

KLICKITAT
TRAIL
CONSERVANCY



Dedicated to the preservation and promotion of the Klickitat Trail

Spring 2018

Dear KTC Member,

Thank you for all your wonderful, encouraging words, and financial support of the Klickitat Trail Conservancy (KTC) during the past year. ***As your annual membership expires, we are asking you to renew your commitment with KTC.*** When we began our quest to create a public trail in 2003, our goals were small and our path unknown. Through the dedication and hard work of many volunteers and support of members like you, the path has led us on an amazing journey to an inspirational Trail that is fast becoming known throughout the Pacific Northwest.

Klickitat Trail Improvements Gain Momentum

Here is an update on two exciting and upcoming trail improvements. New bridges and new trailbeds are in our future! I am so pleased to be able to share this progress report with you and hope you know that you had a ***VERY*** important role in making it all happen. I want to emphasize that your generous support and kind words are very important to encouraging us and keeping the Klickitat Trail Conservancy going. These grants are big steps in the right direction. I hope you are as pleased as we are!

Washington Wildlife and Recreation Program Grant: *The Klickitat Trail - Bridging the Final Gap*

Scope: Repair the 1-mile disconnect on the Klickitat Trail immediately north of the town of Klickitat. This ambitious grant encompasses 1) a new bridge over the Klickitat River at Suburbia to replace the missing trestle; 2) a small bridge over Snyder Creek in Klickitat to replace a lost trestle; and 3) one mile of new trailbed between these bridges, finally connecting Klickitat and Suburbia. This will finally make the entire 31-mile Klickitat trail fully continuous and much more accessible to hike and bike.

Status update: We got the grant! Washington State Parks was awarded a Washington Wildlife and Recreation Program (WWRP) grant for this project when the capital budget for Washington State finally passed on January 19, 2018. Funded by the WWRP, the grant was awarded to Washington State Parks through a competitive grant process. When Randy Kline, Statewide Trails Coordinator for Washington State Parks and Recreation Commission, was asked to verify the news he told KTC president Barbara Robinson, "***Yes, it's true! So exciting - Congratulations to you and KTC for making this a reality! You did it!***"

We must continue to exercise patience on this project. Though Washington State Parks has been awarded the grant, we know that nothing will happen quickly. Even with funding in place, the exact start date for implementation and improvements is yet to be determined. The money that Irvin Mitchell left to the national Rails to Trails Conservancy (RTC) to benefit the Klickitat Trail is pledged as a match for this grant. We have stipulated that Irvin's bequest be used for on-the-ground work, such as building bridges, boardwalks and improving the trail surface.

KTC has been working on critical trail improvement opportunities for years! Two years ago our board members went to a Washington State Parks Commission meeting to make the case for a grant to fix the one-mile disconnect in the Klickitat Trail. As the trail was becoming more and more popular, we argued that to be safer and more user-friendly, and to draw hiking and biking tourists coming from long distances, the trail needed to be fully connected. That started a 2-year, many staged process, of applying for a WWRP grant, involving lots of work on the part of KTC, as well as Washington State Parks. We are dedicated to the preservation and promotion of the trail and believe it is a critical component to local economic development and the tourism industry.

Benefits of this new grant:

- Residents of Klickitat gain easy access to the northbound trail directly in town;
- Through-hikers and bikers will be able to stay on the trail at Klickitat and not have to navigate dangerous Hwy 142 for three miles;
- The trail will be improved visually in sections affected by this grant;
- A completely connected trail will draw more tourists for more days, which will benefit the economies of Lyle and Klickitat;
- Tourists heading out from the Lyle trailhead have complete access to the entire trail with endless day-hiking and biking opportunities;
- Opens up greater potential for events, such as a complete one-way marathon.

Washington Wildlife and Recreation Program Grant: <i>Swale Canyon Trestle & Improvements</i>

Scope: Major trestle repair and general improvements to the Swale Canyon section of the trail.

Status update: Detailed planning is nearly complete. Work on the ground is slated to begin Spring 2019, with hopeful anticipation of being finished by the end of 2019.

