

Idaho Alpine Club Bulletin

Volume 41 - Issue Number 2 - February 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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 Mark/Donna Whitham 524-6119
 Boise Coordinator
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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

CLIMBING AND MOUNTAINEERING IN THE CASCADE MOUNTAINS

8 PM Wednesday, February 7, 2001
 Idaho Falls Public Library - Large Meeting

Doug Clark is an Idaho Alpine Club member who lives here in Idaho Falls with his wife Karol. His slide show will center on climbing in the Cascade Mountains from Northern California to the Canadian Border. Most of his slides depict the variety of climbing which abounds in the Cascades: Alpine rock, snow travel, and high mountain traverses. Doug will also answer questions from those interested in traveling to that region.

Cascade Mountains - continued

Doug and Karol have also been a members of the Inter-Mountain Alpine Club (I-MAC) located in Richland, Washington near the Cascades. I-MAC's website is located at www.3-cities.com/~ghm/imac/imac.html and also exchanges newsletters with the Idaho Alpine Club.

President Speaks

Thank-you to all those members who have already renewed their memberships for the new year by the end of January and a big welcome goes out to the new members who have recently joined the IAC. February is here but there is still time to renew your membership for the year 2001 so you don't miss out on any of the upcoming trips, presentations, or classes planned for this year.

This spring we will be able to brush up on our map and compass skills when Gary Vecellio teaches that fun class again. Gary will also be offering a fly tying and fly fishing session depending on how many of us are interested. The annual "Snow School" on Teton Pass is coming up. Kurt, Gary, and Leon do an outstanding job of conducting the snow practice session. A trip to climb and hike at Red Rocks in Nevada is scheduled for April 27 - May 1. Of course the Wilderness First Aid course scheduled for April 21 - 22 is one of the most intense hands on courses that you can possibly take, short of taking a Wilderness Responder course. It teaches you to improvise with what's on hand when you are miles from nowhere.

Don't miss out by letting your membership lapse.
Donna

Climbing Co-Coordinator Needed for the 2001 Thursday Night Climbs

Eric would like someone to help him out this next 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.

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.

Cross Country Ski Trips

February 24 - Ponds to Harriman

Northeast of Idaho Falls in Island Park. Rolling intermediate terrain. Trail is rated as advanced due to the 12+ miles. A shuttle will be needed so those that would rather ski at Harriman could drop the rest of the skiers off at Ponds and drive the cars back to Harriman. End of the day beverages and snacks. Ski Club members will need to provide their ski club member number. Call Mark and Donna Whitham to sign up and for meeting place, 524-6119 or dwhitham@srv.net.

March 17 - 18 Huckleberry Hot Springs Winter Campout.

East of Idaho Falls near Flagg Ranch. Easy 2 mile ski in over mildly rolling terrain. Depending on the trip participants, we may continue on to Polecat Hot Springs to camp and soak there. This is also great snowshoeing terrain. Last year we had a full moon for a moonlit stroll. Due to the new Park Service non-motorized plan, this may possibly be the last year we will be able to drive into Flagg Ranch. Call Mark and Donna Whitham to sign up and for meeting place, 524-6119 or dwhitham@srv.net.

March 31 - Meadow Lake

North of Idaho Falls in the Lemhi Mountains. 5.5 miles of moderate difficulty with a 2000 foot elevation gain to Meadow Lake Campground. Meet at McDonalds on Broadway at 7:30 A.M. to car pool to the trail head at the old townsite of Gilmore. End of the day beverages and snacks. Ski Club members will need to provide their ski club member number. Bring towels and tevas in case it is necessary to ski the hot springs at Goldbug instead. Call by March 25 to sign up: Garney Hardy 522-6128 gah@ida.net or Mark and Donna Whitham 524-6119 dwhitham@srv.net.

Contact us by Thursday every week to find out where we are headed to ski or snowshoe or winter camp.

Harriman State Park

January 13 Trip Report

Friday nite Kevin and Kathy Coble, Mark and Donna Whitham, and Doug, Karol, and Baby Clark met to caravan up to Island Park and Bills Island to spend the weekend skiing. It was cold and snowing as we left town for our first destination: Big Judds for "Big Judd Burgers". The six of us wisely ordered only 2 burgers with the drinks, fries, and waffle cones that come with them.

Saturday morning it was snowing lightly as we loaded the cars with our gear and drove down to Harriman to ski. We found Jerry Painter at the visitors center and followed him over to check out the two brand new yurts at Harriman. The yurts are very nicely equipped and are available for only \$40 per nite with a non-refundable reservation fee of \$6. We agreed with Jerry that they ought to be located several miles out closer to the north boundary of the park. On the other hand the yurts are close enough to the parking lot that a family with small children could ski in to spend the nite in comfort yet experience yurt camping.

After checking out the yurts, Doug, Kevin, and Mark headed out to ski the Ridge Loop while Kathy, Donna, Karol and Baby Clark headed out to do the "warming hut tour". First we skied along the Henry's Fork Trail to Jones Cabin and warmed up before skiing part of the Meadow loop through the trees to the warming hut near Golden Lake. The guys joined us for lunch after a great time on the ridge and making turns in the fresh snow on the way down off the ridge. After lunch all of us skied to Golden Lake and around to the other side of the Meadow loop back to Jones Cabin to view the two bald eagles we had

seen earlier with the park binoculars. Alas, they had flown away by the time we returned. After returning to the vehicles, Kevin and Kathy headed back to Idaho Falls while the rest of us returned to Bills Island to enjoy an evening of hot tubbing, fine dining, and to rest up for more skiing the next day in West Yellowstone.

