

TRAIL Guide

JUNE—JULY 2022



To say “a good time was had by all” seems cliché, but in this case it is TRUE! About 100 members, volunteers, donors, and other supporters celebrated TRAIL’s 5th Anniversary at the Unitarian Universalist Society fellowship hall on May 26, 2022.

Please enjoy some of the images captured, including (top left) Executive Director Bob Untiedt; (top right) member Carol Throckmorton and volunteer Twyla Morlan enjoy some of the tasty food and beverages; (center) members laugh at the reading of *Scandinavian Death Cleaning* by (from left) actors Patrick DuLaney, Ron Clark, and Jody Hovland, and author Chris Okiishi; honored with flowers were members of TRAIL’s first Board of Directors (from left) Diana Lundell, Joy Smith, David Rust, Maggie Elliott, Charlie Anderson, and Susan Shullaw. (Not pictured: inaugural Board members Michelle Buhman, Nancy Hauserman, and Linda McGuire. TRAIL’s founders also included Pat Brockett, Cathy Cole, Mike Feiss, Nancy Lynch, Alan Swanson, and Nancy Williams.)





TRAIL Celebration photos continued: (top left) members Blair Frank and Mary Kirkpatrick give the thumbs up to the event; (top right) Bob shares TRAIL service stories; (above) in the kitchen, (left to right) Phyllis Black, Vicki Tardy, and Betsy Fisher of the Social/Education Committee; (above right) additional committee members Phyllis Black, Chair Barb Stein, Nancy Husted, Betsy Fisher, and Alfrieta Monagan take a break from food preparation and table decorating.

MANY THANKS to all who attended and/or worked the fun event, including our photographer Courtney Ball.

Thanks to our JUNE—JULY newsletter sponsor

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Spring cleaning help

A group of Grace Community Church members offered yard work help to TRAIL members as part of a service project. The family groups share a mission to care for others and be of service to the community around them. The groups offered lawn raking, weeding, pruning of shrubs, and mulching, among other needs. One TRAIL member said, "They did a really great job! I looked out my window and it took my breath away to see everything cleaned up and mulched." Grace Community Church hopes to offer this service again in the future.

Member tip o' the month: TRAIL Message Board has many uses



TRAIL members will find several useful features when they log in to the member portion of TRAIL's website; the Message Board is one. Here you can post items you want to sell or give away, ask general questions, or look for recommendations.

To access the Message Boards:

- Log in to the site as a member.
- Use the pointer to hover over "For Members" at the top of the page.
- A menu will drop down, with "Message Boards" at the bottom. Click on it.
- On the next page, click on "Member Discussion" at the left.
- On the Member Discussion page, click on "Start a New Thread," complete the box titled "Post Message," and then click "Post Message" at the bottom.

In addition to messages you want to post, check out the Message Boards for items or info you can use!

The TRAIL Office will be closed:



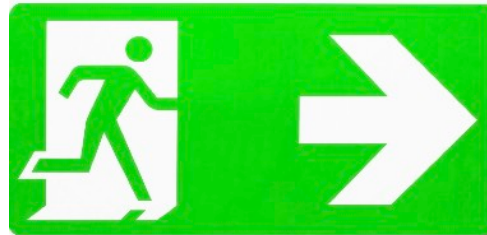
**Monday, June 20,
for Juneteenth**

**Monday, July 4,
for Independence Day**



Preparing for an emergency Pack your go bag now

When an emergency hits and you need to bug out for a safe place fast, it's already too late to start looking around the house for what you need to bring with you. Instead, think ahead of time and pack what you need in a go bag you can grab while heading out the door.



A go bag doesn't need to be fancy. Many specially designed bags are available on the internet, some pre-packed with food and other items. But none of that is necessary. A go bag can be any kind

of receptacle—a suitcase, duffle bag, or tub or bin with a lid. What matters is that it's big enough to hold what you need and small enough to carry.

