

Idaho Alpine Club Bulletin

Volume 41 - Issue Number 4 - April 2001
 P.O. Box 2885, Idaho Falls, Idaho 83403-2885
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Please notify Barbara Brown of address changes or errors. Please mail completed common adventure forms to the secretary.

Coordinators

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 Trail Maintenance
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 Mark/Donna Whitham 524-6119
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 Alan Queen 208-336-8421
alanq@micronet-systems.com

General Club Meeting

Held at 8:00 p.m. on the first Wednesday of each month, normally in the large meeting room of the Idaho Falls Public Library. NO GENERAL MEETING IN JULY.

Membership Fees

Full year:
 Individuals: \$20
 Family: \$25
 From July 1 - October 1
 Individuals: \$15
 Family: \$20

After October 1, the payment of full year fee applies to the following year. Full-time students (18 or older) and seniors (65 or older): \$5 off the above fee schedule.

Council Meetings and Bulletin Deadline

Any interested member is invited to attend.

Materials for the bulletin are due by the weekend before the council meetings. Please send material to the bulletin editor at 2188 St. Clair Road, Idaho Falls, Idaho 83404 or by email to rener@srv.net

Is Your Bike Ready for Summer Adventure?

Wednesday, April 4, 2001, 8PM, at the Idaho Falls Public Library

Idaho Mountain Trading's Michael Woodruff is going to provide the IAC with some basic tips on getting our bikes ready to ride and being prepared to do some rudimentary roadside repairs. Especially for those of us who just hung our bikes up last fall, he is also going to give us a few do's and don'ts for preparing our bikes for storage properly. The presentation is open to the public and all outdoor enthusiasts are invited to attend.

President Speaks

Your summertime coordinators are working hard to plan events for your participation. Help them out by signing up early and participate. This should be an exciting summer. We will be once again offering the extremely popular Women's Backpack Trip in addition to many other activities. For those of you who can get out during the week, contact Barbara Brown to find out where the weekly bike trip will be. Newly scheduled: Teton Bike Ride on April 8, Highway cleanup for the spring will be on May 6, there is a wolf watching trip coming up for those who can't make it to Smith Rock, and National Trails Day is coming up on June 2. Watch the bulletin for details on how to get out there.

If you haven't signed up for the Wilderness First Aid course there is still time to sign up for this valuable course. Don't wait till the last minute to sign up. Coordinators and potential trip leaders are strongly encouraged to take the course.

Cheers
Donna

IAC Meeting Minutes – 2/26/2001

Attendees: Garney Hardy, Donna Whitham, Betsy Adkison, Tim Adkison

February note taker - Tim

8:17 pm - meeting convened.

8:20 pm - reading of January minutes (approved with minor changes).

8:28 pm - Treasurer's report: General fund = \$ 4774.00

Rafting fund = \$ 2057.00

Expenditures = \$ 310.00

CD's = \$ 4292.00

Number of members to date = 156
(87 are new)

8:34 pm - marketing items discussion. Stickers are still "in the works" due to problems with the computer files sent to the manufacturer in Utah. More t-shirts to be ordered (short-sleeve, grey, XL=3, M=12, S=6).

8:43 pm - W.F.A.T. course discussion (4 paid and 1 gratis participant to-date).

8:47 pm - raft proposal (Leon absent, discussion deferred).

8:47 pm - Tri-fold updates (minor changes discussed).

8:55 pm - Earth Day participation discussion. Due to many events scheduled for the weekend of Earth Day, council opted to skip participation on Earth Day and perform other functions in conjunction with the local community at a later date (i.e.; community cleanup day).

9:03 pm - Highway cleanup discussion. Scheduled cleanup of our section of highway for May 6, 2001 (Sunday).

9:09 pm - National Trails Day (June) discussion. Donna is checking with City of Rocks about planning an event for that weekend.

9:13 pm - Teton bike ride decided for April 8, 2001.

April 24, 2001 meeting scheduled at the Whitham's.

May 29, 2001 meeting tentatively scheduled at Perkin's Restaurant for coffee and dessert.

9:23 pm - meeting adjourned.