Climbing ~ 2001

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.

Wilderness First Aid / Wilderness 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.

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... guarenteed 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.

Hiking and Backpacking with your Dog = Canine Good Citizen and Obedience Training

Dogs and the law: Bans have been enacted in the majority of National Parks and most State Parks. For example, the City of Rocks National Reserve allows leashed dogs on the trails. Harriman State Park allows horses on the trails and cattle grazing, but no dogs at all. Grand Teton and Yellowstone National Parks allow dogs in your car, in parking areas, and in established campgrounds only, but not on any of the trails.

The local Forest Service supervisors and Federal Wilderness areas set regulations which vary from leash laws to prohibiting barking. In some wilderness areas more citations have been issued to dog owners than to all other wrongdoers combined. The BLM is about the most dog friendly of the Federal Agencies allowing dogs in most

areas, except for those where habitat or wildlife restoration is underway.

Irresponsible owners who don't take the time to properly train their dogs or ignore the dog related regulations, could cause the rest of us to lose the companionship of our 4 legged hiking partners on the trail. It is a nuisance and possibly dangerous to have on the trail, out-of-control dogs whose owners are oblivious to the problem or a dog whose owner is no where in sight to correct the dog when the dog comes running up to jump on someone (especially a kid) or properly leashed dog. It is obviously hard to ride a bike on a mountain trail with a dog on a leash but on the other hand if the dog is at under control and in sight of the owner who is willing to correct the dog, it goes a long way towards keeping the regulations from being changed. If the owner is unable to keep the dog in sight, under voice control and is unwilling to leash them, then (sadly) the dog should be left at home.

Hiking dogs should have a diploma from an obedience school and preferably a Canine Good Citizen title. They should respond immediately to voice command and know the basics like sit, stay, come, heel, and basic on / off leash work. Always have at the very least, a short leash on them and if you aren't holding it, keep it looped over their packs and easy to reach if needed. On a single track trail where it is hard to walk with your dog in the normal heel position it is good to teach your dog an additional command of "back or hike" which means they follow behind you. If they follow behind, rather than run in front of you, it is easier to step off the trail with them to allow horse parties or parties hiking towards us to pass. Additionally, if it is necessary to grab them to yank them out of the way of a dirt bike or bicycle rider it is easier if they are behind you. Keeping them right at your heels also helps to prevent skunk and porcupine encounters. It is also important to teach your dog that he or she has to "stay with the pack", which

occasionally means the "pack alpha male or female" may have to "scruff" the little rebel back into line.

Barking: Is intrusive to those who choose hiking as an escape to quiet and serenity. It also causes your fellow campers dogs to make noise. An attended dog who is in physical contact with his owner is usually a quiet dog. If he sleeps in the tent with you he will still alert you to suspicious sounds and smells, plus enable you to hush him at the first sign of a growl, bark, or whine.

Poop on the trail: Don't leave it on the trail. At least move it off the trail or bury it away from the trail and surface water or better yet carry it out in plastic bags.

Wildlife: Don't let him chase wildlife or stock. It stresses the wildlife and could be dangerous to you when the wildlife chases him back to you.

Packs: Most medium to large dogs can easily carry up to 1/3 their body weight in a doggy pack. Depending on the length of the trip our dogs carried more or less non doggy stuff to keep their packs balanced and within 1/4 their weight. Usually a maximum of 20 pounds on a week long trip. Getting them used to a pack is just like getting a kid used to carrying a pack. Start them out on over night trips with some treats and maybe a toy in the pack. Every time you stop to rest, they get a treat or get to play with the toy, so they associate the pack with a pleasant experience. Start them out just letting them carry the empty pack around the house before putting anything in it. As they get used to carrying it then you add a few more things, like a collapsible water dish, their food, their first aid kit, their booties, their bed, a brush, a tie out cable, water bottles, and the tent pegs or the food bag line as their contribution to the family experience.

Food: Use the most calorie dense brands you can find. Measure each meal portion into

separate ziplock bags, then put the bags into a cloth dry bag or a larger ziplock bag. Double and triple bagging in ziplocks may not keep the food dry with a dog who wallows in every puddle or trickle of water found on the trail, so the dry bag is a good investment unless you want to lug the dog food.

First Aid: Carry leather booties for protecting their feet in addition to a doggie first aid kit.

The Upper Snake River Valley Dog Training Club Winter Canine Good Citizen testing will take place February 16, 23, and March 2, at the Recreation Center. Cost is \$5 if not participating in the obedience classes. For more information on Canine Good Citizen Certification contact the Upper Snake River Valley Dog Training Club Canine Good Citizen Chairman at either 524-.6119 or www.usrvdtdc.org or the American Kennel Club at www.akc.org/love/cgc/index.cfm.

For Sale:

La Sportiva Makalu boots, crampon compatible, size 41, will fit a ladies 8.5 or mens 7.5, have about 200 miles on them, but look and feel new. \$100. Contact 208.524.6119 or dwhitham@srv.net

Don't Forget! Renew Your Membership!

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

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