



Volume 28, Number 4

The Havasu 4 Wheelers **TRAIL TALK**

YOUR MONTHLY CLUB NEWSLETTER



Arizona
April 2020

A FAMILY FOUR-WHEELING CLUB DEDICATED TO THE MOTTO "TREAD LIGHTLY!"

President's Corner

Greetings,



I sincerely hope you are all well and enduring the pandemic issues we are all dealing with. We'll all get through this. Just takes a little time and a few more rolls of toilet paper. Julie, our past president, handed over the keys for the Club to me, so, unless the election goes sideways, I will be assuming the duties of president, and will officially be elected and confirmed, along with the new board candidates when we have the September meeting.

I am looking forward to my term as president, and could not be more proud of this club, its past leadership, and the great folks I have met. I would like to commend our past president, board, and especially our committee chairs, for the outstanding job they have done. The members are all the heart and soul of the club, and hope you never lose your enthusiasm for the club and for the off road adventures we share. It's really all the volunteers and workers behind the scene that make anything a real success, with cohesive leadership at the top.

We tentatively will be having a budget meeting on April 6th, and with luck, and strong leadership from our government leaders we will overcome this virus.

We are anxious to do Moab this year, my fingers are crossed, and I am optimistic. I am hoping for a few more out of town runs next season and hope to see many more newcomers on runs.

So, thanks to all in advance, for your confidence. I will do my best to promote the club, and most of all, will work to ensure that everyone has a great time jeeping in this amazing part of the state.

Bill Roberds



April 2020

Sun Mon Tue Wed Thu Fri Sat

Happy Birthday

<p>If your Birthday or Anniversary is not listed or listed on the wrong date, please let us know so we can correct our records. newsletter@havas4wheelers.org Thanks, Tim & Pat Maskell</p>			1	2 Debbie Anderson Sheri Carmody Howard Mathe Gail Sims Barbara Thornley	3	4
5 Janet Poole Kathlyne Speirs	6	7	8 Eileen Burns	9 Steve Edwards	10	11 Frank Travis John Vodry
12 Easter Dennis Kunster Penny Leistiko	13	14	15 Chuck Jackson	16	17	18 Mike DelMonaco Shelly Stelling
19 Dave Bruno Dennis Gowey Norm Oschman Patti Schroeder	20 Vickie Welch	21	22	23 Scott Bare Cathy Cosgrove	24 Jean Eggerman Arvella Joy	25 Mel Trudell
26	27 Sandy Palmer	28 Steve Perry	29	30		

Happy Anniversary



April 4th - Dale & JoJi Finey
 April 6th - Kenneth & Sheila Young
 April 7th - Don & Doreen Bender
 April 7th - Rob & Janis Estes
 April 8th - Bill & Sue Roberds
 April 13th - Craig & Darlene Dittel
 April 14th - Bruce & Kathlyne Speirs
 April 15th - Byron & Mindy Pohlman
 April 16th - Mike & Lana DelMonaco
 April 17th - Joe & Cindy Egilske
 April 20th - Paul & Diane Wheatley
 April 22nd - Chop & Marie Bellue
 April 26th - Don & Louise Flood
 April 27th - Stephen & Jayne Riley
 April 28th - Jay & Chris Myers
 April 28th - Warren & Mary West
 April 30th - Edward & Sherry Sroka

HAPPY ANNIVERSARY

50 Plus Years



Don & Louise Flood
64 Years



Joe & Cindy Egilske
50 Years



Upcoming Club Runs (1-5 rating)

Snake Pit Flood's Folly, 4.0.....April 1st, 8:30am
Bob Drew

Upper Jupiter / Hawks Nest, 3.25.....April 6th, 9:00am
Mike Yahrmarkt

Black Falls Loop, 3.5/4.0.....April 8th, 8:30am
Bob Drew

Buck Mountain/Scott's Well, 3.25.....April 13th, 9:00am
Mike Yahrmarkt



Other Club Happen'ns

Morning Coffee.....Mon—Fri, 7:30-9:00am
Schlotzsky's, Gene Hobday

Ladies Luncheon.....Canceled Due to Pandemic
Cheri Malsed

Trail Boss Meeting.....Canceled Due to Pandemic
Mike Yahrmarkt

H4W Board Meeting.....Canceled Due to Pandemic
Bill Roberds

Cook's Night Out.....Canceled Due to Pandemic
Cheri Malsed

Men's Breakfast.....Canceled Due to Pandemic
Gary Wiskus

H4W Membership Meeting Canceled Due to Pandemic
Bill Roberds

Moab 2020.....May 3rd to 9th
Chris Storm

Check the Havasu 4 Wheelers Website for Updates and Locations www.havasu4wheelers.org