IAC Council Meeting Minutes – 3/28/01

Meeting convened at 7:00 p.m.

Attendees: Donna Whitham, Tim Adkison, Betsy Adkison, Jeff Coward, Kevin Coble and Leon Wolfram

Note taker: Leon Wolfram

Minutes from previous meeting read and approved.

Treasurer's report:

General funds:	\$4568
<u>Rafting funds:</u>	<u>\$2057</u>
Total	\$6625

Expenditures: \$506 for bulletin

Membership total: 110 members

Old Business

Stickers on hold pending more information on printing costs.

T-shirts: small short sleeved in stock.

Wilderness first aid course instructors will be coming from Wyoming, therefore the cost to the IAC will be slightly higher.

Old raft sales on hold until they can be inspected to determine their disposition.

Tri-fold updates still in progress.

Earth Day will be held at the Shilo Inn 23 April 01 from 10:00 A. M. to 9:00 P.M.

IAC highway clean up will be 6 May 01.

New Business

The purchase of new static climbing ropes was discussed and also new climbing helmets.

The 24 April 01 IAC council meeting will be at the home of Donna and Mark Whitham.

The 29 May 01 IAC council meeting will be at Perkins.

IAC LOGO T-SHIRTS!!

The t-shirts are really cool! Short sleeves or long sleeves, crew neck, heather grey (just dark enough to not show dirt unless you wallow in the mud) or white, Dri Release material with embroidered club logo! The logo is sooo detailed that you can even see the rope hanging from the little climber! Short sleeve \$12 each. Long sleeve \$21 each. Sizes Small (long sleeve only), Medium, Large, and X-Large. These shirts are great out in the field. They dry really fast and don't get stinky like the polypro stuff does after a couple days or even a week on the trail. They are also pretty cool to wear around town or even to work. The shirts are available at the monthly meetings, but if you just can't wait until the next meeting, contact Mark or Donna at 524.6119 to get yours sooner.

Idaho Alpine Club Meets in Boise

Typically meetings are the first Monday of each month at REI, 6:30 PM. Call 208.336.8421 or see website for meeting information.

Outings have included rock climbing, hiking, backpacking, skiing, and snowshoeing. Group trips often center around the Sawtooth Mountains, Idaho City area, Owyhees and of course the Boise mountains. Watch the schedules in the bulletin and on the website for upcoming events for all IAC members to take part in.

Upcoming Boise IAC Trip:

The Silver Island Mountains ~ April 7-8 Caving/camping/hiking/biking trip near Wendover has been rescheduled for the weekend of April 7-8 to accommodate more schedules. Further details later.

Wilderness First Aid/ First Responder Renewal April 21 - 22

Mark your calendars for this intense hands on two day First Aid course like no other first aid course you have ever taken. Watch the bulletin for more details on cost and location. There are 15 of us who have WFA certifications expiring in May 2001.

Bike Rides ~2001

Teton Park - April 8

This is a great time to ride in the park without having to dart the Winnebago's. We generally ride out to the dam and back via the Jenny Lake Scenic loop so the entire trip is a little over 30 miles. A shorter loop out to String Lakes and back can also be done. The lake may be a bit mushy for ice biking this year but it has been done in the past. Call Mark and Donna for more information and to sign up. 524.6119 or mail to dwhitham@srv.net.

B.A.M.I.C. + Hot Springs.

Self-contained bike tour around Idaho, visiting natural hot springs along the way. June 20 - July 4, 2001, Approx. 700 miles (50 miles/day average). A trip description and contact information can be seen on the web at:
<http://users.sisna.com/vagabond/bamic/bamic.htm>

Conservation ~2001

Wolf Watching in Yellowstone Park May 12 -13

Stay at Mammoth Hot Springs Hotel (307-344-7311) and get up early to go out to observe the wolves. Dayhike in the afternoon and soak in Boiling River.

Bear spray, hiking boots, the 10 essentials, and bathing suits will be needed. Camping is also nearby. Call Tim and Betsy Adkison for more details and to sign up. 208.542.0786 or ga2idaho@aol.com.

National Trails Day ~ June 2.

