Run Ravine, a tributary of Canyon Creek, whose headwaters are there. By 1870, Gold Run was described as having 11 saloons, 4 stores, 1 barber shop, 3 blacksmith shops, 3 hotels, 1 bakery, 1 tin shop, 2 shoemakers, 2 butcher shops, 2 town halls, 1 post office, 1 church and 1 school. Three fraternal order lodges, Odd Fellows, Masons and Good Templars, were located in town.

Gold mining was the principal industry and hydraulic mining was the principal method used to obtain gold. The Gold Run Ditch & Mining Company, Indian Hill Cement Mill and Mining Company, and Cedar Creek

Mining and Water Company were the largest mining companies in Gold Run. It is estimated that \$6-\$8M worth of gold was taken from the surrounding ground.

In 1931, Highway 40 was built right through the center of town and, in 1960, Interstate 80 covered more of the original town site. Today, a few houses, the Pioneer Union Church, and some fruit trees are all that remain of what was once a very prosperous town.

VOLUNTEERS NEEDED FOR THE BOARD OF THE GOLD RUN CEMETERY COMMITTEE. MUST BE A PROPERTY OR BUSINESS OWNER IN GOLD RUN OR HAVE FAMILY BURIED IN THE GOLD RUN CEMETERY TO BE ELIGIBLE.

CONTACT: FERRIN CALL, PLACER COUNTY FACILITIES MANAGEMENT, 530-886-4963

Gold Run Cemetery Committee

Composition
Shall consist of three at-large members serving two year terms, appointed by the Board of Supervisors. Each member shall either have a family member buried in the Gold Run Cemetery or be a property owner, business owner, or resident within the Gold Run area. Term of office shall be two years.

Purpose
To coordinate groups of volunteers to provide cemetery maintenance, provide advice to Placer County staff on contracts for cemetery services, supervise burial arrangements and notification, and maintain necessary record keeping functions. The committee will also be responsible for providing necessary documentation to comply with state law to the Placer County Facilities. In addition, the committee shall provide information and direction of all activities at the Gold Run Cemetery.

Welcome Home - *A personal story*

By Bill Gallaher

OVER SOUTH VIETNAM APRIL 1971

I opened my eyes to darkness. An insane oriental music was coming from somewhere. Loud. Clanging. Gongs, Dark. Where the F am I? I’m in a cell in a POW camp! I’ve just spent a week escaping and evading and surviving off the land just to be captured and put in a POW camp.....!!

Wham! The air turbulence woke me from my nightmare. I was in a United Airlines DC-8 on my way to Vietnam! My nightmare was a repeat of part of my training to give me an idea of what it would like to be a POW. The dark enclosure and clanging gongs were only a part of the 4 days of the mental and physical torture handed out by former POW’s acting as the enemy. It was real!

As I looked out the window we passed from the South China Sea to tall Vietnamese jungle. Thick, 300’, three canopy jungle. I knew my survival training would help me in case I was shot down, but I hoped I would never have to use it.

My latest and probably the most useful training was the Air Force Jungle Survival school at Clark Air Force Base in the Philippines. Snake School, as we called it, was a requirement for all Air Force crew members assigned to fly combat duty in the Vietnam War.

Jungles are vast and dark. Hard to get through and easy to get lost in but with lots of places to hide. And hiding in this Escape and Evasion school was the whole idea. We spent three days and nights of camping and moving through the dense jungle with a Negrito guide and instructor. Negritos are indigenous to the Philippines, and this man's knowledge of the jungle was amazing. The tiny black jungle inhabitant was a master of living off the land and camouflaging himself. To prove how well an individual can hide, our group of about 20 men were told to find a Negrito that was hiding near a large tree. After looking for about 30 minutes without success, we were given increasingly small search areas. Finally, after a few unsuccessful tries, the man came crawling out from underneath a large pile of debris and duff around the tree. The only thing I could think of was what creepy crawlies were down there.

The conclusion of Snake School was an escape and evasion exercise. We were given a map with the designated search areas (I’m assuming so we wouldn't get lost). After a three-hour head start, the Negritos were turned loose to find us. Each American was to use our skills and recent classroom training to escape and evade. If we weren’t caught during a twelve-hour period, we had theoretically escaped and were to walk back to the camp. If we were caught by a Negrito, we were considered captured. Each captured American had to give up a green chit that each of us was issued. The chits were good for a fifty-pound bag of rice so the Negritos were all very motivated. Within six hours the local Negrito tribe caught all the American evaders. (Not surprising because they grew up in that area). When asked how we were found, I heard one Negrito say "You stink, GI. Americans eat lots of meat and it makes them stink. I just smell you and



EC-47 Photo by Ray Rhode

follow my nose.” I decided then to cut way back on meat and any other products that had an odor, HA! Like deodorant.

As the airliner descended, I thought how different my last assignment was from this new one. My previous assignment was in North Dakota as a Radar Intercept Officer, flying backseat of F-101s. My new job in the jungles of Vietnam was as a navigator in EC-47s. Quite a difference to go from a supersonic jet fighter to a cargo type aircraft that cruised at 160 MPH.

Tan Son Nhut Airbase, my final destination, was located outside Saigon (now called Ho Chi Minh City). Because of the possibility of enemy ground fire, the airliner’s approach and descent was short, steep, and fast. Welcome to Vietnam. Welcome to a war zone. Welcome to 12 months of combat missions over enemy territory.

As we landed at Tan Son Nhut, I saw a number of camouflaged airplanes. Jets and reciprocal engines. Large and small. Because my new assignment was in EC-47s, I was especially interested in a group of heavily guarded C-47s. These “Gooney Birds,” were the same transports used to drop airborne troops during WWII, but these C-47s were now special birds for a special mission. Renamed the EC-47, (the “E” standing for electronic) they looked very much at home in the jungle setting, with camouflage paint jobs and covered with an array of different types and sizes of antennas. “It’s a forty-thousand-dollar airplane with a million dollars’ worth of top-secret equipment in its belly.” I was told to not ask anyone what EC-47s do because they either don’t know or won’t tell. And that I would find out soon enough.