Send Event / Run Pictures to the Newsletter Editor newsletter@havasu4wheelers.org

Havasu 4 Wheelers,

We have been notified by the realtors center that they are closed until June, therefor we will not be having a membership meeting until September 24th, as of today we are still hopeful for our Moab dates, we will put any changes on the web site.

Thanks and be safe Bill

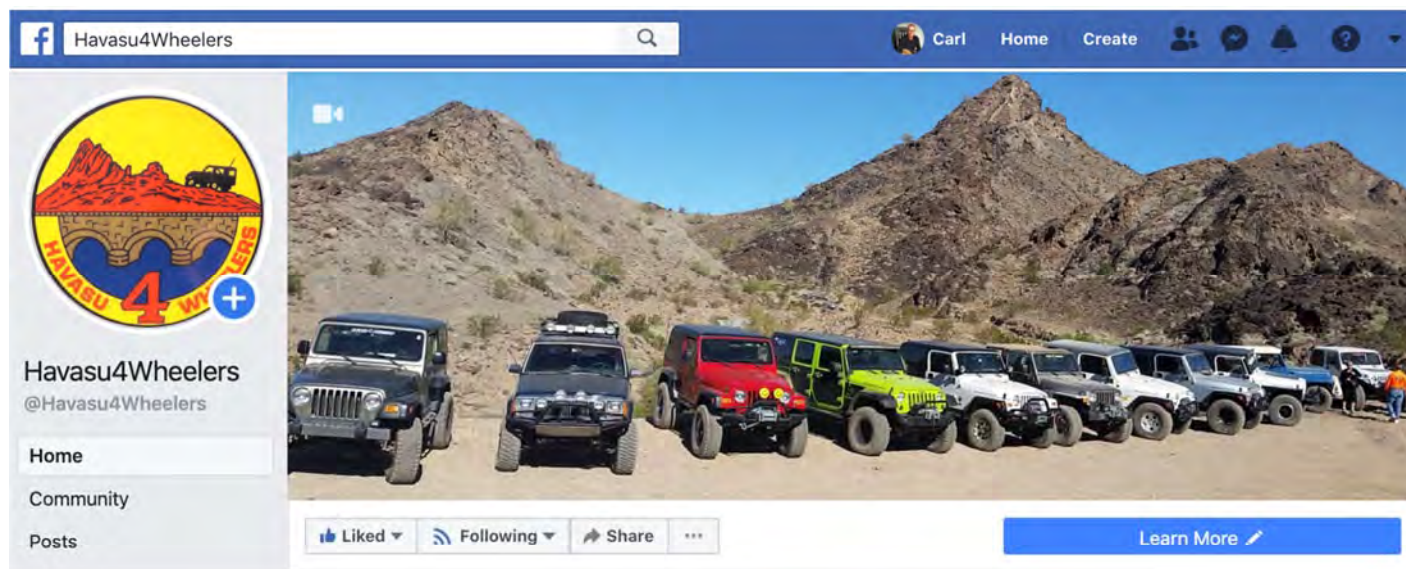
Please Note: Please be at the departure location 20 minutes before the departure time. Call Trail Boss if you are unable to attend.

Check the Havasu 4 Wheelers Website for updates and meet places on runs. www.havasu4wheelers.org



Did you know... We have our own Facebook page. This is a great place to share stories and pictures of your runs (don't forget our club posting rules, no pictures of roll overs, accidents, injuries, etc.). Maybe you have a favorite recipe or just want to ask a Jeep question to the group. We would love to hear from you!

I look forward to reading your posts, Carl Gibbs



Carl Gibbs III ▸ Havasu4Wheelers
December 23, 2019

Great run, good times today! Tom Bunnell led us through Early Times and Turkey Trot.* (No harm was done to any rocks or jeeps). 😊 We did name the elusive water fall in Turkey Trot that no one has conquered until now. Cadillac Dave successfully climbed it and earned the name Cadillac Falls. Pictures credited to Ken Wiemer.



