

Idaho Alpine Club Bulletin

Volume 45 - Issue Number 2 - February 2005

NOTE NEW MAILING ADDRESS: P.O. BOX 2883, IDAHO FALLS, IDAHO 83403-2883

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2005 Executive Council

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Jeff Coward 522-8135

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George Cole 522-4074

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George Cole 522-4084

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Bicycling

Michelle Benson 525-3238

Jeff Coward 522-8135

Climbing/Mountaineering

Eric Peterson 529-9538

Dennis Dunn 523-8524

Conservation

Tim Adkison 542-0786

Cross-Country Skiing / Snowshoeing

Mark/Donna Whitham 520-1728

Day Hiking

Mark/Donna Whitham 520-1728

Program

Donna Whitham 520-1728

Rafting

Greg Hulet 523-6199

Trail Maintenance

Open

Please mail completed common adventure forms to the secretary.

General Club Meeting

Held at **7:30 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	July 1 - October 1
Individuals:	\$20	\$15

Family:	\$25	\$20
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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

Council Meetings held on the third Tuesday of each month at 7:30 PM

February Council Meeting:

Michelle Benson's home
1136 Clarence Dr., IF

Materials for inclusion in the next bulletin are due by the weekend before the council meetings.

Please send electronically to the bulletin editor at editor@idahoalpineclub.org

Note: Hand written or hard copy material will be included in the bulletin time permitting.

March Deadline is Midnight February 13

Idaho Alpine Club Meeting

Wildlife and Outdoor Photography

Wednesday, February 2, 2004, 7:30 PM ~Idaho Falls Library

Idaho Falls resident Bruce Becker, will be providing a presentation on wildlife and outdoor photography in and around the greater Yellowstone area. Along with a slide show of his outstanding photography, Bruce plans to give us a few pointers on taking better photos whether we are using digital or film cameras.

The meeting is open to the public. All outdoor enthusiasts are invited to attend.

For more information contact programs@idahoalpineclub.org, log onto the club website at www.idahoalpineclub.org,

or contact D. Whitham at 520.1728.

President Speaks

Winter greetings to the IAC!

Hello, I am Michelle Benson, the new IAC President. Even though this is my 5th year in the IAC, I am still getting to know members. I'm looking forward to meeting even more of you. Thanks to all who came and made the Annual Winter Bash delicious and fun!

Well, we have snow now, so be sure to renew your membership in the IAC and then sign up for a XC ski trip! Take advantage of all the great spots in our area for winter activities. In fact, lead a trip and take your IAC friends with you - just call the coordinator to arrange it! Above all, be sure to be smart and safe. A dark, cold winter night (First Wednesday of each month!) is the perfect time to attend our monthly general meeting and take in the interesting and informative program. Also, don't forget to attend the Banff Mountain Film Festival on Thurs. Feb. 10 at the Colonial Theater - seating begins at 6:30. See you there!

Now go take a hike! :)

Michelle

IAC Council Meeting Minutes

Meeting Date: 1/18/2005

Invitees: Tim Adkison, Betty Adkison, Michelle Benson, Jeff Coward, George Cole, Alan Crockett, Ken Krivanek, Gary Vecellio, (attendees are underlined).

Note Taker: Alan Crockett

1. Meeting Called to order: 7:39 pm
2. Reading of previous month meeting minutes
Minutes approved
3. Treasurer's Report
Income 2004: \$2632.93
Expenses 2004: \$3,813.24
Raft fund balance 12/31/2004: \$1,900
Overall balance 12/31/2004: \$5,378.74
Checking balance 1/18/2005: \$764.88
Members: 52 paid members as of January 15, 2005
Treasurer's Report approved by vote.
4. President's Report:
Winter party - successful, \$50 donation made to Community Outreach Center/Soup Kitchen
Trail grants - agreed to support both Chicken Springs and Hunt's Corral projects with labor, which ever is funded for 2005 and the other for 2006. Letter to Dave Woodcock reworded to read "The IAC supports the trail maintenance and reconstruction of the" [Chicken Springs or Hunts Corral] "trail project #"[153 or 081] "upon approval and receipt of grant.