My first “welcome to Vietnam” encounter had nothing to do with the war. After coming “in country,” I had a few hours to kill before I had to report to my squadron, the 360th TEWS, or Tactical Electronic Warfare Squadron. I went to the officer’s club at the Air Base for a beer. I hadn't been at my table for five minutes before a major came over and threw \$.35 on the table and said, “Captain, the other two Majors and I over there at that table think you should get it haircut, so here's \$.35 to get it.” Wow, I was just off the plane from jungle survival school. This is a war zone. Like, who cares? I guess the Air Force figured that if I die tomorrow I should look good.

After reporting to my squadron, I was issued my flight gear, which consisted of Nomex (fire-resistant) flight suits, combat boots, a Smith and Wesson 38 Special pistol, with a holster, box of standard issue shells, and a box of 38 caliber tracer rounds. I asked, “Tracer rounds?” So, in case we get shot down I could fire into the fuel tanks of

the airplane to destroy the airplane and it's sensitive material. WHAT? How far away do I have to be to avoid the explosion? Yeah, right. And if the bad guys didn’t already know where we were, let’s explode an airplane to show them!

During my initial briefing of our mission, I learned that in addition to our 360th squadron in Saigon, there were 2 other squadrons of EC-47s operating over South Vietnam and Cambodia.

The mission of all EC-47s was to track enemy troop movements generally, and specifically as they moved south along the Ho Chi Minh trail. We did that by monitoring the radio waves for transmissions, copy and record them, and transmit the scrambled, time sensitive intelligence to the appropriate agencies.

The EC-47 was filled with secret electronic gear. One of the most highly classified was the ARDF (Airborne Radio Direction Finder). This was not your grandpa’s ARDF that was used back in World War II. The new version of the ARDF was able to quickly acquire weak signals from a distance, enabling us to act immediately on time sensitive intelligence. This all without spooking the enemy because they had no idea how fast we could locate the position of their radio transmissions. Sometimes, within ten or fifteen minutes, B-52s could drop bombs on the coordinates the EC-47s called in. B-52s fly very high and with the haze you can’t even see them from the ground. The enemy had no idea where the bombs came from or how the bombers knew where they were. Nobody, including friendlies, knew where the information came from. It was something for all TEWS squadrons to know and take pride in and for others to wonder about.

Before each mission we were given a mission preflight briefing. We received information on where we were going, what type of targets we were looking for, and what kind of enemy anti-aircraft guns we might encounter. Sometimes we would be looking for a specific target, or going to a specific area, and other times we were just trolling. Our crew consisted of two pilots, a navigator, and 2-4 radio operators. When a radio operator picked up and identified a signal, if it was important, they would call it back to me as the navigator, and my job was to locate and plot it.



Photo provided by Bill Gallaher
Ho Chi Minh Trail

Before we go any further, The Ho Chi Minh Trail which played a huge part in the war, needs to be explained..

The Ho Chi Minh trail was not what we think of as a hiking trail around here.

It was 1200 (maybe even 100,000) miles of a loose and elaborate spider web of mountain and jungle paths and trails used by North Vietnam to infiltrate troops and supplies into South Vietnam, Cambodia, and Laos during the Vietnam War.

And here’s an irony of the Vietnam War: The enemy used the trail in Cambodia and Laos to transport supplies to kill our military, but we were not officially on the ground or in the air over Cambodia or Laos. Because we did fly over Cambodia, we required a SSIR (Special Security Investigations Required) clearance. It was a layer above a Top Secret Clearance and needed because we collected presidential level intelligence.

Continued on page 6

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Living Amongst the Wild

By Annette Rodgers Purther

When I was much younger, I thought the idea perfectly reasonable that, wild animals could and should go live outside of the cities and towns we have built. In addition, I also thought that there are obviously a lot more wildlife in the areas outside of cities and towns; like where I now live in the more rural part of Alta. Well, this is not necessarily so, and has made for a huge learning curve in my understanding of our local wildlife.

The fact is, that unless I feed birds, whether in hanging feeders, on a stump they like (reality is I like), or on the ground (wild turkeys & doves), I seldom see wildlife. Sometimes I don't see many birds either, and I try to think about why.

Now, after working intimately with wild animals in both Nevada County and Placer County wildlife rescues for 10 years and studying about the behavior of wildlife; it's no longer a perfectly reasonable idea that wildlife could and should move outside of where we have built our homes. Why?

1 - Because they lived here first; not that this makes them more important than us because, I believe it does not.

2 - Because we actually like the idea that we can view a wild animal outside of our home window. This is a spectacular treat and learning event for both adult & child, but sadly we often forget this aspect of wildlife in lieu of fear or anger.

3 - Because we want to feed the birds; but only the little birds...and not those aggressive Jays or the Squirrels, or the Foxes, or the Coyotes... But, truth is all wildlife will take any easy opportunity to eat, and that's where we become responsible.

4 - Because we like to feel good about "helping" our wildlife survive by feeding the birds. Truth is we feed the birds for our own enjoyment, they DO NOT need us to survive, and many of my wildlife friends do not feed birds any longer.

5 - And finally, the biggest truth...Because wildlife have territories and they instinctually know to not infiltrate another's territory and/or need to be ready to defend themselves if they step into another's territory. It is not true that CADW&F relocates bears. No one seems to know how this myth got started, but it's important we understand this. If they do ever relocate a bear, it is because of public pressure as with "Hank the Tank" who was relocated to a sanctuary to live out his life.

6 - Add your own reasons as I'm sure you've got them, especially if you've lived with wildlife for years. There's no doubt that being an "old timer" has its advantages, but without learning about our wildlife's behaviors, we will always inject our human mindset into the situation. Understanding them will make it easier for us to co-exist. It doesn't work the other way round. It's also really fascinating when you learn a new wildlife fact and the light bulb goes on and you think, "gosh that makes a lot of sense, how cool".