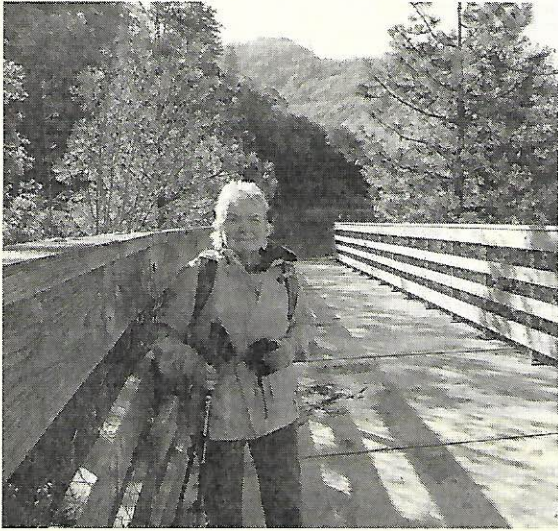
KTC strives to continue its mission of preserving and promoting the Klickitat Trail. Through partnership with Washington State Parks and the U.S. Forest Service, we are able to keep our mission on track. We know that when we all work together, the difference we make becomes a positive statement to the generosity of our volunteers and members. KTC is the only organization dedicated solely to making sure the Klickitat Trail becomes a wonderful resource for all to enjoy. Because we are an all-volunteer organization, every dollar raised goes directly to Trail improvements and maintenance. Our hard-working volunteers ask you to please renew your membership today. ***Thank you! We really appreciate your support.***

All the best to you,



Barbara Robinson, President
Klickitat Trail Conservancy

p.s. Please contact us if you or your group wish to have us lead or co-lead a hike on the Klickitat Trail.



"Walking/Hiking Saved My Life"
by Bev Linde, KTC Board Member

January 2, 2013, New Year's Day Hike, located at the Deschutes River, Oregon State Park. I am straining to keep the hikers I am with in my sight. (Why can I not catch my breath? The Deschutes River hike along the river is flat.)

Friends encouraged me to see a doctor soon as possible. I was fortunate to see a doctor within a few days in The Dalles, Oregon. Last test in the doctor's office was a blood test. Afterwards, I drove home to Goldendale, Washington. Upon arriving home was an urgent message on my answering machine to get to the Emergency Room in the Dalles immediately. It is a Friday night in January 2013.

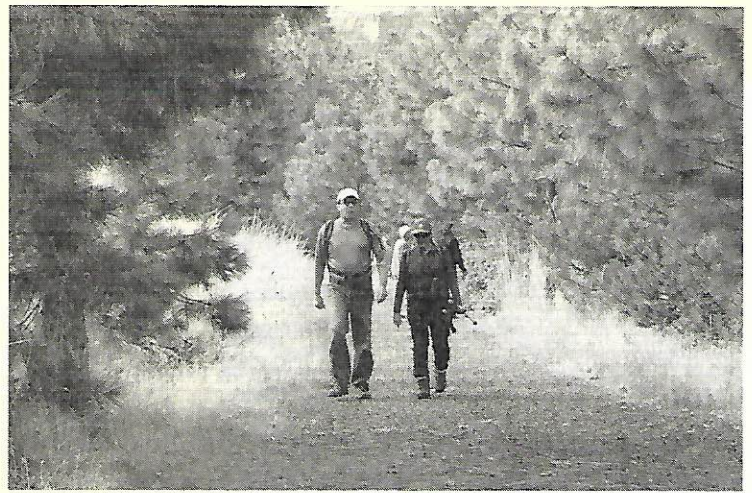
The word "cancer" is a numbing word in the brain. (I have cancer; what kind of cancer?) My world changed to x-rays, large needles stuck in my back to drain fluid from the lung, blood tests, bone marrow testing, which was harder on my friend watching than for me to have the procedure, tests involving going down my throat to see if a tumor on the aorta could be accessed, exploration tests on tumors in the abdomen, port placed into the left side of the chest, CT scans, PET scans, pills for everything, shots, CHOP Chemo treatments which caused horrible taste in mouth, neuropathy in hands/legs/feet, and loss of hair, physical therapy for strength and balance, and more.