Watch for information on IAC Activities

Highway Cleanup - May 6

Time to get out and see how many empties abound on our stretch of Highway 31 between mileposts 6 & 8. Stylish orange vests and matching orange bags will be provided. Sturdy boots and work gloves are requisite. Call Mark and Donna for more information and to sign up. 524.6119 or dwhitham@srv.net.

Hiking ~ 2001

Grand Gulch Backpack, April 10-15!

We have a permit to backpack Grand Gulch. The trip was full then folks dropped out. We have one, possibly two spots (5 person limit on permit). Interested parties are encouraged to be desert rats, comfortable visiting pueblo numerous ruins and viewing lots of pitcos and petros. We will drive down from smog lake the afternoon of the 10th, come back to smog lake the evening of the 15th. Contact me at: robjones@sisna.com, or via the address on the Wild Vagabond web site:
<http://users.sisna.com/vagabond/>

Climbing ~ 2001

This schedule can be somewhat flexible in terms of the routes we choose and the difficulty of the climbs, depending on the level of the climbers taking part in each trip. The trips to Smith Rocks, Massacre Rocks, and Thursday night climbs will provide good opportunities for less advanced climbers to practice technique and learn more about rock climbing protection and placement of gear.

April 14 Snow School
 April 14 -21 Joshua Tree, CA
 (Trip coordinator - Kenn Lamson-Boise
 kdlamson@micron.net for details and to sign up.)

Climbing - Continued

April 27 to May 1 - Red Rock Canyon
 National Conservation Area
 Red Rock Canyon is located about 15 miles west of Las Vegas, Nevada. It encompasses 195,610 acres and hosts nearly one million visitors each year. We will be leaving on Friday afternoon to camp out, climb, hike, and explore Red Rock Canyon on Saturday, Sunday, and Monday. Contact Mark and Donna Whitham for more information or to sign up to join us on this trip; 208.524.6119 or dwhitham@srv.net.

May 11-13/14 Smith Rocks, Oregon

July 5-8 Mt. Rainer (Liberty Ridge) or
 Mt. Adams (North Side), WA

Aug 3-5 Tetons - Various Day Routes

There will probably be other climbs or hikes not on this schedule, as well as activities coordinated by others. Call Kurt Myers 522-5279 or Eric Peterson 529-9538.

Thursday Night Climbs

These are short, local-area climbing outings which take place every Thursday evening starting on May 31st. We leave at 6pm from the Yellowstone McDonald's parking lot, travel to the area, climb for 1 1/2 to 2 hours. The schedule details will be released before summer.

Climbing Co-Coordinator Needed for 2001 Thursday Night Climbs

Eric would like someone to help him out this summer on the Thursday night climbs to set the ropes and lead the routes. Contact Eric for more information about the position at 529.9538.

Rafting ~ 2001

There will be sign up sheets at the meetings for the following day section trips. Other Ideas for trips are welcome. The dates for these are somewhat flexible. We will be trying to obtain a canceled Main Salmon, or Middle Fork permit through the summer, which may take precedence over the day section trips. We also plan to do some weekend camping trips on the South Fork, below Palisades Reservoir this spring and in the fall, depending on the weather. Please contact Jim Lee (524-5836), or Greg Hulet (523-6199) for trip information.

Rafting Schedule ~ 2001

May 25-28

Main Salmon near Shoup (Spring Creek campground), class III. Annual event with pot luck Friday and Saturday night.

June 2

Fall River, class IV, depending on flow.

June 13-17

Main Salmon below Sunbeam Dam (O'brien campground) class III

July 7

Alpine Canyon, class II-III

July 18-22

Main Salmon near Shoup (Spring Creek campground), class III, or try for a canceled Main Salmon permit around this time.

August 8-12

Main Payette below Banks (Hot Springs campground), class III

August 25

Alpine Canyon, class II-III

Anyone interested in leading trips is welcome to contact us regarding these trips, or to post additional ones. Please contact us if you are interested in gaining captain experience,

safety practice, or repair and rigging information.

Cross Country Skiing at Kelly

Here is Brent Porters email address: bporter@fs.fed.us if you want to comment immediately on the ridiculous proposal for Kelly's Canyon Development. Or you can call 208.523.1412 to request to comment on this.