I recently heard the idea that there are 2 types of bear, and this is a very new concept for me. Those who are born and live in the wild, and those who have been "Urbanized". I realize that the towns of Alta, Dutch Flat, and Gold Run are considered rural, yet the problems encountered with our wildlife are much the same as with bigger cities, bar the tighter living conditions, more asphalt/concrete, and a lot more people. Urbanized bears may look fatter and better looking but are, in fact, eating food not meant for them including plastics and wrappers. They are less healthy than wild bears.

The wildlife in our towns have adapted to living amongst us incredibly well, from the wild animal's point of view. Unfortunately, we don't always adapt to them, which can become a full-time job at times. So, WE create problems for both our wildlife and ourselves. When I moved

from SoCal to NorCal, I decided I wouldn't grow my roses any longer. I didn't want to put a fence around them. I thought that defeated my reason for having roses which was to view their beauty, and a fence interfered, to me. In life there are often no real solutions, just compromises and trade offs.



Photos by Annette Rodgers Purther

Alta Wild Turkey

Alta Gray Fox

Expanding on #4, our birds DO NOT need us to feed them. AGAIN, our birds do not need us to feed them for them to survive. That, in a nutshell IS the problem that expands on #3. We want to feed the wildlife WE want to feed. Folks...our wildlife doesn't know the difference. Wildlife is opportunistic, does not have the mental capacity to differentiate between our food and their food, and when we offer food, whether consciously or subconsciously, they will take the opportunity of least resistance. This is why WE must work hard at times, to find what we may need to eliminate to keep them away from us as well as keep them safe.

I believe, we have been given the task of being good stewards of all our animals including domestic pets, livestock, & our wild neighbors. All wildlife is driven by instinct. Humans on the other hand have been given choice and the ability to rationalize for ourselves. What an amazing gift of freedom this is if we use it for the best of ALL. Our animals cannot and will not learn these lessons, and killing the critter that got your chickens or ate your lettuce WILL NOT solve the problem because there's always another critter unless we wipe them out; and we have done this with ramifications i.e. the Wolf (I am not saying I agree with introducing a different type of wolf, I don't know and the consequences do worry me).

This means that it's up to us to do the work to co-exist with them. My territory, my property, my porch, my plants, my pets, my livestock does not entitle acting against their well-being if they are just doing what they do. Oh boy, I've got some smoke coming out of some ears. Hey, I am not, nor ever, saying there is never a legitimate reason for needing to take deadly actions for habituated problem wildlife. BUT, I am saying that wildlife is habituated by us; it does not happen by osmosis. All it takes is 1 neighbor who will not take timely actions when needed to keep wild animals safe and away from us. Truth, however mad it makes folks, is wildlife does not want to interact with us. That is not until we give these opportunistic beings running on instinct a reason to get closer. And when they get closer to us, they behave differently and so do we. And this is where animal behaviors and our behaviors,



Photo by Annette Rodgers Purther

Alta Black Bear

along with our creative minds begin to conflict. FACT...the animal is more afraid of us than we are of it. ALWAYS...take charge, do not show fear, and let them know they are not welcome.

Loud obnoxious sounds and words usually work unless it's a repeat offender that needs a loud horn or shots fired in the ground, not in the air since what goes up must come down. Do not stand in their exit route or sick your dog on them.

When folks set their dog onto a bear, they are literally forcing the bear to fight if they can't get away or worse yet is a mama bear with cubs you can't see up a tree nearby. That mama bear will kill your dog, so don't do it. It's not fair to blame the bear for being forced to defend themselves. It's also not fair to the dog.



Photo by Annette Rodgers Purther

Alta Coyote

Coyotes are of the canine family and are generally solitary animals except when a family. They can have from 3-12 pups. I've never heard of this size of a litter, but it's easy to see how we can misinterpret a family for a huge "pack" of coyotes howling and yipping. Coyotes do not run in packs, that just is not true; it's likely a big family that will not stay together after pups are old enough and move onto their own territory. It may only be a few in the family sounding off, but it can sound like many more. I've had a pair of coyotes around our land. They don't come too close but we we've begun to tell them off by yelling obnoxiously. I will not let my dog chase them, no way. In fact, I call our dog back when she sees the coyote, and she does let me know by barking before she would attempt to chase, so I'm thankful. Otherwise, I would have to be more protective of her, and I have leashed her at times just to be on the safe side. That said, I realized I was inadvertently drawing in these Coyotes with Raven food. I have since become much more thoughtful about when, what, and how I feed our pair of Ravens.

So many animals can become pests to us and this sometimes causes us to act impulsively without much animal behavior thought. Finding the ways that work to keep wildlife safe and wild, can be costly and time consuming. But, if we don't work toward living with them, we will surely continue having the same issues with our wildlife over and over.

Please like my Facebook page, PLACER COUNTY WILDLIFE. I try to post helpful co-existing articles as well as share photos taken in placer county of our local wildlife. If I come across something that fits for the page, I share it. I would like for you to share your photos of that Robin's nest outside your window for example, or trail cam captures taken in Placer County. Also, if you need help finding the right help with a wildlife issue you are having or just want to qualify about a young bird out of the nest that may be a fledgling but you're not sure, please ask.



Alta Western Gray Squirrel



Dark-eyed Juncos & Cassin's Finches



Band-Tailed Pigeon & Black-Headed Grosbeak
All photos by Annette Rodgers Purther

Pacific Realty - Dutch Flat, CA
Suzanne Vidal, Realtor-Broker

email:pacificrealty2@gmail.com
phone: (360) 317-8083
CA RE Lic #00956435

Dutch Flat Pool Needs Lifeguards

By Mike Mutto



Photo by Tac Coluccio

Lifeguard

Happy Holidays from the Pool Peep's that make it all possible!

It's that time of year that we begin our "Never Ending Quest for Lifeguards"

Parent's and patrons, we really need your help in getting the word out and encouraging all candidates about how much we need lifeguards to #1 Keep the facility open for the summer. #2 How great of an entry level County job it really is!

The vitals: Applicants must be over 16, friendly, responsible, dependable, and able to complete the Lifeguard training class and title 22 first aid training.

