

OZARK HIGHLANDS TRAIL ASSOCIATION

DECEMBER NEWSLETTER

-- Overseeing the Trail --

OHTA Board of Directors for 2022-2023

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-- Saving Life on the Trail --

URGENT NOTICE

There are three spots remaining open for the Wilderness First Aid; EpiPen; and Adult, Child, and Infant CPR/AED certification workshops. Yes, the registration deadline was Monday, November 21, 2022, but if you're bummed beyond all belief about missing the opportunity of a lifetime and you are certain you can hustle and get the required personal information to Phil Brown at brown.philip9@gmail.com and the registration fee to the OHTA within a week, we may be able to work you in. Here's the information you need:

Your decision to register yourself and, perhaps, one or more of your children for one or both of these workshops is one you will never regret! The knowledge you'll gain from the thorough, hands-on training these workshops offer is the kind that could put you in a position to make a HUGE difference in someone's life, perhaps your own! To top it all off, the instructor for these workshops is beyond superb!!

It is important to know that the workshop for Wilderness First Aid (WFA) and EpiPen certification is separate from the workshop for CPR/AED certification, but both workshops will be held on the same weekend, and one will not interfere with the other. So here is the information necessary for you register:

Workshops: Wilderness First Aid and EpiPen certification and Adult, Child, and Infant CPR certification

Instructor: Tom Burroughs -- ACA Safety and Rescue Committee Chair; ACA L-5 Advanced Swiftwater Rescue Instructor Trainer Educator; ACA L-4 Whitewater Kayak Instructor Trainer Educator; ACA L-4 Whitewater Rafting Instructor Trainer; 2015 ACA "Excellence in Instruction" National Award Recipient; ITRA Level 3V Swiftwater Rescue Instructor; NREMT/EMT-W/MPIC - Wilderness Medicine Instructor; Team Leader- Washington CO AR Search and Rescue team; Director, Ozark Safety and Rescue Educators / Clear Creek Paddlesports; Member- Wilderness Medical Society

Dates and Times of Workshops:

Wilderness First Aid and EpiPen workshop

- Saturday and Sunday, December 10 and 11, 2022
- 8 a.m. to 6 p.m. on Saturday (hours are subject to slight changes)
- 8 a.m. to 5:30 p.m. on Sunday (hours are subject to slight changes)

Adult, Child, and Infant CPR/AED workshop

- Saturday, December 10, 2022
- 6:30 p.m. to 9:30 p.m. (hours are subject to slight changes)

Location: Ozark Mountain Smokehouse, 1725 Smoke House Trail, Fayetteville, AR 72701

Eligible Participants: Must be 18 years of age or older to register and participate on your own. Adolescents aged 14 through 17 are eligible to register and attend, but they must be accompanied by a parent throughout the workshop(s).

Fee: Wilderness First Aid and EpiPen workshop: \$175 per participant (includes the two days)
Adult, Child, and Infant CPR/AED workshop: \$50 per participant

Registration:

Send a check or money order made out to OHTA, PO Box 4065, Fayetteville, AR 72702-4065 for the following amount(s):

- \$175 if you plan to attend just the two days of the workshop devoted to Wilderness First Aid and EpiPen training and certification
- \$50 if you plan to attend just the Saturday evening workshop devoted to Adult, Child, and Infant CPR/AED training and certification
- \$225 if you plan to attend all the trainings offered (e.g., Wilderness First Aid, EpiPen, and Adult, Child, and Infant CPR/AED)

Information Required with Your Check:

- first and last names (printed)
- mailing address
- telephone number
- email address (this is necessary because the instructor, Tom Borroughs, will be sending information to each registered participant during the two weeks preceding the workshops)

Deadline for Registration: Monday, November 21, 2022

-- Celebrating the Trail --

OHTA Annual Hare Mountain Hike In

OHTA's Annual Hare Mountain Hike In scheduled for Saturday, November 5, 2022, has come and gone. The event, a celebration to commemorate the 1981 birth of the Ozark Highlands Trail Association, provided the 25 to 30 hikers who attended a wonderful experience. Here, for the most part, is what one of those in attendance had to say about this year's event:

After a stormy Friday night, Saturday started with breaking clouds and near perfect temperatures. The trail had been maintained recently and firewood was cut and stashed at the campsite. People started

arriving at the trailhead mid-morning and began hiking up individually or in small groups. A total of 25-30 people were there for the potluck dinner. Those in attendance came from at least five states and included first-timers and folks who had participated in the Hike In more than 20 times over the years. Bob Cable gave a presentation about the history of the Hare Mountain Hike In, Bob Robinson talked about the history of the homestead on Hare Mountain, and Chris Adams presented the Maintainer of the Year award to Wendy Johnson. The picnic table was covered with food, as usual, and everyone enjoyed their time around the campfire.

For those who are interested in attending 2023's Hare Mountain Hike In, it is scheduled for Saturday and Sunday, November 7 and 8. Again, there will be a potluck dinner. In addition, presentations will be made for the winner of the Maintainer of the Year Award, Dawna Robinson Member of the Year Award, and the Trail Ranger Award (a lifetime achievement award).

So get out your hiking and backpacking gear and get ready for the Hike In of 2023! We're planning for it to be bigger and more exciting than any before it!

OHTA Maintenance Basecamp Recognition

The OHTA's very own, Bob Robinson (member/maintainer/sawyer/former maintenance coordinator) attended this year's Redding Maintenance Basecamp and wrote a very nice opinion article for the Arkansas Democratic Gazette about the experience titled *Keepers of the Trail*. Here's the link: <https://nwa.pressreader.com/article/281479280400464>

-- Show of Appreciation --

On Monday, November 7, 2022, OHTA received received the following email from Denise Goodwin:

Hi,

Hope you had a wonderful weekend! I just wanted to take the time to thank you and let you know that my Girl Scout troop have really enjoyed using your page, <https://ozarkhighlandstrail.com/links/> while working on their Trail Adventure badges! Discovering great pages such as yours makes it much more fun and easy to earn badges, so from all of us—thanks so much!

The girls also had the fantastic idea of passing along another helpful resource we discovered while learning how to prevent and treat outdoor injuries. It's <https://ceufast.com/blog/a-nurses-guide-to-outdoor-first-aid> and it's a great guide to outdoor first aid. It gave us a lot of useful information and additional resources, so we hoped it might be helpful!

Do you think you could add the girl's suggestion to your page if it's not too much trouble? I'd absolutely love to show them that it was up and running during our next meeting if you've decided it was a fitting addition. I believe they would be beyond proud and excited to know they've made a helpful contribution that could possibly help other outdoor adventurers be a little more prepared! :)

Please let us know what you think if you have the time!

Thanks so much again and have a lovely rest of your day,

Denise Goodwin and her amazing Cadette Scouts

On Monday, November 14, 2022, the following response was sent to Ms. Goodwin:

“The OHTA Board met last night and was very much in favor of placing the link you sent to *A Nurses Guide to Outdoor First Aid* on the OHTA Resources page.”

On behalf of all of the members of the OHTA, we'd like to extend a great big THANK YOU to Ms. Goodwin and her amazing Cadette Scouts for sharing with us all the Nurse's Guide. YOUR TROOP IS AMAZING!!

If you are interested, you can find the link to the guide on the OHTA website under 'Miscellaneous' in the Resources section. Give it a look!

Interesting Breaktime Reads

- *Bringing Nature Home: How You Can Sustain Wildlife with Native Plants* by Douglas W. Tallamy

NOTE: If you have a read or two you'd like to share with others who enjoy trail time, please send the title and author's name to ohata@ozarkhighlandstrail.com, and it will appear in the next edition of the OHTA Newsletter.

**To each and all, here's wishing you amazing health, fantastic memories of the season,
and an extremely wonderful month of December!**

**Until we have the pleasure of meeting again,
HIKE ONWARD!!**

**THANK YOU ALL FOR BEING A PART OF
THE OZARK HIGHLANDS TRAIL ASSOCIATION!!!**