

SONORAN CONSERVANCY of FOUNTAIN HILLS

**Now is the Time! Every day new wild flowers pop up in Fountain Hills McDowell Mountain Preserve. This year's show is bursting with the usual**

**growth brittle**

**chicory,**

**clover.**

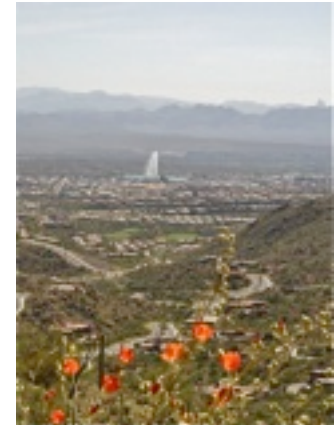
**With a will likely**

**douglas sandwort, silverpuff, desert marigold, globe mallow, and penstemon as well. They all seem brighter, stronger, and more dense than in the past few seasons.**



**of poppies, lupine, bush, chuparosa, buckwheat, desert desert hyacinth (bluedick), filaree, fiddleneck, and owl's**

**guide book in hand you find blackfoot daisies,**



*The hike leaving from Eagle Ridge Dr. On April 10<sup>th</sup> offers your best chance to enjoy spring flowers in the Preserve. Our guided hike and special reservation rides leave at 8:00 AM. Bring your flower guide book and camera.*

Event Hikes have proved to be very popular. Public response ranged from 18 to 36 persons per hike. Since January we have sponsored 6 event hikes. Topics included botany, amethyst history, animal and plant adaptation in the sonoran desert, geochasing and map reading, and birds of the desert. Plans for Fall hikes include several new topics along with many of those enjoyed this Spring.

While hiking in the Preserve, SECURITY is a major concern. In cooperation with the McDowell Mountain Preservation Commission (MMPC), our trailblazers have been installing a series of over 150 trail signs and clearing 9 designated helicopter landing sites. When these tasks are finished, our Fire Department, Rio Verde, and Scottsdale rescue teams will all have a coded map identifying the exact location of each sign. Each sign will be identified by both a TRAIL CODE and a GPS coordinate.

Should it be necessary to call 911 for help, an individual only needs to report the trail code from

the nearest sign, that in turn automatically tells the rescue team exactly where to find the individual in need.

Our trailblazers have cleared any unwanted foliage, cactus, or close by trees from the helicopter locations. You may see some of these circular clearings from the trail, but there will be no signs or identification.

Because we have found some areas that do not respond to cell phone contact, when hikes are led by our Stewards they carry a special GPS device called the SPOT. This device contacts 911 directly from a satellite connection which in turn contacts the central 911 service for Fountain Hills.



**Check Our Web Site** [www.scfh.org](http://www.scfh.org)

[Watch for the added changes, more photos, an opportunity to message us with comments and suggestions. Help us to shape the future programs and preserve based activities.](#)

## **FITNESS**

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The Conservancy is encouraging everyone to be more fit. Walking is one way to strengthen many parts of your body; lungs, heart, legs, ankles, and feet. Likewise, hiking offers all such exercise plus the comforting benefits of contacts with nature.

One way to motivate your interest and provide quantitative evidence of your progress is to wear a pedometer to measure the daily number of steps you take. First you need to determine a "baseline" of your normal activity including movement at your job, in the home, shopping, etc. Then begin to increase your goal modestly. If your baseline averages 3,500 steps/day, plan to walk to increase you steps to 5,000. Much as been written about the benefits of 10,000 steps per day. That is true, but it also represents walking a total of 5 miles/day. (which is not easy). If you are interested, the main advantage of the pedometer is it's role as a motivator and recorder of your progress.

Why all this about pedometers? To encourage everyone to have an interest in improving their well being, and to stimulate an increase in your support of the Conservancy missions, we will send to those who contribute \$35.00 or more a multi-functional pedometer (it records daily steps and total accumulative steps)

Why not try it! It is fun to find out just how easy it is to meet a weekly goal, and how that can multiply into a healthier lifestyle.

Send us your support and we will send you your own pedometer.

## **Be a Friend of the Sonoran Conservancy Today !**

**We urge you to consider continuing support to this not-for profit 501 (c)(3)**

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Name \_\_\_\_\_ e-Mail address \_\_\_\_\_

Street \_\_\_\_\_ P. O. Box# \_\_\_\_\_

Town \_\_\_\_\_, State \_\_\_\_ Zip \_\_\_\_\_

*Contributions pay for Newsletters, trail tools, training programs, and support of other Preserve needs.*

**Make checks payable to: Sonoran Conservancy of Fountain Hills**

**Please mail to: SCFH, P. O. BOX 17733, Fountain Hills, AZ 85269-7733**