Applicants must be over 16, friendly, responsible, dependable, and able to complete the Lifeguard Training Class and Title 22 First Aid Training.

Placer County will post the job application on their website before the end of December. We are currently working with the Parks Department on an elevated wage structure that will be implemented this year.

ARD will post the schedule for their Auburn classes right after the 1st of the year that we will post on the local social media sites. There will be a \$100.00 sign on bonus for new recruits. With a generous merit-based bonus @ the end of the season.

There is an early offering of a weekend class in Truckee by the Donner Recreation and Parks District January 13th – 16th. More details about the class (that we will gladly pay for) can be found at tdrpd.org. see the registration / aquatics link.

We cannot emphasize more, how important, and how much we need the Community's support in this recruitment. (Yes, this is a cry for help.)

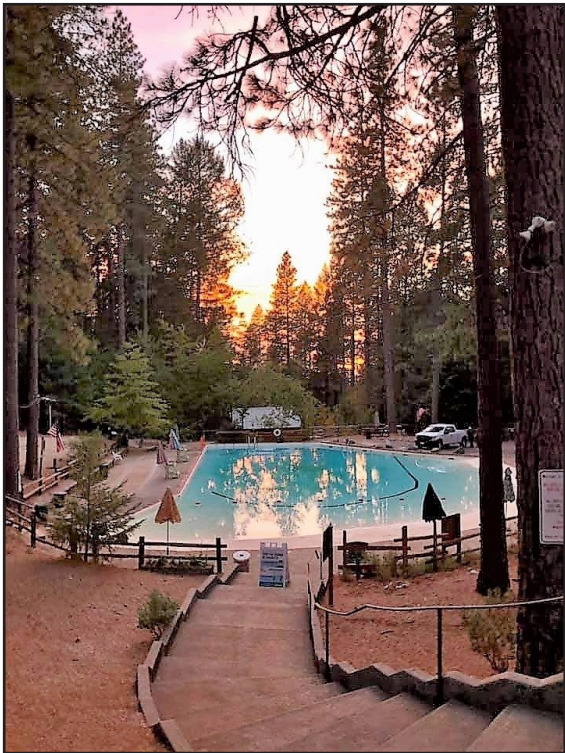


Photo by Jennifer Stanfield

Dutch Flat Pool at sunset

For any assistance, coaching, or answers to questions please contact our board member Paul Thompson @ (530) 906-9923 or Casey Lyons with the Parks Dept. @ (530) 886-4970.

Please start with Paul as he is experienced in navigating the County HR system and the Parks Department requirements supporting our candidates through the hiring process.

We are really looking forward to another great season @ the pool, but we can't do it without lifeguards! Thank you in advance for your support in our search.

It's time to become a Member of the GDHS

By Sarah Fugate



Photo by Sarah Fugate

Walking tour sign in front of the Edwin Towle House

Members of the Golden Drift Historical Society fund our efforts to preserve and promote the rich history of our area. For just \$25 per year, you can be a part of our accomplishments.

In 2022, the Golden Drift Historical Society produced and installed 2 additional interpretive history signs in Dutch Flat: Edwin Towle House on Main Street and Chinese Adobe on Sacramento Street. GDHS was instrumental in getting Placer County Parks and Grounds Department to take responsibility for maintaining the Dutch Flat Public Cemetery. We purchased, and had Placer County Department of Public Works install, a radar repeat sign on Main Street. GDHS planted more than 30 California Native plants in the Dutch Flat Community Garden, next to the Hearse House. We purchased, and CalFire installed, 15 all-weather fire hydrant covers throughout Dutch Flat. Additionally, Placer County Museums Division installed a new Chinese History exhibit in the Golden Drift Museum.



Photo by Sarah Fugate

Golden Drift Museum

In 2023, GDHS plans to: create a "Walking Tour of the Dutch Flat Cemetery" brochure; produce and install 2 more interpretive history signs: Methodist Church and Fraternal Orders; continue development of a Dutch Flat History Day Celebration; and undertake the refurbishment of the historic Hearse House and hose cart.

Membership materials will be mailed in early January OR go to our website to become a 2023 GDHS Member.

**Help us preserve and promote
our community's unique history.
Go to www.goldendrift.org to
become a 2023 member of the
Golden Drift Historical Society.**

Nature's Tonic

By Mia Monroe

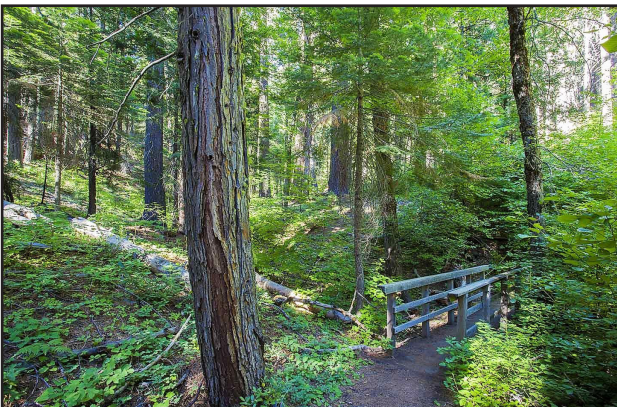


Photo from redwoodhikes.com

Placer County Big Trees Grove

A pandemic surprise and silver lining: being in nature and outdoors is healthy and safe! No surprise to us who have the good fortune of being surrounded by a picturesque community, fresh air, and nearby rivers, not to mention abundant trails and dramatic views! But who knew there is also a long-standing practice, shinrin-yoku or forest bathing that offers helpful tips to spend more time in the woods to soak up the healthful benefits!

Based on concepts of breath, connection, healing and thanks, it encourages us to walk among trees in leisure, companionably with others (both human and nature-beings!). Watching one's breath, noticing and feeling the fresh air intake, encourages us to match our step and be in tune with breath of the forest. We may notice the wind, the movement of the clouds, the rustle of leaves.

We observe patterns, roots and rock underfoot, we pause often to look around and share our observations. We marvel at scale and signs of time, seasonal changes. Time slows down in the experience of awe!