We will support the project by volunteering" [\$750 or \$800] "of volunteer labor to the project." Letter approved by vote.

February general meeting snacks - Tim responsible
February council meeting: February 15, at Michelle Benson's, 1136 Clarence Dr., IF

5. Old Business:

Stickers - deadline discussed for providing stickers and bill. Tabled discussion until next meeting when Jeff is present.

Old bulletin scanning - Jeff, ongoing.

T-Shirts - approved prices to stay the same.

Trail signs - discussed funding for additional sign marking posts, tabled. Handled by volunteers, thanks to Whithams'.

Return address labels - Ken to contact Jeff for status.

6. New Business:

Committee of Garney Hardy, Barb Brown, Tim and Michelle to review bylaws and propose needed revisions.

7. Meeting adjourned: 8:55 pm

Upcoming Programs and Events:

March: "The Mountain, the Bird, the Wind," a presentation by Dr. Tim Reynolds.

April: "Art Meets Adventure," Leland & Lynna Howard.

Banff Mountain Film Festival

Date: Thursday, February 10, 2005

Time: 7:00-10:00 pm

Location: Colonial Arts Theater, 498 A Street, Idaho Falls

Tickets: \$10 advance, \$12 day of show

Tickets Available at:

Idaho Mountain Trading, 474 Shoup Ave, Idaho Falls

Scott's Ski & Sports, 244 N. Main, Pocatello

Colonial Theater Box Office, credit cards accepted 522-0471

Sponsored by the Idaho Falls Nordic Ski Patrol

Dubois Grouse Days: April 8 & 9.

Friday: Tour of CAMAS National Wildlife Refuge, Banquet, auction, raffle and speakers (including Dr. Jack Connelly, internationally recognized Sage Grouse expert with Idaho Fish and Game). Saturday morning: Bus tour to watch sage and sharp-tailed grouse dance on their leks; hearty brunch; tours of CAMAS National Wildlife Refuge and Market Lake and Mud Lake Wildlife Management Areas. More information to follow next month.

February 1: Beth Rodden & Tommy Caldwell Climbing Show

Multimedia presentation by the professional climbing couple to be held in the ISU College of Education Auditorium. Open to the public for a suggested \$2 donation at the door. Free to ISU students. For more information visit www.bethandtommy.com or call the Outdoor Program at 208.282.3912.

Cross Country Skiing / Snowshoeing

Contact Mark or Donna Whitham, 520.1728 or xcski@idahoalpineclub.org, for trip information and to sign up.

February 19 - Harriman to Ponds

Northeast of Idaho Falls in Island Park. Rolling intermediate terrain. Trail is rated as advanced due to the 11+ miles. Last year the snow presented challenges to wax and waxless alike, with hard icy conditions in the morning, break through and slush midafternoon, then mixed conditions the last couple miles. A shuttle will be needed so those that would rather ski at Ponds or Harriman could drop off the rest of the skiers and shuttle the vehicles. We will be skiing this in reverse to avoid the afternoon winds across the meadows. Park 'N' Ski Permits will be required at Ponds or day parking can be paid for at Harriman. End of the day potluck tailgate party.

March 5 - 6 - Goldbug Hot Springs:

This is a moderate 2 mile snowshoe or ski in or possibly a hike in to where steamy hot springs and cascades await. This is planned as an overnite winter backpack. Dayhikers will be welcome. In addition to the 10 essentials and your winter camping gear, be sure to bring a towel, swimsuit, water shoes, and a sit pad. Note: The springs are clothing optional.