At an IFSC Board of Directors Meeting Neil Brown, one of the owners of Kelly Canyon, discussed a proposal he submitted to the Forest Service. That proposal is to plow the road from the lodge to the Y junction, the over Morgan Summit to the gated snowmobile road, a distance of 1.9 miles. The plowed road would not be used by snowmobiles only cars and trucks. At that point he would rent snowmobiles to the public and put in permanent or trailered rest rooms and a warming hut. He would also build a parking lot just above the tubing hill for tubers and cc skiers. He wanted IFSC support but didn't get it.

It was pointed out that his proposal would cut off access to several trails including Buckskin Morgan, Hidden Vista, prevent completing the Hawley Gulch loop, remove 1.9 miles of ski track and that both ends of the snowshoe route would be on the plowed road. He seem to have no idea of this impact and mentioned possibly building a parallel road for skiers. He also mentioned that he might consider charging parking fees to cc skiers to use the regular KC parking lot (presumably if this proposal doesn't fly) but didn't elaborate.

You might want to pass this on to anyone else you know that CROSS COUNTRY skis or snowshoes Kelly Canyon.

Hypothermia Update

Buck Tilton
Wilderness Medicine Institute of NOLS

This is going to be a bit long, but it really is important--so please, you all, take a close look at it. Gordon Giesbrecht has released, in the journal of Wilderness Medicine (Vol 12. No 1. 2001), an update on the field treatment of hypothermia. I interviewed Murray Hamlet about the article, who, in turn, talked to Giesbrecht, so that I can give you a factual and very brief report on the article's key points:

1. In reference to immersion hypothermia, "it requires a significant length of immersion (at least 30 minutes) for hypothermia to develop." People often drown shortly after immersion in icy water due to "cold shock," but hypothermia cannot occur "within minutes."
2. People with immersion hypothermia can die subsequent to removal from the water due to a loss of blood pressure so it is important to keep them horizontal, even to lifting them from the water in a horizontal position.
3. Moderate surface rewarming of the entire lower arms and lower legs does NOT cause a rush of cold blood to the core with dangerous results. Adding heat to the entire body is, however, dangerous and should be avoided.
4. Rapid rewarming does not correlate with a higher survival rate. Giesbrecht recommends "steady but moderate warming."
5. In shivering subjects, "no rewarming advantages were found" by supplying warm humidified air or oxygen. In people who have cooled to the point on no shivering "inhalation

rewarming still did not provide any rewarming advantage." There are, however, no disadvantages to warm air or oxygen if it is available.

6. Patients who are very cold must be handled very gently--OK, we got that.

7. Heat packs added to hands and feet provide "ineffective" warming--but they don't hurt and give a little heat. Heat packs should be added according to Hamlet's Hierarchy (this term came from my mind). Hamlet's Hierarchy says hands, feet, armpits, groin: with one heat pack or warm water bottle place it in the hands, with two place them at hands and feet, with three place them at hands, feet and armpits, with four place them at hands, feet, armpits and groin.

8. It is critical to provide increased oxygenation before moving a severely hypothermic person--mouth to mouth if that is the only means available. Giesbrecht says oxygenate for three minutes. Hamlet says more, but he says at least three minutes is critical.

9. After three minutes of oxygenation, check for a pulse in a severely hypothermic person for at least a minute. If no pulse is found, start CPR if rapid transportation is at hand. If no pulse and no rapid transportation at hand, do not start CPR until rapid transportation is at hand.

Workshops for IAC Club Members

(will schedule if enough interest)

Map and Compass Workshop - 1 evening, one field day. Reading and interpreting a topographic map. Understanding your compass, and declination. Finding directions, finding yourself, and finding your way home.

Fly casting and/or Fly fishing- (for beginners) dependant upon skill level of participants. Understanding fly fishing equipment,

choosing the right gear, casting a line, reading the river, choosing a fly. Maybe... catching a fish??? Would require 2 days.