2020 Hot Dog Run

March 4th



This Year's run was a big success thanks to the efforts of Dave Bruno and his crew. We had 76 Jeeps, 141 members and 340 dogs eaten...GREAT



Merchandise Available during



COVID-19 Social distancing

The Ray's H4W "Club Stuff"

During this time of challenges with social distancing and home self quarantine, we want to be sure members can still get the coveted H4W Merchandise from home.

Soooo: You can now order your gear via email to:
Ray@havas4wheeler's

Please Provide Style, Size, Color, Men's or Women's

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H4W Board for 2020 to 2021



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Bill Roberds

Vice President
Chris Storm



Secretary
Doris Hirt

Treasurer
Willie Williams



Membership Chair
Cheryl MacLean

Run Chair
Mike Yahrmarkt



These members ran uncontested so they will assume the duties of their new positions. A final vote will be taken at the September Membership Meeting.



Dave Blake, Jim Bowen, Cynde Choate, Steve Hirt and Stephen Locantore are running for 3 Member at Large positions which needs to be voted on by the membership at the September Membership Meeting.

Havasu 4 Wheeler of the Year 2020 to 2021

Every spring the Havasu 4 Wheelers members vote for a person who has contributed endless time and energy for the benefit of the club. In 1998, our first recipient of the 4 Wheeler of the Year award was Gene Hobday. Since then the list contains many great folks who have made our club what it is today. This year in February we again voted, and Mike Yahrmarkt was the obvious winner. Mike is our run chairman and has done a magnificent job wrangling the run leaders and keeping track of who, what, where, and when. Mike is an accomplished run leader in his own right and most of the time chooses runs less traveled. He is always helpful to beginning jeepers and most of the time makes them feel comfortable in difficult situations, gently consoling them when things don't go as hoped, and encouragement that practice makes better. On behalf of the Havasu 4 Wheelers, ***Congratulations!*** And many thanks to Mike, for your outstanding efforts and leadership, being a great trail leader, and helping making our runs safe and so much fun!



Bill

Black Mesa

Larry Sanburg March 12th



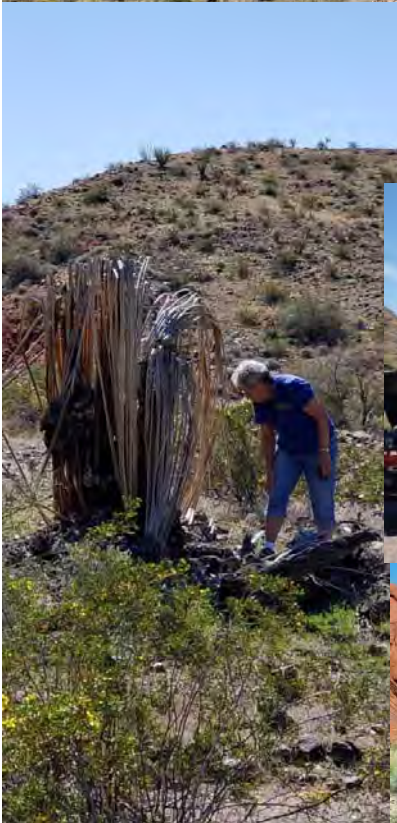
Aubrey Loop March 24, 2020

Because of the coronavirus people are abiding by the recommendation to avoid close contact resulting in a little cabin fever so when they had a chance to go on a jeep run the turnout was great....18 jeeps. Being responsible adults, we maintained the necessary 6ft distance and just had to talk a little louder.

The desert was beautiful as always, but we got the extra benefit of the wild flowers in bloom and the trees in the Bill Williams Wilderness area all decked out in green leaves. With the warm weather a rattle snake decided to venture out and cross our path and someone counted 11 rattles....has been around a few years. This run has a few small challenges which everyone handled like pros. The scenery was every changing with the most impressive being the red rock area with the conglomerate of rocks.

I want to say Thank You to the people on the run for maintaining the "Social Distancing" and a **Big Thank You to Rob & Pattie Glumack** for doing a great job as tail gunners.

Willie Williams, trail boss



A to P Crossover 3-31-20

What a disappointment.....the Joshua trees are not in bloom yet but on the up side the desert area was covered with all types of wild flowers. Alamo Rd. was dusty as usual, but it had apparently been graded recently so it was pretty smooth going.