March 12 - Snowshoe Bradley & Taggart Lakes:

Snowshoe into Bradley and Taggart Lakes over gently rolling moraine, open meadows, and winding stream drainages. The two lakes are situated at the very edge of the valley floor with the Tetons rising immediately to the west. This is a really fun trip and is great for getting in shape for the trails this summer. Round trip is around 6 miles.

Discover Craters of the Moon in Winter:

Winter is a special time of year to visit Craters of the Moon. You are invited to enjoy the beauty of this winter wonderland by joining a free Winter Ecology Snowshoe Workshop. Craters of the Moon will even provide the snowshoes, if you don't have your own. If you have never snowshoed before, you will learn how and find out that snowshoes offer an easy way to enjoy the Monument in winter. Don't be surprised if the vista from the summit of a volcano you have climbed on snowshoes and the contrast

of white snow, blue sky, and black lava rock etch vivid pictures in your mind.

Because of the continued public interest, six winter ecology snowshoe workshops will be held again this winter on the following Saturdays—January 8th, 15th, 22nd, and 29th and February 5th and 12th. The workshops will start with a 45 to 60-minute classroom session to provide a broad introduction to winter ecology followed by several hours out in the park on snowshoes. Each program is limited to 15 people, meets at the visitor center and runs from 9:30 AM to about 3 PM. Reservations are required and you must be at least 10 years of age. The snowshoe hike itself will vary from easy to moderately strenuous and cover between 3 and 5 miles. Lunch will be eaten out in the Monument. For more information or to make a reservation, call: (208) 527-3257 X 301.

Trail Etiquette & Safety

- Be considerate of other traffic on all trails.
- Yield to skiers on a downhill run.
- Make every effort to clear the trail if you stop or fall.
- Do not walk or snowshoe on either skier set or machine set ski tracks on marked ski trails. Note: Skiers may choose to skin up or run down a snowshoe track that is marked or may even parallel a ski trail to avoid breaking trail but that is their choice.
- Ski under control always; avoid trails that are beyond your ability.
- Register your trip at the trail sign-in locations; use trail maps and signs to plan your trip.
- Let someone know where you will be and when you expect to return before leaving town.
- Ski with a partner, especially on the ungroomed trails and back country ski runs.
- Make it a habit to carry the 10 "E's"; extra gear, water, snacks, flashlight, a compass or a GPS, trail or area maps, a cell phone (very poor reception if any except for on the ridge tops in most areas), and fire starting tools, even on short trips.
- Be aware that trail conditions can change greatly with changing snow, trail and weather conditions.
- Watch for and yield to trail grooming equipment.
- Keep your dogs under control (leash or in your immediate line of sight) and off of groomed tracks, and clean their refuse from the trail. Remember even other dog lovers do not care for someone else's dog showing up unsupervised, ill mannered, and leaving refuse in the trail.

East Idaho XC-Ski Guides & Maps

Available on the Idaho Falls Ski Club Website:

<http://ifskiclub.com>

Bear Gulch-Mesa Falls Guide Map

Brimstone-Buffalo River Guide Map

Fall River Ridge Guide Map

Harriman State Park Guide Map
Harriman-Brimstone Connector Map
Kelly Canyon Nordic Area Guide Map
www.Delorme.com kindly allows the ski club to use these maps.

The IFSC Nordic Ski Schedule is at the same web site.

X-C SKI Deal

Xanterra Parks and Resorts, the operating contractor and provider of the only in-park lodging in Yellowstone NP, is promoting Nordic skiing at Old Faithful by developing some special opportunities for Nordic Ski club members. They have offered to the Idaho Alpine Club a certificate which provides special deals on their new Ski Clubbers' Package, or a 50% discount on round-trip snowcoach transportation to Old Faithful Snow Lodge. The Ski Clubber's discount starts at \$199.00 per person and discounts transportation to Old Faithful with a minimum 2 night stay, free breakfasts, free skier drops, discount card, etc. These specials are offered only to members of designated Nordic ski clubs or related organizations.