Fly Tying - (for beginners) An art form in itself. Learn about the tools, techniques, and methods of making your own fishing flies. Learn the basic techniques of making wings, bodies, hackles, etc. Tie your own patterns... guaranteed to be useful on local waters! 2 indoor sessions about 4 hours each.

These classes will be made available ONLY if enough interest exists. See Gary Vecellio for information or to express interest. Watch for info in Alpine Club Bulletin.

Adult Outdoor Soccer

Spring season starts April 16th. Any adult interested in playing outdoor soccer is invited to sign up. No experience necessary! Both Men's and Women's games are played on Monday nights at 6:30pm at the Soccer Complex. Registration is done at the Sport Shoppe, 917 E. Lincoln Road. League fees are \$25. For more info see our web site at www.ifasa.org. or call Barnaby Duncan at 523-6175 or Rene Miller at 542-5126.

Club Member Benefits

K & R Adventure Gear - is offering club members, with a current member card, a 10% discount on hiking, climbing, and outdoor equipment. For more information the web address is www.knradventuregear.com and email: knrgear@srv.net or call Kurt or Rebekah locally at 208.522.5279 or toll free at 1.877.369.7407.

Canyon Whitewater Supply - is offering club members, with a current member card, a 10% discount on rafting and kayaking non-sale supply and accessory items. For more information call 208.522.3932

All Topo Maps on CD-ROM are now available to IAC members who have a current membership card at a 15% discount through Timberline Outfitters

Discount membership to the American Alpine Club. Singles may join the AAC for \$40 (instead of \$65) Couples may join for \$65 (instead of \$92.50). Applications must be accompanied by a copy of your Idaho Alpine Club membership card to get the discounted rates. Applications can be accessed on the AAC website:
<http://www.americanalpineclub.org> or at IAC general meetings.

10 % discount on (non sale) outdoor equipment at the following stores:
 --Idaho Mountain Trading, Shoup & B
 --Timberline Outfitters, Eagle Rock Station
 --Sports Korner, Inc., 660 Northgate Mile

\$1.00 discount at Stone Walls Climbing Gym

Discounts on Jerry Painter's Hiking and Biking guide books
 Plus More!
 Outdoor (non rafting) gear is available for free use by paid up club members

Plus much more!

Great activity schedule

Two annual socials (January and August)

Specialized information on outdoor activities from local experts
 Informative, fun, and even occasionally educational programs

And last but not least, a subscription to this wondrous newsletter. . .

Alpine Club Rental Gear:
 Gear is available to paid-up members. Call the appropriate coordinator for more information.

North Face VE-24 tent--George Cole
 Climbing helmets-- Leon Wolfram
 Climbing harness, carabiner & figure 8-- Eric Peterson
 Caving helmets-- Dean K.
 Carbide lamps-- Dean K.
 Ice axes-- Leon Wolfram
 Clinometer & compass for cave mapping----Dean K.
 PLUS rafting equipment --Vickie Hulet

Newsletter Advertising

Members: Free space is usually available for members' ads for used or needed equipment. Free space (up to half pages depending on space) is also available to businesses that offer discounts to members.
 Nonmembers: Half page ad - \$25
 12 half-page ads, purchased at the same time - \$20 each for a total of \$240
 Full-page ad - \$40
 12 full-page ads purchased at the same time \$33.34 each for a total of \$400.

Stone Walls Rock Gym
 Hours are 3:30 p.m.-9:30 p.m. Mon-Fri
 1:00 a.m. -9:00 p.m. Saturdays
 1:00 p.m. - 5:00 p.m. Sundays.
 The gym offers a \$1 discount to Alpine Club members. *[Note: these hours may be out of date--please call to check.]*

Web site news

Have you visited the Idaho Alpine Club's homepage at <http://www.srv.net/~iac> lately? Have you tried the great interactive features that have recently been added to the site:

* An IAC CLUB BULLETIN BOARD where you can post information, announcements, ask questions, make comments, whatever you'd like. It's like our own club newsgroup!
 A 'SHARE-A-LINK' page where you can link to WWW sites submitted by members. You can even submit your own favorite links and they'll automatically be added to the list.

- * Looking for specific information on the site?
- use the IAC SITE SEARCH feature to locate pages of specific interest