It was a very scenic drive and uneventful until we got near the Planet Ranch. Unbeknown to me they are releasing water out of Alamo Dam and a section of the road was under water. It came to just below the bumper for the first few jeeps but the jeeps at the end encountered more water as the ground got compacted from the traffic. All made it through successfully, but it did give us something to talk about. We continued a little way down the trail to the new fish ponds, which according to a worker at the site, have started to fill up since they are releasing the water.

A thank you to all on the run for maintaining "Social Distancing" and a special Thank You to Mike & Lana for being tail gunners.

Willie Williams, trail boss



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Automatic External Defibrillator

If you want to carry one of the club's Automatic External Defibrillators (AED's) on a run, please contact Mike MacLean and make arrangements to check one out before your run.

Thanks, Mike Yahrmarkt
Run Chairman



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More A to P Pics



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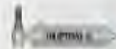
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Automated External Defibrillators (AEDs) The Basics for Havasu 4-Wheelers

3 basic types of defibrillators: Manual, AICD and AED

An AED is a Lightweight, Battery-operated, Computerized Portable device.

Delivers an electric shock through the chest to the heart via a pair of self-stick pads called 'electrodes'.

Like defibrillators on TV, only automated (John & Roy)

Used on medical dramas and reality shows on television. ("Clear!").

Unlike manual defibrillators used by paramedics and physicians, the important decisions are made by the AED.

The shock can potentially stop an irregular heart beat (arrhythmia) and allow a normal rhythm to resume following sudden cardiac arrest (SCA). SCA occurs when the heart malfunctions and stops beating unexpectedly. If not treated within minutes, it quickly leads to death.

Ventricular fibrillation (Vfib) is a rapid and unsynchronized heart rhythm that originates in the heart's lower chambers (the ventricles). The heart must be "defibrillated" quickly because: A victim's chance of surviving drops by 7 to 10% for every minute a normal heartbeat isn't restored.

How an AED works

Turn it on and place the pads (below the right collarbone and left side about two inches below the left armpit), it immediately begins analyzing the victim's heart rhythm. It checks only for cardiac dysrhythmias such as V-fib or Pulseless Ventricular Tachycardia. It then calculates whether defibrillation is needed, and provides directions to the operator. This is done via both voice prompts and indicators displayed on a faceplate on the AED. If the AED senses that the victim is in cardiac arrest, it advises the operator in a matter of seconds to push a button to deliver a shock. This shock momentarily stuns the heart and stops all activity. It gives the heart the chance to resume beating effectively.

Risk factors

Factors that may increase the risk of V-fib include:

1. A previous episode of ventricular fibrillation;
2. A previous heart attack;
3. Congenital heart disease;
4. Heart muscle disease (cardiomyopathy);
5. Injuries to the heart muscle, such as electrocution;
6. Use of illegal drugs, such as cocaine or methamphetamine; and
7. Significant electrolyte abnormalities, such as with potassium or magnesium.

AEDs are known to be virtually foolproof

As long as an AED is turned on, it is designed to be next to foolproof:

1. It will not prompt the operator to go to the next step until the previous step has been completed;
2. It provides a direction sequence that is so logical, that rescuers remain calm, even those with little or no experience in responding to cardiac emergencies;
3. It will not allow a shock to be administered unless the person is actually in cardiac arrest.



Why are AEDs important?

1. Rapid activation of 9-1-1 system and
2. Prompt delivery of (CPR) and
3. Early defibrillation.

All three of these activities are vital to improving survival from SCA.

Almost anyone can use an AED

Anyone familiar with the device. Formal training is not required, it is recommended to help the rescuer increase their comfort and level of confidence.

Such use is permitted by "Good Samaritan Laws" in every state, which generally protects the rescuer, the Club and the Medical Director who oversees the program from civil tort liability.

AEDs are safe to use

AEDs are safe to use by anyone familiar with their use. AEDs are highly effective in detecting when (or when not) to deliver a shock. To ensure the safest operation, avoid use on metal or wet surfaces. No Patient contact.

Where do we often find AEDs?

AEDs are often located in public areas such as sports venues, shopping malls, airports, airplanes, businesses, convention centers, hotels, schools and doctors' offices. They should also be in any other public or private place where large numbers of people gather or where people at high risk for heart attacks live. They should be placed near elevators, cafeterias, main reception areas, and on walls in main corridors.