In February 2022, TRAIL hosted Jeff Ritzman of Safeguard Iowa for a virtual emergency preparedness program. Here are his recommendations for the contents of your go bag:

First aid kit
Dried fruit
Trail mix
Toilet tissue
Safe deposit box key
Thumb drive with important documents
Small rope
Knife
Socks
Peanut butter & crackers
Solar phone charger
Solar light

Medicines/prescriptions
Toothpaste
Meal packets
Spare cups
Matches
Heat source
Water
Cash
Knives/forks/spoons
Toothbrush
Underwear

More information about emergency preparedness is available on this [website](#) provided by Johnson County and the Safeguard Iowa Partnership.

NOTE: Some events are virtual, while others are in person. Full details for each event can be found on [TRAIL's online calendar](#).

New events are frequently added, so check TRAIL's weekly calendar preview emailed on Fridays or the [online calendar](#) to stay up-to-date.

Calendar key: **BLUE** events are hosted by and for TRAIL members. **GREEN** (virtual) and **YELLOW** (in-person) events are hosted by other groups but may be of interest to TRAIL members.

Members pay their own fees if there is a cost associated with an event (\$).

TRAIL Guide is published on or about the 15th of each month by the TRAIL Communications Committee for the benefit of TRAIL members, donors, volunteers, vendors, and friends. If you have questions or suggestions about the newsletter, email info@trailofjohnsoncounty.org.

If you attend in-person events, please bring proof of vaccination and wear a mask.

[Prairie Plants for Perennial Gardening](#)

Wednesday, June 15, 7 to 8 PM

Iowa City Public Library Meeting Room A, 123 South Linn Street, Iowa City

[Live from Prairie Lights: Miriam Kashia Talks with Author Maureen McCue](#)

Thursday, June 16, 7 to 8 PM

Prairie Lights Bookstore, 15 South Dubuque Street, Iowa City

[Tom Langdon Photography Exhibit](#)

Friday, June 17, 11 AM to noon

Hudson River Gallery and Frame Shop, 501 12th Avenue #3, Coralville

[Book Club—Read Together The Fifth Business by Robertson Davies](#) (via Zoom)

Monday, June 20, 1 to 2 PM

[AARP Webinar: Professional Home Health-Care Options \(& Who Pays\)](#) (via Zoom)

Tuesday, June 21, 6 to 7 PM

[O.W.L.S. Kent Park Prairie Hike](#)

Wednesday, June 22, 9 to 10:30 AM

F.W. Kent Park Valley View Trail, 2048 Highway 6 NW, Oxford

[Lunch with Friends at Midtown Family Restaurant #2](#) \$

Thursday, June 23, 11:30 AM to 1 PM

Midtown Family Restaurant #2, 1069 Highway 1 West, Iowa City

[Woofables: The “Gourmet Dog Bakery” Tour with Alex Taylor](#)

Thursday, June 23, 1 to 2 PM

Woofables Bakery, 1900 James Street, Unit 2, Coralville

[Heritage Area Agency on Aging Caregiving Seminar](#)

Friday, June 24, 3 to 4 PM

Johnson County Health & Human Services Building, Room 208, 855 South Dubuque Street, Iowa City

[Phebe Timber: A Historically Rare, Woman-Deeded Parcel Now Owned by JCC](#)

Sunday, June 26, 3 to 4 PM

F.W. Kent Park Education Center, 2048 Highway 6 NW, Oxford

[Let's Talk Books: Epistolary Fiction](#) (via Zoom)

Thursday, June 28, 7 to 8 PM

[Nature Walk with Prairie Plant ID](#)

Wednesday, June 29, 5:30 to 7 PM

Waterworks Prairie Park, 2875 North Dubuque Street, Iowa City

[Kayaking at Kent Park](#)

Friday, July 1, 10 to 11:30 AM

F.W. Kent Park, 2048 Highway 6 NW, Oxford

[Member Happy Hour](#) \$

Tuesday, July 5, 4:30 to 6:30 PM

Orchard Green, 521 South Gilbert Street, Iowa City

[TRAIL Book Club](#)

Thursday, July 14, 1:30 to 3 PM

Location TBD