Can you feel relaxation setting in? Simple acts of connection can go a long way in helping us feel whole again, both physically and emotionally. We are learning how healthful walking is: for our metabolism and heart plus to connect with others. Trees offer lessons of flexibility, bending under weight, the relief of bouncing back. Then there's the joy of discovery! Maybe hearing a new bird, a mushroom poking up, ice tracery, artistry of bare branches. And remind us of Rachel Carson's seeing hope through seeking signs of renewal in the cycles of nature: dawn after night, spring after winter, the stages of the moon and migration.

We feel good we took that walk in the rain, stayed out until sunset, felt the celebrated solstice, counted 10 colors of green! We are energized to practice, "leave no trace".

From Hannah Fries "Forest Bathing Retreat": Let us choose joy, but let's not stop there. Let your joy and wonder also move you to reverence. As you walk in the woods, think of the ground you walk on as sacred. Make a little mental nod to all the life you encounter, acknowledging each thing as its own small miracle. You are hard-wired to wonder: let your soul leap!"



Photo by Getty Images/iStockphoto

Hiker in forest



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(530) 346-6611**



Just a Few Questions

October 16, 2016

Been stuck on some old little girl wishful thinking
Been blowing around with feathers and leaves
From place to place is where they commonly find me
Where the air turns crisp and the whiffs are always arousing
Showered by the sporadic sun beams gleaming hot on me
As they squeeze and catch every little falling leaf
It’s true, I’ve been stuck on these twists and turns
Because with my little girl knowledge Winding back roads always lead me home.
.
Before you keep me warm in the shivering cold
Before we hide our heads from the hailing ice snow
As it hits, taps, and falls against your rooftop and window
Before I melt from your embrace with arms wrapped around me.

I’ll warn you I’m far from home again
I blame my intuition and free spirit that led me here
Soaking in every inch of your forest
From your tasteful dirt to your clear starry skies
And everything that lies in between
All the little distinct things that all depend on you.

Before you let me in on your world
Before you share your weathered hardworking skilled hands
Put away that smile on your face, you’re making it way too easy
I can feel your happiness pouring on my fingertips already
Before I keep you up all night
Before we get our feet all tangled and heated
I’ll warn you, I won’t let a single thing go unnoticed.

That’s just how I am
Caring, daring, and smart as hell
Yeah, the combination always gets me in trouble
But then, the forest has a funny way of shutting me up
So, before I get stuck soaking it in
And following her imaginary story telling.

I’ve got just a few questions for you
Then some guards I’d like to let down
Slowly only, if you will let me and accept all my stories
As you watch my eyes come up more and more
Please take me to places that we can explore
And hang by my side every night you can
The fact that you even let me stick around like this
It all keeps you hanging on my mind through the in-between
Every little thing you do
Patiently pressing, I appreciate everything you do.

Aussie Holcomb

Free spot for winter snow play in Olympic Valley

Reprinted from placer.ca.gov

Looking for a prime spot to build that perfect snowman or do a little snowshoeing? Placer County’s Squaw Valley Park in Olympic Valley is also open during the winter season, offering a free snow play option for visitors and residents.

The park’s parking area will be plowed all season long, creating a free and convenient place to park and play.

For the experienced backcountry enthusiast, the park offers access to a spur trail that leads up a steep ascent to the Western States Trail, providing backcountry skiing and snowshoeing opportunities.

The Squaw Valley Trailhead and access to the Truckee River bike trail are also located at Squaw Valley Park, connecting the park to the Village at Squaw Valley and Tahoe City with paved, multi-use trails. Thanks to a partnership with Squaw Valley Public Service District and Tahoe City Public Utility District, the paved trails will be plowed, keeping the trails open during the winter season.

Squaw Valley Park restrooms will be open to the public, too. The park opens a half-hour before sunrise and closes a half-hour after sunset. The playground and pickleball courts are currently closed and will reopen after the winter season.

Squaw Valley Park, located at the intersection of state Route 89 and Squaw Valley Road, near the iconic 1960 Winter Olympics Squaw Valley torches, offers many other amenities during spring through fall, including a playground, soccer field, picnicking and pickleball courts.

Keeping the park open during the winter season is in response to feedback provided



Photo by Tom Fugate

Snow play

through the Placer County Park and Trail Master Plan surveys and focus groups; many respondents expressed a need for more snow parks and backcountry recreation opportunities in the county.

Location
101 Olympic Valley Road
Olympic Valley, CA 96146
Hours
1/2 hour before sunrise to 1/2 hour after sunset
The playground is closed during the winter season
Contact
Placer County Department of Parks and Open Space
Phone: (530) 886-4901
Email: parks@placer.ca.gov

Welcome Home (continued from page 3)

I knew our missions over Cambodia were important, but a thought in the back of my mind was always what might happen if we were shot down. We are not even officially here! Would we be rescued or would the Air Force refer to it as an old World War II cargo aircraft that was in transit from somewhere and for some unknown reason it strayed off course and over hostile territory?

Could happen.. Stay tuned for the next column where I will take you on a combat mission over South Vietnam.

Vietnam is a jungle. Hot and humid. Air crews lived in the only air conditioned Bachelor’s Officers quarters. Even high-ranking officers that weren’t flight rated did not have air conditioning. Our “hootches” as the Vietnamese maids would call them, were cleaned often by the maids. Nuoc Mam was a favorite food of the maids. Nuoc Mam was fermented fish that had been in the hot sun for a few days. You can imagine the smell. Without even coming inside, we could always tell the girls had been there.

A typical mission was 5-7 hours. Most of us flew 100-200 missions. It was a stressful year, so getting close to going home in one piece was of course a big deal. 30 days from DEROS (Date Estimated Return from Overseas) was called “Short”. Our “Fini” flight was the last flight of our “tour of duty”. It was also the most stressful because of the “what if” factor on our last flight. Most of the guys got some kind of celebratory fini shower as they climbed out of the only exit door.

Leaving Tan Son Nhut on our “freedom bird” was a mirror image of our landing almost a year ago. Steep, fast climb out. Nobody said a word until were well out of range of ground fire.

