

# Idaho Alpine Club Bulletin

Volume 54 - Issue Number 2 - February 2014

CLIMBING•MOUNTAINEERING•BACKPACKING•DAYHIKING•BICYCLING•XCSKIING•SNOWSHOEING•RAFTING

web site: [www.idahoalpineclub.org](http://www.idahoalpineclub.org)

e-mail: [info@idahoalpineclub.org](mailto:info@idahoalpineclub.org)

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## 2014 Council

President	Sue Braastad	881-4354
Vice-president	Karl Bohan	529-0151
Secretary	Susan McKinley	529-4583
Treasurer	Donna Whitham	520-1728

## Members-at-Large

Colleen Bohan	529-0151
Ken Durstine	524-3505
Sheila Kappel	528.8788
Sam Pole	520-3630
Richard Scheerer	881-6331
Mark Whitham	520-7232

## Council Meetings:

Council Meetings are generally held on the second Thursday of each month at 7:00 PM. IAC Council Meeting Monthly minutes are available on line.

Upcoming Council Meetings:

Jan 14: Whitham's Home	706 Laurelwood
Feb 11: McKinley's Home	425 Pervero

## Activity Coordinators:

Backpacking	Sam Pole	520-3630
Bicycling	Ken Durstine	524-3505
Climbing/Mountaineering	Kevin Coble	201-1840
Conservation	Open	
Cross-Country Skiing / Snowshoeing	Whithams	520-1728
Day Hiking	Sam Pole	520-3630
Rafting	Greg Hulet	523-6199
Trail Maintenance	Alan Crockett	529-5188
Bulletin Editor	Donna Whitham	520-1728
Publicity	Open	
Historian/Librarian	Barbara Brown	522-8977
WebMaster	George Cole	716-0024
Program	Bob Tyler	787-2601

## General Club Meeting

Held at **7:00 P.M.** on the first WEDNESDAY of each month, in the meeting location indicated in the program description.

NO GENERAL MEETING IN JULY.

## March Bulletin Deadline is:

### 5 PM on FEBRUARY 5

Trip descriptions, reports, and material for inclusion in the next bulletin are due by the **5<sup>TH</sup>** of the month due to bulk mailer deadlines.

Please send electronically to the bulletin editor at [editor@idahoalpineclub.org](mailto:editor@idahoalpineclub.org)

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

## **IDAHO ALPINE CLUB GENERAL MEETING**

### **'KENYA AND TANZANIA WILDLIFE SAFARI'**

**WEDNESDAY, FEBRUARY 5, 2014 @ 7:00 PM**

### **DEVELOPMENT WORKSHOP**

### **555 WEST 25TH ST**

From 17<sup>th</sup> Street & Rollendet, go south to 25<sup>th</sup> Street. Turn right (west). IDW is on the left side of street. Park in the parking lot to the east of the building. Enter via front door, then follow hallway around to the right to the meeting room.

Rob Thornberry last visited us seven years ago when he shared with us a slide show of his raft trip through the Grand Canyon. This month he will entertain us with a slideshow of the two week trip he took to observe wildlife in Kenya and Tanzania last February. Rob and his wife Margaret did a photo safari through some of Africa's premier parks and wildlife reserves. Starting in Nairobi, they visited Amboseli National Park known for it elephants and views of Mt. Kilimanjaro. Then they traveled to the Ngorongoro Crater, a UNESCO World Heritage Site and then the Serengeti, site of the largest terrestrial mammal migration in the world. They finally wrapped up their trip with a visit to the majestic Maasai Mara National Reserve. Along the way, Rob obtained photos of elephants, giraffes, black rhinoceroses, crocodiles, zebras, wildebeests, lions, leopards and cheetahs. Come and enjoy Rob's photos and listen to his account of what it was like to view some of Africa's most spectacular wildlife.

The meeting is open to the public and all outdoor enthusiasts are invited to attend. For more information contact [programs@idahoalpineclub.org](mailto:programs@idahoalpineclub.org), log onto the club website at [www.idahoalpineclub.org](http://www.idahoalpineclub.org)

## **President Speaks**

As I write this, I've been cross-country skiing at Harriman for the first time of the season, on New Year's Day. It is always the most relaxing of pursuits for us--watching the swans and ducks, enjoying the scenery and pushing ourselves a bit physically.