So, if you are interested: Contact the Whithams 520.1728 or Alan Crockett to get a copy of the certificate. Reservations for the Ski Clubber's package or the discounted snowcoach transportation to Old Faithful can be booked by calling 307-344-7311.

Callers must mention the package or discount by name, or reference the Nordic Skier's appreciation certificate to receive the specials. Members should print off the certificate and bring it with them to the Snow Lodge in order to receive the free ski drops. These specials are intended for individual ski club members and their family and friends.

AVALANCHE INTERNET SITES

Cyberspace Snow and Avalanche Center

This one stop site provides links to just about everywhere, plus tons of information about avalanche safety in the back-country: <http://www.csac.org/>

North America: <http://www.avalanche.org/>

Jackson Area: <http://jhalavalanche.org/>

Bozeman Area:

<http://www.mtavalanche.com/current/index.shtml>

Island Park Area: <http://islandparksnow.net/>

Avalanche Safety Instruction:

<http://www.avalanchecourse.com/>

Take a simple quiz to see if you're really ready for that first winter trip:

<http://www.csac.org/Education/quizes/firsttour.html>

Climbing / Mountaineering

For winter climbing information, contact Eric Peterson, 529.9538 or Dennis Dunn, 523.8524, or climbing@idahoalpineclub.org.

Backpacking / Dayhiking

For winter trip information, contact Mark or Donna Whitham, 520.1728, or George Cole, 522.4074, or backpack@idahoalpineclub.org.

March 18-27, 2005 - Hiking – The Maze

We'll spend 7 nights and 8 days dayhiking from 3 different vehicle camps in the Maze District of Canyonlands NP, Utah. We'll explore the spectacular canyons of The Maze (proper), The Fins, and the Orange Cliffs. Average daytime high temps should be in the 60s. I've taken care of the permitting process. A \$40 nonrefundable (except in the very unlikely event of trip cancellation), nontransferable contribution to the trip expense fund will be required to join the group. The permit limits are 9 people/3 vehicles (4WD, high clearance). To sign up or for more info contact Mike Allen at madallen@ev1.net or 384-1545 (Boise).

Map and Compass Workshop

To Be Scheduled Based on Response

Have you ever wanted to travel cross country or hike up to the top of the knoll above camp? Have you ever been on a trail that was supposed to be going downhill but seemed to go upward instead? Have you ever realized you were probably lost, and only then recognized that your compass doesn't have a "back to the truck" arrow?

We have all ended up in one or another of those situations. Here is your chance to find another use for your compass besides being a handy mirror for tick checks. Consider joining us for this beginner level workshop on map and compass use. Even if you have a GPS, you need to know how to read a map and use a compass.

Tim Adkison and Gary Vecellio have volunteered to instruct a 2-part class on understanding and integrating the map and compass. This will be the 3rd year IAC has offered this opportunity. Compasses with adjustable declination and a topographic map (to be named later) will be required. The class will only be offered if sufficient interest is shown. There may be a refundable deposit required. The class is 1 evening in the classroom, and 1 Saturday afield. Target dates are mid-April 2005

but are flexible based on participants. Phone or E-mail Tim (Ga2idaho22@msn.com) or Gary (Vecellio@vece.myrf.net) with questions or to express interest. Minimum enrollment of 8 required.

Trip Reports

January 2 - Kelly Canyon Snowshoe:

On Sunday, 1/2/2005, the Whithams, Garney Hardy, and Alan Crockett enjoyed a pristine day snowshoeing in Kelly Canyon. First we snowshoed up Cole's Upper Climb, then followed Shoer's Delight, which parallels the Buckskin Morgan Ridge XC ski trail, to the now well marked Corkscrew track for a swooping trek back down to the road. With the warm sun and no wind it was a enjoyable trip with occasional stops to enjoy the views. Mark and Alan took advantage of the nice weather and nailed additional snowshoe trail markers to the trees or tied yellow flagging tape along the way.