Then every one of us burst into cheering. We were going home!!

Getting home in 1972 was disconcerting. I think most returning veterans didn't grasp the negativity of the American public's feeling toward not only the war, but also to the returning veterans. It’s hard to sum up all the negative experiences that I and other returning Vietnam vets experienced, but the best thing I can think of is “disrespect”. Blame the war, not the warrior. Respect us for what we were ordered to do in a very bad situation over which we had no control. We were told the same lie as the public. That lie being that we were there to stop the spread

of communism. That may have been true, but the military was not allowed to win the war because of major restrictions. A good example had to do with the Ho Chi Minh Trail. As I said earlier, the HCMT was the major route to get food and weapons from North Vietnam, Russia and China, south to their soldiers in South Vietnam. Supply storage areas that had tons of supplies and weapons on their way to support the enemy’s effort to kill Americans, were stored in North Vietnam, and Haiphong Harbor. These storage sites were off limits to our bombers and fighters. We could easily have destroyed their supplies. It wasn’t until May of 1972 that the US mined Haiphong harbor.

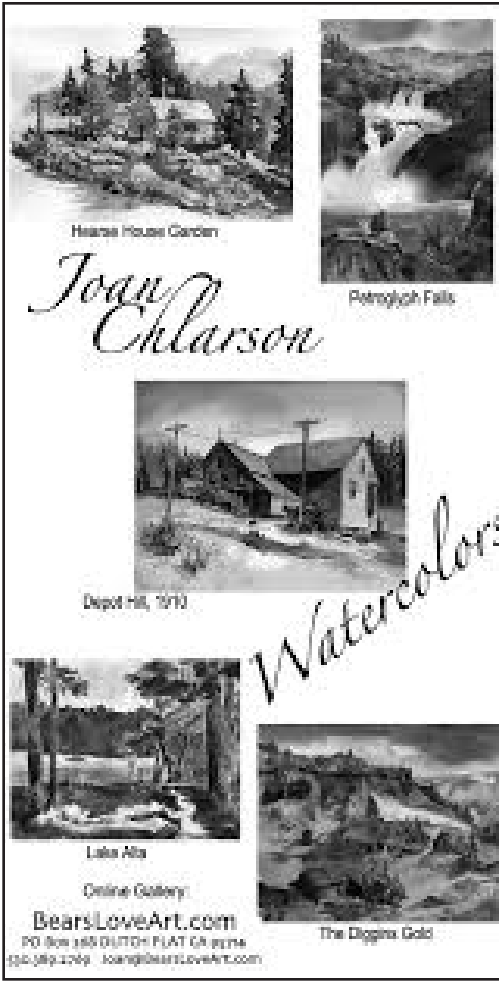
I had a rough time after getting home. I had no exit briefing or counseling to get me ready to go from 5 years of military to civilian life. I did a bad job of handling things with my wife and two small children. I just wanted to get away from the city and move to the mountains and forget about everything. My wife didn’t want to move and instead of being a good dad and husband I just left. No consideration for what my wife had endured. She was raising a young daughter while being pregnant with our son. I did what no father should do. I left my family. As I write this I still hurt... 50 years later...

A couple of years after coming home, I attended group therapy counseling at the VA for “nervous disorder”. It helped me to understand I wasn’t the only vet suffering from what would later be called PTSD, or Post Traumatic Stress Disorder.

PTSD... Why do some people get it and others don’t? I have a friend who flew in Vietnam, as I did, and has experienced no or very little effects of his tour. The only difference is Vietnam was his first assignment. Vietnam was my last assignment. He flew in Vietnam in the first years of his service and finished in a positive assignment. I spent the first few years in the states and finished in a war zone and was only 2 months home before being released from my service. No counseling, no attaboy.

“Waa, Waa”. Ive heard it said that Vietnam vets are whiners. Maybe. I may be crazy, but it keeps me from going insane.

Stay tuned. We have many vets around here. If any of you have letters from and to home during your tour, let’s hear them. You can stay anonymous. Mine were stolen long ago.



The California Gold Rush and the Civil War

By Debby McClatchy

Today’s partisan politics are strained, but they were eclipsed by the national schism in the years between the Mexican-American War and the Civil War.

In 1849, the thirty states were evenly divided between pro-slavery and free, and any new state joining the Union had the potential to blow this division sky high. California became the testing ground for future conflicts.

Slavery had been banned in Mexican California since 1829. After gold was discovered, a number of Southern slaveholders contemplated a move to California. Many of them owned worked-out land. Some slaves were losing value and were worth three to four times as much in the West. Their owners speculated that working them in hard-rock mines would be a better option. A few actually relocated to California, using the more southern Gila River Trail, far below the more popular Platte-Humboldt route.

This trail was broader, flatter, and drier, but passed through lands belonging to more hostile tribes, the Apache and the Comanche. These tribes initially hoped the Americans would help them against the Mexicans, but were wrong. The tribes were treated savagely; bounties were set for their scalps, and they retaliated. Bringing slaves to the West was proving costly and risky, especially as the prevailing sentiment there was against them.

It had become apparent that the miners would never welcome slave workers. This attitude was fostered by the fact that hard, manual labor was then the main engine of California prosperity. A miner was asked to do two things: 1) find a claim and stake it and 2) work like the devil to realize its potential. To bring in unpaid labor was an anachronism to the popular notion that California was a haven for the working man.

Slave owners still arrived. Thomas Jefferson Green brought sixteen slaves with him and tried to establish sixteen mining claims, but was thwarted by the Miners Code. A Chilean man was hanged for bringing in peon workers. Most escaped slaves were set free by judges.

In 1848, just after the end of the Mexican-American War, slaveholders petitioned the U.S. Congress to officially designate California as a slave state whenever it proposed statehood. It was a very hot summer, and a tired Congress tabled the matter, citing a chaotic atmosphere in California.