Diagnosis of Non-Hodgkins Lymphoma cancer, stage 4, with a strong chance of not living through Chemo. I have both the slow Follicular and Fast growing B-cell Lymphoma. Three large tumors in the abdomen and one tumor noted on the aorta. CHOP Chemo was hard and drained me of energy. Friends got me out on the trail whenever possible. I cannot stress enough the importance of what getting out meant to me physically and mentally. (Support came in so many ways from God, family, friends, pets and nature.) Hiking poles and canes are helpful for balance problems. However, did this stop me from walking/hiking? Absolutely not. Walking and hiking, along with good nutrition, have been extremely beneficial to recovery and excellent blood pressure.

Lymphoma is a blood cancer that can never be removed. I did go through another round of my cancer showing up as Ovarian Lymphoma cancer. This meant another operation, and of course, another round of chemo. Once again the walking/hiking came in as a way to work out stress and to help my body. I am presently on my second round of chemo infusions which help keep my lymphoma cancer in shadow. On January 1, 2018, I celebrated five years of happiness and plan to celebrate many more years. For six months (starting in October 2017), I have been tromping six miles two evenings a week with a friend. (Even when I feel exhausted.) We are up to 331 miles. I have seen Super Moons, sunsets, stars, shadows of many kinds, deer, owls etc. and listened to the call of the Canadian Geese in flight, howls of coyotes, and looked into the many eyes of deer, coyotes, cats, etc. reflected in light.

What has been even more meaningful is all the hikes and adventures I continue to join in with knowing "Life is Good".

“Walking for Health, Walking Mindfully” by Steven Woolpert, KTC Vice-President and Licensed Professional Counselor Professional Counselor



One of the easiest and most helpful forms of physical exercise is walking. It's good for the heart & circulation, muscles and bones, and clearing the mind. The quote from Hippocrates says it best: “Walking is man's best medicine”. There are many ways to walk -- often based on what the purpose is: to get from point A to B, time to share with a friend, exploring a park, old fashioned ‘need to stretch my legs’, and of course simple exercising. What is often overlooked is that exercise as simple as walking regularly around the house or block can make you feel better physically and emotionally. On some level, as we strengthen our bodies, our minds and spirits benefit too.

Recently the U. S. Surgeon General issued “Step It Up! -- a Call to Action” which recognizes the importance of physical activity for people of all ages & abilities as a step people can take to improve their overall health. It calls on Americans to be physically active through walking and communities to better support walkability -- making it safe and easy to walk. There are many benefits to walking noted, such as helping prevent risk factors for disease (such as high blood pressure & weight gain). Walking also reduces potential for chronic disease (ex: heart disease, type 2 diabetes) as well as can lessen the severity of chronic conditions by helping manage symptoms and improve mobility. Walking is also associated with emotional wellbeing, positive mental health, and healthy aging. In summary, walking is an excellent way for most Americans to increase their physical activity and requires no special skills or cost. It's up to you to start so consider taking that first step -- begin slowly, find what you can do, and make it enjoyable enough to be done regularly to get the most benefit.

In recent years there also has developed a renewal of an ancient practice of ‘walking meditation’ or mindful walking’. Thich Nhat Hanh, the Buddhist teacher, and Jon Kabat-Zinn, PHD instructor of mindfulness-based stress reduction, particularly have written about it and guided many people in discovering how to practice it and bring into their lives. It potentially is a part of personal self care and healthy lifestyle that improves both physical and mental health.

Especially for Thich Nhat Hanh, doing mindful walking in nature brings the beauty and healing power of the natural world into mind, body, spirit. This is echoed by Northwest writer Carolyn Kortge, who wrote *Healing Walks for Hard Times* from her own experience with cancer & walking, to assist those recovering from cancer and others dealing with depression or anxiety/trauma to make positive changes. An emerging trend is for health care providers to prescribe taking walks and being outdoors in nature for physical and mental health: the “Nature Prescription”. As a cancer survivor myself who utilized walking as a vital part of my recovery, I have also learned more by adding and practicing elements of mindfulness and walking meditation from the above-mentioned teachers. I am including walking as an important tool/activity in my work as a professional counselor as it has been proven to be effective for improving depression and mood overall.

My hope is that this article is a motivation to begin walking and use mindfulness in nature to find out the benefits -- whether you walk in your neighborhood, parks, along the river or lake, or on beautiful Columbia River Gorge trails, such as the Klickitat Trail.