January 15 - Brimstone / Island Park:

With a frigid inversion layer keeping it icy cold and foggy dreary in town, the Whithams and Garney Hardy decided to see if the weather would be any better up on the Brimstone trails. The Idaho Falls Ski club had a trip scheduled there for Saturday. After a hearty breakfast at Pond's Lodge, we skied out on the trails. We noted that the parking lot at the dam is now signed as a Park n Ski lot. Garney drove the car back to park it at the lodge so she could explore some of the trails closer to the lodge after it warmed up a bit more. At first it was cold, but the temperatures quickly rose into the mid 20's. It felt even warmer in the sun without any wind. The Whithams decided to ski the trails in reverse for a change of pace. The snow was stellar for waxless or wax. At the Harriman trail junction we lunched in the sun with the Katsmas, the McElligots, and several other members of the ski club. There were lots of moose tracks but not a moose in sight on this trip. At the end of a day of skiing hard, we enjoyed the end of the day get together in the lodge. Driving home, the vista of the snow cloaked Tetons against the blue skies to the east and the lowering sun to the west, was breathtaking.

January 22 & 23 - Island Park / Harriman State Park

Garney Hardy joined the Whithams for a weekend of XC skiing at Harriman and snowshoeing along the Buffalo River. Saturday morning, it was 10 degrees and Idaho Falls was cloaked in a grey fog that settled about town like a down comforter. Barely out of town the sky was blue with the sun rising above the Tetons on the east horizon. Arriving at Harriman at the crack of noon, we bought our season passes and stepped into our skis. The Whithams

skate skied while Garney opted to classic ski the Ranch Loop to the Big Bend Loop. The track was hard pack and fast. The sun was warm and we all began peeling layers off quite quickly. After skiing Saturday afternoon we headed to Bills Island to soak in the hot tub, enjoy a yummy dinner at the Angler, then went back to the cabin to watch a video the rest of the evening. Sunday morning we couldn't resist the lure of the hot tub before packing to go snowshoeing and home. Mark decided to skate ski some more. While he skied out to the connector trail and back, Donna and Garney snowshoed the interpretive trail along the Buffalo River.

Chocks and Nuts:

Grant Applications

Eastern Idaho Resource Advisory Committee Seeks Project Proposals

The Eastern Idaho Resource Advisory Committee (RAC) is now accepting project proposals for natural resource improvements on National Forest lands. Project proposals are due on Friday, February 25, 2005. Project funds have been made available under Title II of the Secure Rural Schools and Community Self-Determination Act of 2000. The law is commonly referred to as the Craig-Wyden legislation, and was enacted to stabilize the payments rural counties receive from the federal government for roads and schools. The RAC, which was established by the U.S. Secretary of Agriculture in response to The Act, will review proposals and recommend for funding the highest ranking projects on the Caribou-Targhee National Forests within Bannock, Bear Lake, Bonneville, Caribou, Clark, Franklin, Fremont, Jefferson, Madison, Oneida, Power and Teton Counties. Title II of The Act allows counties to designate a portion of the payments they receive for natural resource projects benefitting our National Forests. Approximately \$67,000 was made (more) available by the county commissions of Bonneville, Caribou, Clark and Fremont Counties for projects on the Caribou-Targhee National Forests. A citizen's panel (RAC) is accepting applications from any interested person or organization with a proposal to improve National Forest lands. The deadline for submissions is Friday, February 25, 2005. Although The Act provides for a wide range of project types, projects must be on National Forests and/or benefit National Forest resources. At least fifty percent of all project funds must be used for projects that restore streams and watersheds, or maintain or decommission roads. Project proposals must be submitted on the Eastern Idaho RAC Project Proposal Form. The form and directions for completion are available at any Caribou-Targhee National Forest Office or on the Internet at <http://www.fs.fed.us/r4/caribou-targhee> . For more information or assistance in completing the proposal form, contact Lynn Ballard or Joanna Bennett, at (208) 524-7500. "We hope there will be a variety of proposals for our RAC

to consider," said Jerry Reese, Designated Federal Officer. "These projects will provide good opportunities to work with the counties and public in improving National Forest lands." The next Eastern Idaho RAC meeting is scheduled for March 10, 2005 starting at 10:00 AM at the Caribou-Targhee National Forest Headquarters, 1405 Hollipark Drive, Idaho Falls, Idaho. All meetings are open to the public, with public comment permitted throughout the meeting.