The California Constitutional Convention was convened in April, 1849, to declare statehood and to establish statewide laws. Of the forty-eight delegates, one/half were originally from free states, one/third from slave states, and the rest from California or elsewhere. The new constitution was proposed to read, “Neither slavery nor involuntary servitude, unless for the punishment of crimes, shall ever be tolerated in the State”. This section passed readily. Another, sponsored by influential leaders as Sam Brannan and William Gwin, to ban all non-whites, free or otherwise, did not pass.

The Constitution and the Bill for Statehood were ratified, although only 13,000 of the estimated 102,000 California residents voted. Now, the U.S. Congress, divided one/third from slave states and two/thirds from free, had to act. Arguments were very heated. For the first time a possible civil war was voiced. Senator Toombs of Georgia stated “If this legislature.... fixes a degradation upon the states of this confederacy, I am for disunion”. As most senators carried revolvers and Bowie knives, it took a while to calm the assembly.

The northern states held a majority in the



California Gold Rush

House of Representatives, but the Senate was evenly divided. The southern states vowed succession if any new free state was ratified. A concession, to split California in two, was sought. Millard Fillmore, the new president, saw himself as a compromise broker, and helped the anti-slavery supporters push a whole California to statehood.

The southern states were furious and formed a committee to debate leaving the Union. Jefferson Davis led a delegation from Mississippi and Robert E. Lee represented Virginia. The declining value of slaves was proving that economics, not morality, was fueling the fight. Succession was postponed when pro-Union candidates won elections in 1851.

Cuba was targeted for annexation to correct this imbalance. U.S. legislators had dreamed of making Cuba a state for decades. First suggested by Thomas Jefferson, then by Texans after the fall of the Alamo, and championed by many wealthy Cubans, the annexation was thwarted by Spain, which would not sell the island. Three expeditions, funded by prominent American politicians and military men, were quickly repelled by the Cubans, using fake news and well-organized ambushes. A fourth expedition never took off, as most of its members died of a mysterious illness at their convention. Plans for annexation waned and lost popularity. The two new senators from California were John C. Fremont and William Gwin. Although born in the South, Fremont was a Free-Soiler, supporting abolishment of the slave trade. Gwin was pro-slavery and even favored succession, or, at least, to split California into two states.

Southern U.S. senators had always favored this split. They tried to sponsor a more southern route for a transcontinental railroad to help this along, but the railroad owners balked at the distance. These owners bought land in southern California to establish rice, cotton, and sugar plantations, but the U.S. legislature still wouldn’t approve the split.

Another pro-slavery state was sought. A local politician, Henry Crabb, tried to annex Sonora in northern Mexico. He formed a militia, the Arizona Colonization Company, and, after a night of hard partying, set off south. After a disastrous ambush, the company tried to hide in a church, but were burned out. Half were killed, and half, including Crabb, surrendered. They all were executed at dawn. Not the fun, easy expedition Crabb had visualized. The only survivor was a fourteen-year-old boy. Most others with similar ideas changed their minds.

Not heeding this warning, William Walker, a California newspaperman and doctor, tried the same in Baja California, but was driven out by Mexican troops. Returning home, Walker and his men were arrested for violating U.S. neutrality, but the courts let them go.

Foolishly Walker continued, by targeting Nicaragua, sponsored by the wealth of Cornelius Vanderbilt. Unfortunately for

Walker, the financier ultimately aligned himself with the locals. Undeterred, Walker tried to attack three more Central American countries. His ship hit a reef, capsized, and Walker and his men were captured by the Hondurans, who immediately executed them.

Walker’s only positive legacy was as an influential voice for a railroad across Panama, desperately needed to bring gold to the East. Originally estimated to cost two million dollars and take two years to complete, it finished five years and eight million dollars later. Thousands of workers died of disease, one for every twelve railroad ties laid. It did make a huge profit and at one point was the highest priced stock on the New York Exchange.

In 1854 Congress passed the Kansas-Nebraska Act, which allowed slavery in newly formed states. This was accomplished only after a great deal of political maneuvering. The Act was so unpopular with the electorate, that they voted out the dominant Democrat Party, then a bastion of the pro-slavery movement.

The Republicans took gradual control, and by 1856 the Democrats only had a nineteen percent mandate. (It is interesting that the Republican Party in California was organized by seven prominent men, four who later became known as the “Big Four” of the transcontinental railroad.) John C. Fremont left for Washington D.C. to run for President as a Republican. He was dashing, young, and famous, but was poorly funded and supported. He lost, even in California. Eighty-three percent of free-state voters came to the polls, noted by southern states as an omen for the future.

1859 found another movement to split California in half, starting at San Luis Obispo and continuing east. California politics at this point were incredibly corrupt, but northern representatives outnumbered their southern counterpoints twelve to one. William Gwin, still a senator and owner of plantations in Mississippi, was the split’s champion. Then, in October of 1859 John Brown led his slave revolt at Harpers Ferry, and in the charged atmosphere, no one wanted to exasperate the situation. The bill to split died on the floor.

By 1860 the Democrats were so divided Republican Abraham Lincoln handily won for President. It helped that a third party, the ”Know Nothings”, had collapsed from corruption and disorganization.

When the Civil War began in April, 1861, the California Legislature passed a resolution pledging loyalty to the Union. Two regiments of cavalry and five of infantry were promised. Sixteen thousand men immediately tried to enlist.

However, it was easier to transport gold than troops, and an estimated one million dollars worth of gold went east on every steamer. The most, forty-six million, went in 1864. General Grant praised, “I do not know what we would do in this great national emergency if it were not for the gold sent from California”.

Groups of anti-slavery sympathizers did make it east, mostly privately funded. One group, the California Battalion, totaling 500 men, made it to Massachusetts. They fought in over fifty engagements and suffered large losses. At the end of the War, the 182 survivors had to finance their own ways home.

Another group, the California Brigade, fought in Antietam and Gettysburg, where they lost half of their men, mostly from disease.

In July of 1861, Jefferson Davis, then president of the Confederacy, sent troops to southern New Mexico Territory, hoping to free up a corridor to the California gold fields. He was defeated by the distance and a “California Column” sent by the state legislature.