According to an article in Outdoor magazine, the Japanese, well aware of the therapeutic value of outdoor pursuits, are actually setting up parks for their harried citizens to experience nature and relax. They call this shinrin-yoku--"forest-bathing"--a practice of experiencing nature through all five senses. So, in addition to enjoying the visual beauty around them, Japanese forest-bathers are encouraged to smell fragrant shrubs and twigs, taste tea made from herbs, and listen to the sounds of birds. Japanese scientists have studied the health benefits of shinrin-yoku, which include lowered blood pressure, lower heart rate, and diminished cortisol (a stress hormone). So we in Idaho Alpine Club have been on to something all along, as we place a high priority on spending our time hiking, biking, skiing, backpacking, rafting, and climbing. We could get the same physical training effect working out in a gym--but never see a bald eagle slowly floating over the Henry's Fork, or forest grouse walking along the trail as we hike; never hearing only bird sounds or water rushing over rocks; never smelling the scent of fir trees. We fortunate people know how valuable it is to be away from our computer screens and smart phones--and I know how valuable it is to me, for that reason, to be part this group. Colleen Bohan

## Participation on Club Activities Common Adventures / Trips:

With the exception of rafting trips, trips which require the use of any club equipment, or trips limited to club members: non-members may attend a maximum of ONE club trip or activity, then must be members in good standing to continue participating.

Participants must be members in good standing to go on rafting trips, trips which require the use of any club equipment, or trips limited to club members only, or needing rafting rentals. Participants on a club trip must pay any established trip fee, abide by club rules and activity guidelines, and must follow instructions of the activity coordinator.

An individual may not participate in any common adventure/trip of the club unless that individual has read and signed the common adventure form for that specific activity prior to embarking on that adventure / trip / activity.

### XCSkiing / Snowshoeing

Contact the Whithams 520.1728 or, [xcski@idahoalpineclub.org](mailto:xcski@idahoalpineclub.org) 24 hours prior to a trip, for trip information, meeting location, and to sign up to go on a scheduled trip, unless otherwise indicated in the trip descriptions. Inclement weather, exposure, traveling on snow can change an "easy" trip to a "difficult" trip in a matter of minutes. These trips are not guided. These are self-supported, group adventure outings. Each trip has a leader who serves as a resource to the group and provides some basic trip structure. Participants are expected to evaluate their own physical and mental abilities prior to participating, assist with transportation, cooperate with others, participate in decision-making, identify and reduce risk to themselves and the group, and be self-reliant in preparations. The IAC has no Snowshoeing or XC-Ski gear to loan. For all outings, participants are expected to bring the appropriate gear (and be knowledgeable and experienced in its use). Trip lengths are indicated for an approximate round trip distance. Contact leaders with questions if you are new to Snowshoeing, XC-Skiing, or new to the area. Watch the FaceBook page and also the Climbing List for early season and back country trips, depending on conditions. If the roads are closed, or the weather too severe, the location of a trip may change or the trip may be canceled at the last minute.

### Carry or Bring Your Own:

1. Water
  2. Food/snacks
  3. Dress in layers. Bring adequate extra Winter appropriate protective clothing-no cotton. Hat and gloves or mittens.
  4. Minor first aid items including sun screen, personal medications, as needed during the day.
  5. Headlamp (& Batteries)
  6. Map & Compass
  7. Sunglasses
  8. Lightweight shelter / space blanket.
  9. Appropriate equipment-skis or snowshoes, boots, poles, skins, shovel and avalanche transceiver depending on activity or terrain.
  - 10 Repair kit for your own equipment including duct tape and wax kit or glide liquid.
  - 11 Mat to sit on
- Other personal items of interest.

**January 25 XC Ski / Craters of the Moon:** Join us in cross-country skiing the Loop Drive. The groomed track is nearly 5-miles in length with mostly level terrain or gentle hills. There is one steep hill on the southwest flank of Inferno Cone. There is no charge for skiing at Craters of the Moon. This trip is weather and snow condition dependent.

**February 1 Snowshoe / Mink Creek:** Join us in exploring Mink Creek with a snowshoe trip on the trails near Pocatello. This is a Park 'n' Ski permit required trailhead. Permits are \$7.50/3 Day or \$25.00/Annual and are available at Idaho Mt. Trading, IDPR East Region HQ, Sportsman's Warehouse, East Idaho Visitors Ctr, Scotts Ski, and the Raven's Nest.