Havasu 4-Wheeler (H4W) club AEDs should be brought to all club events where several members will gather. However, there is no legal requirement to have an AED available at any club function or run. This will take initiative of club members to see that at least one device is available where desired. On Club runs, it is recommended that the vehicle carrying an AED keep in the middle of the pack so, if needed, it is more accessible for immediate use.

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- Some of the best technology available.
- It is extremely easy to use
- There are only two buttons and no moving parts or lids to slow the rescue.
- Clear voice prompts and status lights will guide the rescuer through the entire process.

Where can I get AED training?

Numerous community organizations offer AED courses. The H4W club usually offers at least one AED course during each calendar year. Check with your AED presenter Brian Springer for future classes.

You are encouraged to attend an initial class and subsequent classes until you are confident that you can operate the AED in an emergency.



REMEMBER



If you have a 4 Wheeling picture, article, or even a joke you'd like to share, please submit it to Tim & Pat Maskell, Newsletter Editors, at: newsletter@havasu4wheelers.org. Please no flipped over vehicles, off-color jokes or insensitive dialog. We're always looking for good stuff.

Tim & Pat







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Other Club Happnins'

50 / 50 along with meetings and social functions are postponed until September.

"Sunshine"

If you know of anyone in the club who might need some cheering up, please contact Trish Reister at trishreister@gmail.com. She will be happy to send cards on behalf of the entire Havasu 4 Wheelers membership. ❖



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President.....Bill Roberds
Vice President.....Chris Storm
Secretary.....Doris Hirt
Treasurer.....Willie Williams

Voting Members:

At Large.....Cheryl MacLean-Membership
Mike Yahrmak-Run Chair. At Large Dave Blake,
Jim Bowen, Cynde Choate, Steve Hirt, and
Stephen Locantore (A vote for 3 will be held when we
meet again in September)

Committees:

Advertising.....Steve Hirt
Audit.....Rodger Melton
By-Laws.....Steve Riley
Desert Clean-up.....Pete Raventos
Highway Clean-up.....Bill Roberds
Events.....Cheri Malsed
50/50.....Penny Leistiko
Historian.....Wanda Scholl
H4W Facebook.....Carl Gibbs
Master Cartographer.....Bob Scholl
Men's Breakfast.....Gary Wiskus
Merchandise.....Joe & Kathy Ray
Newsletter.....Tim & Pat Maskell
Public Land Access.....Jim Bowen
Safety.....Mike MacLean
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- HAVASU 4 WHEELERS TRAIL RATINGS -

- Mandatory Vehicle Equipment - All vehicles on *H4W* runs must be 4-wheel drive & equipped with a CB radio, fire extinguisher, first aid kit, tow straps, and front and rear tow hooks or safe hitching point all in working order.

RATING	DESCRIPTION
1	EASIEST: Passable by stock vehicles. Gentle fairly wide grades.
2	EASY: Use of 2 wheel and some 4-wheel drive. Trail may have some rocks, loose road surface, and ruts but a reasonable line for driving.
3	EASIEST MODERATE: 4-wheel drive with aggressive tire treads. Expect a rough road with rocks and sand that requires lower tire pressure. Substantial sections of single lane.
3¼	MODERATE: Some 4 wheel driving experience needed. Same as above with some use of high and low range gearing. These trails have a rough, rutted surface, rocks and deep sand. Sections may be steep enough to cause traction problems, narrow shelf roads with steep drop-offs and tight clearance between rocks.
3½	HARDER MODERATE: For experienced drivers. At least a 2" lift and 33' tires with aggressive tire tread, one locked differential, high and low range gearing. Potentially dangerous, large rocks, ruts, steep slopes, loose surface and narrow clearances that need to be negotiated.
3¾	HARDEST MODERATE: Skilled experienced drivers only. Same as above with both differentials locked, some strapping/winch. Very challenging sections, extremely steep grades, loose surfaces, large rocks, deep ruts and tight clearances.
4	DIFFICULT: Highly skilled experienced drivers only. Same as above with belly up, 4 to 1 transfer case or equivalent, skid plates, beefed up axles and suspension system. Probable strapping/winch. Vehicle width and wheelbase should be considered. Possible body damage.
5	HARD: All of the above. Probable body damage.

HAVASU 4 WHEELERS, PROUD MEMBERS