No evidence has been found that groups on the side of the South went east to join that cause in battle. A few single men, including William Gwin and his teen-aged son, did participate.

It is unbelievable that these events all happened less than two hundred years ago. The northern states, with their industrialization, European support, and a larger population, would have probably won the Civil War without California’s gold. However, the duration of that war and its battles certainly would have been longer and deadlier. The importance of that gold, to the world’s economy, to westward expansion, to the end of the practice of human slavery in the United States, is one of California’s greatest legacies.

GOLD RUSH!

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Dutch Flat Community Center Membership Form

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Billing Zip Code: _____

Mail to: Dutch Flat Community Center, P.O. Box 14, Dutch Flat, CA 95714

Ready to reap the benefits of walking? Here’s how to get started — and stay motivated.

By Mayo Clinic Staff

Can you really walk your way to fitness? You bet! Get started today.

Physical activity doesn't need to be complicated. Something as simple as a daily brisk walk can help you live a healthier life.

Regular brisk walking can help you:

- Maintain a healthy weight and lose body fat
- Prevent or manage various conditions, including heart disease, stroke, high blood pressure, cancer and type 2 diabetes
- Improve cardiovascular fitness
- Strengthen your bones and muscles
- Improve muscle endurance
- Increase energy levels
- Improve your mood, cognition, memory and sleep
- Improve your balance and coordination
- Strengthen immune system
- Reduce stress and tension

The faster, farther and more frequently you walk, the greater the benefits. For example, you may start out as an average walker, and then work your way up to walking faster and walking a mile in a shorter amount of time than an average walker, similar to power walkers. This can be a great way to get aerobic activity, improve your heart health and increase your endurance while burning calories.

You can also alternate periods of brisk walking with leisurely walking. This type of interval training has many benefits, such as improving cardiovascular fitness and burning more calories than regular walking. And interval training can be done in less time than regular walking



Turning your normal walk into a fitness stride requires good posture and purposeful movements. Ideally, here's how you'll look when you're walking:

- Your head is up. You're looking forward, not at the ground.
- Your neck, shoulders and back are relaxed, not stiffly upright.
- You're swinging your arms freely with a slight bend in your elbows. A little pumping with your arms is OK.
- Your stomach muscles are slightly tightened and your back is straight, not arched forward or backward.
- You're walking smoothly, rolling your foot from heel to toe.

As you start your walking routine, remember to:

Get the right gear. Choose shoes with proper arch support, a firm heel and thick flexible soles to cushion your feet and absorb shock.

Wear comfortable, loose-fitting clothes and gear appropriate for all types of weather, such as layers in cooler weather. Aim to wear moisture-wicking fabrics, which will keep you more comfortable. If you walk outdoors when it's dark, wear bright colors or reflective tape for visibility. Wear sunscreen, a hat and sunglasses if you're going out during the day.

Some people choose to use an activity tracker, app or pedometer. These can be helpful to track your time, distance, heart rate and calories.

Choose your course carefully. If you'll be walking outdoors, avoid paths with cracked sidewalks, potholes, low-hanging limbs or uneven turf.

If the weather isn't appropriate for walking, consider walking in a shopping mall that offers open times for walkers.

Warm up. Walk slowly for five to 10 minutes to warm up your muscles and prepare your body for exercise.

Cool down. At the end of your walk, walk slowly for five to 10 minutes to help your muscles cool down.

Stretch. After you cool down, gently stretch your muscles. If you'd rather stretch before you walk, remember to warm up first.

For most healthy adults, the Department of Health and Human Services recommends these exercise guidelines:

Aerobic activity. Get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of moderate and vigorous activity. The guidelines suggest that you spread out this exercise during the course of a week. Greater amounts of exercise will provide even greater health benefits. But even small amounts of physical activity are helpful. Being active for short periods of time throughout the day can add up to provide health benefits.

Strength training. Do strength training exercises for all major muscle groups at least two times a week. Aim to do a single set of each exercise, using a weight or resistance level heavy enough to tire your muscles after about 12 to 15 repetitions.

As a general goal, aim for at least 30 minutes of physical activity a day. If you can't set aside that much time, try several short sessions of activity throughout the day. Any amount of activity is better than none at all. Even small amounts of physical activity are helpful, and accumulated activity throughout the day adds up to provide health benefit.

Remember it's OK to start slowly — especially if you haven't been exercising regularly. You might start with five minutes



Local resident, Lynette Vroomen, takes long walks regularly, rain or shine.

Photo by Laura Glassco

a day the first week, and then increase your time by five minutes each week until you reach at least 30 minutes.

For even more health benefits, aim for at least 60 minutes of physical activity most days of the week.

Keeping a record of how many steps you take, the distance you walk and how long it takes can help you see where you started from and serve as a source of inspiration. Just think how good you'll feel when you see how many miles you've walked each week, month or year.

Try using an activity tracker, app or pedometer to calculate steps and distance. Or record these numbers in a walking journal.

Starting a walking program takes initiative. Sticking with it takes commitment. To stay motivated:

Set yourself up for success. Start with a simple goal, such as, "I'll take a 5- or 10-minute walk during my lunch break." When your 5- or 10-minute walk becomes a habit, set a new goal, such as, "I'll walk for 20 minutes after work."

Find specific times for walks. Soon you could be reaching for goals that once seemed impossible.

Make walking enjoyable. If you don't like walking alone, ask a friend or neighbor to join you. If you're energized by groups, join a health club or walking group. You might like listening to music while you walk.

Vary your routine. If you walk outdoors, plan several different routes for variety. If you often walk in your neighborhood, consider walking somewhere new, such as a city or state park. Try taking routes with hills or stairs as you become used to walking more. Or walk faster for a few minutes and then slow down for a few minutes and repeat the cycle. If you're walking alone, tell someone which route you're taking. Walk in safe, well-lit locations.

Take missed days in stride. If you find yourself skipping your daily walks, don't give up. Remind yourself how good you feel when you include physical activity in your daily routine, and then get back on track.

Once you take that first step, you're on the way to an important destination — better health.

Susan Winje

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