**February 22 XC Ski / Darby Canyon:** Ski the road up Darby Canyon toward the summer trailhead. This is a flat easy ski suitable for families. The road is skier-groomed and sometimes shared with snowmobiles. Distance will depend upon the interest of the group but it's easy to peel off from the group and turn around whenever you want.

### Park N' Ski in Idaho

Strap on the skis or snowshoes and enjoy the snow at any of 17 Park N' Ski areas across Idaho. Over 180 miles of groomed and un-groomed trails are marked in some of the most scenic areas in Idaho. Revenues from the sale of permits go toward plowing parking lots and improving Nordic ski and snowshoe opportunities. Upon purchasing, skiers and snowshoers can designate which area they would like to have receive their fee. This gives permit purchasers an opportunity to help make improvements to an area of their choice. Additionally, annual permits are good at Park N' Ski areas in Oregon due to a reciprocity agreement. You must purchase and display your permit in the proper location on your vehicle in order to avoid citations.

The Park N' Ski program is managed primarily by Idaho Department of Parks and Recreation, with cooperation and support from U.S. Forest Service, the Idaho Department of Lands, the Idaho Department of Transportation, and many local recreation user groups who provide volunteer trail-enhancement work to make it all possible.

The US Forest Service Ashton/Island Park District plans to continue grooming all the ski trails at Buffalo/Brimstone, Bear Gulch/Mesa Falls and Fall River Ridge on a weekly basis depending on snow conditions.

Parking at Park N' Ski areas requires a \$25 annual permit or a \$7.50 three day permit that is available from several locations including Forest Service offices, the IF Chamber of Commerce and Idaho Mountain Trading Company. Please note that Harriman State Park is not a Park N' Ski permit area and requires separate parking and grooming fees

### Banff Mountain Film Festival World Tour

**7pm, Friday, Feb. 7, 2014**

Hope everyone was able to get tickets to the Idaho Falls Nordic Ski Patrol when the Banff Mountain Film Festival World Tour brings the spirit of outdoor adventure to Idaho Falls, at the Colonial Theater at 7pm on Friday February 7, 2014.

The Idaho Falls show will feature over 2 ½ hours of films with extreme skiing, climbing, water sports, exotic cultures and high adventures. The program content is family oriented.

## AVALANCHE INTERNET SITES

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

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

Bozeman Area: <http://www.mtavalanche.com>

Avalanche Safety Instruction:

<http://americanavalancheinstitute.com/aai/Home.html>

## XC Ski Trail Conditions

### Lone Mountain Resort

[http://www.lmranch.com/lmr\\_content/winter/ski\\_cond.shtml](http://www.lmranch.com/lmr_content/winter/ski_cond.shtml)

### Bohart Ski Ranch

<http://www.bohartranchxcski.com/trail-conditions/>

### Chief Joseph Ski Trail Conditions

<http://bitterrootxcskiclub.net/trail%20reports.htm>

### West Yellowstone

<http://www.rendezvouskitrails.com/grooming-report/>

### Rick's Basin (Grand Targhee)

<http://www.grandtarghee.com/the-mountain/grooming-map.php>

### Teton Valley (Driggs, Victor, Alta)

<http://tvtap.org/nordic-grooming>

**Harriman State Park** (sign up for their Facebook page for current conditions) or call: Phone: 208-558-7368

## Climbing

For information on club climbing trips contact Kevin Coble at 201-1840. To find out about Fall weekly climbing locations or impromptu weekend trips, subscribe to the IAC climbing mailing list by visiting:

[http://www.macrobotics.com/mailman/listinfo.cgi/iac\\_climbing](http://www.macrobotics.com/mailman/listinfo.cgi/iac_climbing) or, via email, send a message with subject or body 'help' to: [iac\\_climbing-request@macrobotics.com](mailto:iac_climbing-request@macrobotics.com).

### YMCA Rock Climbing Gym

Call 528.8610 for information.

SUMMER HOURS (June 1-September 30):

TUESDAY 4PM - 9PM SATURDAY NOON - 9PM

WINTER HOURS (Effective October 1):

MONDAY - FRIDAY 4PM - 9PM

SATURDAY NOON - 9PM SUNDAY CLOSED

Idaho Alpine Club members may show their membership card to receive 10% off daily rates or 10 punch card.

## IAC Logo T-Shirts & Patches!

Dri Release material with embroidered IAC Logo! Small, Medium, Large, and X-Large Short sleeve \$20 each. Long sleeve \$25 each. A women's style short sleeve shirt is available for \$20 on a prepaid special order basis. It is fitted with shorter sleeves in a wicking material. A limited number of embroidered Color IAC Logo Patches are available for \$10 each.