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.

Support these merchants who support the IAC:

Idaho Mountain Trading
Shoup & B, Idaho Falls - 523-6679

Canyon Whitewater Supply
450 S Yellowstone, Idaho Falls-522-3932

Free Heel and Wheel,
40 Yellowstone Ave. West Yellowstone, Montana,
406-646-7744.

Discounts on Jerry Painter's Hiking and Biking guide books

Climb with us this winter at:

Stone Walls Rock Gym - 528.8610
Winter Hours are 12 p.m.-9p.m. Monday-Thursday
12-10p.m. Friday and Saturday 12- 5 Sundays

IAC Logo T-Shirts!!

Short sleeves or long sleeves, crew neck, heather grey Dri Release material with club logo! Short sleeve \$12 each. Long sleeve \$21 each. Sizes Small, Medium, Large, and X-Large. The shirts are available at the monthly meetings, but if you just can't wait until the next meeting, contact Michelle Benson 525-3238 to get yours sooner.

Web Site News

Log onto the IAC web site (www.IdahoAlpineClub.org) to find the most recent club bulletins as well as all the posted club activities. Additionally, you can:
Download membership applications and Common Adventure Release forms in PDF format.

- Look up contact information for club officers and activity coordinators
- Check out club discounts with local merchants
- See what club equipment is available to paid up members
- Read the club By-Laws
- Search the club classified ads or post you own ad
- View pictures from recent club activities
- Check out club members' Restaurant Reviews or submit your own review
- Find links to other cool outdoor websites
- Activity coordinators and officers wishing to publish information on the web site can contact the IAC Webmaster (George Cole) at 522-4084 or Webmaster@IdahoAlpineClub.org

Lipsmackin' Backpackin' and Lipsmackin' Vegetarian Backpackin', by Christine and Tim Connors

Christine has graciously given me permission to print recipes from these books in the IAC bulletin. The books are highly recommended and available at Idaho Mountain Trading and at Barnes and Noble. Both books have recipes for every meal of the day. The meals are light weight, nutritious, and made of food products that are generally easy to obtain. They provide a wonderful alternative to freeze dried meals or ramen noodles or power bars etc. In camp the recipes are easy to prepare. This month's recipe from Lipsmackin' Vegetarian Backpackin' serves one or two backpackers depending on how hungry they are:

Springer Mountain Pesto

At Home:

1/4 teaspoon garlic powder

1/4 cup pine nuts

2 Tablespoons chopped dried basil leaves

1/4 cup Parmesan cheese

4 oz whole wheat angel hair pasta (or linguine)

Combine first 4 ingredients in a ziplock freezer bag. Carry pasta in a separate baggie.

On the Trail:

Bring 2-1/2 cups water to a boil. Cook pasta thoroughly. Most of the water should be absorbed, requiring little draining. Add 1/4 cup olive oil and pesto mix to the pasta, toss, and serve.

Note: Freeze dried chicken or turkey, freeze dried mushrooms, and or julienned strips of sun-dried tomato may be cooked with the pasta to add variety.

**REMEMBER TO RENEW YOUR
IAC MEMBERSHIP NOW**

**DON'T MISS THE FUN:
ACTIVITIES WITH OTHER
OUTDOOR ENTHUSIASTS
MONTHLY PROGRAMS
MONTHLY BULLETIN
DISCOUNTS
PARTIES**