## Become an Idaho Master Naturalist



The Upper Snake Chapter of the Idaho Master Naturalists will be starting the 2014 certification classes March 4, 2014. The Idaho Master Naturalist Program mission is to develop a corps of well-informed volunteers to actively work toward stewardship of Idaho's

natural environment. Volunteer activities include assisting Idaho Fish and Game biologists with raptor monitoring, fisheries management, habitat restoration, migratory bird surveys, opportunities to support educational activities at regional wildlife management areas, and many more. For more information on the many activities visit the web page at [www.idahonaturalist.org](http://www.idahonaturalist.org), or see us on Facebook at Upper Snake Chapter, Idaho Master Naturalists; for information on registering for the upcoming class call 524-0383 or email [tony.appelhans@gmail.com](mailto:tony.appelhans@gmail.com)

## TRIP REPORTS

**January 1 Snowshoe / Cress Creek Trail:** Several club members welcomed in the new year with a snowshoe trip to Cress Creek. Fresh snowfall overnight blanketed the path for an enjoyable snowshoe walk for Sheila Kappel, Susan McKinley, and Abbie Zaladonis. The partially frozen waterfall was a nice treat. They watched a beaver in the river for several minutes and it put on a really cool display of it's tail and hind feet. We saw some bird life, and there were some Great Blue Herons. Really pretty, flying out of the side channel of the river near the road. And some hawks along the way. The Whithams were not able to go, as they were anxiously awaiting (good) news of surgery results for Donna's father.



**January 4 XCSki / Harriman State Park:** Eight of us met at Harriman to enjoy a beautiful day of skiing and scenery, with great friends. Sheila Kappel, Susan McKinley, Abbie Zaladonis, Donna Whitham, Paul Worth, and Garney Hardy headed into the park to ski the River, Ranch, Silver Lake, and Thurman Creek trails to the Jones cabin and the Becker Warming hut. Mark and Tonnerre Whitham headed out on the Hound Trail for Tonnerre's first ski trip.



Dates to Remember:

Feb 5: IAC GENERAL MEETING  
"KENYA AND TANZANIA  
WILDLIFE SAFARI"

Jan 25: XC Ski / Craters of the Moon

Feb 1: Snowshoe / Mink Creek

Feb 7: Banff Mountain Film Festival

Feb 22: XC Ski / Darby Canyon

Climbing: Subscribe to find out updates to the weekly winter climbing plans. See page 3 for information on how to subscribe.

**Become a Fan**

Find us on Facebook. Last minute trips can be posted on the wall. Additionally, photos from club trips you have gone on can be easily posted on the wall singly or as an album if you took a lot of photos.

The power of imagination makes us infinite. -John Muir

**Enjoy the outdoors with the IAC**

**Join today**

*For more information write to the address below or visit our web site to download a free newsletter and application:*

**Idaho Alpine Club**  
**P.O. Box 2883**  
**Idaho Falls, Idaho 83403-2883**  
[www.IdahoAlpineClub.org](http://www.IdahoAlpineClub.org)

Membership Fees

	Full Year	
	10/1	7/1-12/31
Individuals:	\$25	\$20
Family:	\$30	\$25

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.

IAC Council Meeting Monthly minutes are available on line.

**Support the Merchants who Support the IAC**

Show your membership card for 10% discounts on regularly priced merchandise:

- Idaho Mountain Trading 523-6679 Shoup & B (Non-Sale Items Only)
- Bill's Bike Shop 522-3341 Snake River Crossing (Excludes bicycles)
- Canyon Whitewater Supply 522-3932 (Accessories Only) 450 S Yellowstone, Idaho Falls
- The Preparedness Store & Bosch Kitchen Center 120 Northgate Mile Idaho Falls, ID 524-8300 10% off backpacking, dehydrated & freeze-dried foods 10% off any outdoor accessories
- YMCA Climbing Gym 528-8610 755 South Capital Avenue
- Lynna and Leland Howard offer a 10% discount on all of their published books. 357-1917 or 357-3166; [lynna.howard@mac.com](mailto:lynna.howard@mac.com) [leland@wildernessbooks.com](http://leland@wildernessbooks.com)
- Discounts on Jerry Painter's Hiking & Biking guide books