

Idaho Alpine Club Bulletin

Volume 45 - Issue Number 7 - July 2005

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2005 Executive Council

President

Michelle Benson 525-3238

Vice-president

Tim Adkison 542-0786

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Jeff Coward 522-8135

Treasurer

Kenneth Krivanek 528-8224

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George Cole 522-4074

Coordinators

Backpacking

Mark Whitham 520-7232

Bicycling

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

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

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

July Council Meeting: Vino Rosso
439 A Street

Bulletin Deadline:

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.

August Bulletin Deadline is:

Midnight July 18

“No Meeting in July - Get Out and Have Fun”

Idaho Alpine Club Summer Picnic

Sealander Park

August 3, 2005

Map and Details Coming

President Speaks

Hello fellow club members!

Now that summer has FINALLY arrived, I hope everybody has gotten a chance to get out and enjoy at least a little bit of what nature has to offer. It is still Spring in some of the higher elevations, so also enjoy the tail end of spring flowers, snow fields, exhilarating cold water and such! (being careful, of course.) Our terrific activity coordinators have put together some fun trips throughout the summer, so don't hesitate to call these fine people to let them know you will be joining them on their trip. If you simply call them, they would be happy to give you all the details about the trip, what food and gear to bring, and the difficulty of the trip. Please don't let concern over the sign up sheets stop you from participating in any of the trips; one can sign up on the sign up sheet at the meetings, or go ahead and call the coordinator to sign up for a trip. The release slips that get signed are simply our way of informing club members and are in place for the good of all participants. If you sign up for a trip and can't make it after all, simply call the coordinator and let them know. Or if you didn't get a chance to sign up on the sheet at the meeting but see a trip in the bulletin you are interested in, don't hesitate to call the coordinator to get more info and sign up! Our club is lucky to have really smart, nice people coordinating trips. We look forward to seeing you, have a wonderful summer.

Now Go Take A Hike! :)

Michelle

IAC Council Meeting Minutes

Meeting Date: 06/21/2005

Invitees: Tim Adkison, Betsy Adkison, **Michelle Benson (Yay!)**, Jeff Coward, Alan Crockett, George Cole, Gary Vecellio, Ken Krivanek (Attendees are underlined.)

Note Taker: Jeff Coward

1. Meeting call to order: 7:50 pm
2. Reading of previous month meeting minutes: previously approved via e-mail

3. Treasurer's Report - (05/01/2005 to 05/31/2005):
Income: \$107.01
Expenses: \$271.68 - includes meeting room & Michelle's flowers
Rafting Fund Balance: \$1,900.00
Overall Balance: \$5,570.46
Checking Balance: \$532.26
Members to Date: 86 as of May 31, 2005
Treasurer's Report approved by vote.

4. Old Business:
Preparation of old bulletins for CD scanning
On hold temporarily since Barb is out of town and other business has taken precedence.
Review/revision of by-laws
Hard copies of the current bylaws and the proposed changes will be available at the August picnic as well as on the web site. Comments from members are welcome and can be communicated to any council member. The club membership present at the August picnic will vote to either accept or reject the proposed changes to the bylaws. Ken will get an updated list of current members to George so an e-mail can be sent out to those with e-mail addresses reminding of the vote. The list will also be used to determine if a quorum of members is present at the August picnic. Ken will recalculate the number of members needed for a quorum before the picnic. Vote will be by a show of hands. A notice of the vote will also be prominently featured in the Bulletin.
Trail Maintenance grants
Dave Woodcock from the Forest Service had contacted Michelle regarding the grants he had applied for, for trail maintenance. He had indicated that he did receive one of the grants for the Chicken Springs trail section. He was invited to attend the June Council meeting, but did not arrive. The council will attempt to contact him again.

5. New Business:
Award for Jeff Coward
Ken received a proposal to have a plaque or other award made and presented to Jeff Coward for his actions during and after Michelle's accident. The proposal was passed. Ken will look into designing the award and will send information on the proposal to the other council members for approval before having the award made. Due to the obvious

conflict of interest, Jeff did not vote on this proposal.

Trip sign up forms

Some council members had received comments from members, particularly new ones, regarding the club's trip sign up forms. This was discussed and ideas for eliminating or at least reducing any confusion about how to sign up for club activities were proposed. A suggestion was made to prepare a poster or information sheet with helpful information on signing up for or inquiring about trips, and on the purpose and use of the Club's Common Adventure Form. Jeff will work on preparing the text of this information for the next council meeting.

6. Administrative Business:

August picnic location

Tim has reserved Sealander Park for August 3rd from 6:00 pm to 10:00 pm.

Memorial Day Raft Trip funds & forms

Ken has not yet received any funds or membership and release forms from the rafting coordinator for the annual Memorial Day raft trip. Ken will contact Greg Hulet to check on these.

No July General Meeting

July council meeting at: Vino Rosso
439 A Street on June 21, 2005 7:30 pm

7. Meeting adjourned: 9:12 pm

Upcoming Programs and Events:

JULY: NO MEETING

August: Summer Picnic

September: Fall Birding

October: Sea Kayaking. Due to circumstances beyond the June speaker's control this has been rescheduled.

Reminder to all Trip Leaders and Activity Coordinators

All participants on club trips or activities are required to read and sign the Idaho Alpine Club Common Adventure Release Form. Completed forms need to be returned to the Club Secretary.

Notice of Request for Council Member Candidates:

Any club member interested in serving on the Idaho Alpine Club Council is encouraged to contact any of the current council members. If you have ever wanted a chance to give something back to the club or to influence or be a part of making club decisions, the council is currently looking for potential candidates for the Fall elections. The amount of time needed to be a council member is not excessive, and the duties are not difficult. If you have any questions about becoming a candidate, please feel free to contact any current council member.

Climbing / Mountaineering

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

**IAC Wednesday Night Climbing Schedule
Summer 2005**

<u>Date</u>	<u>Location</u>	<u>Leader</u>
July 6	Ross Park, Pocatello	Peterson
July 13	Blackfoot	Peterson
July 20	Ross Park, Pocatello	Peterson
July 27	Blackfoot	???*
August 3	Paramount	???*
August 10	Heise Boulder (If Dry) otherwise Paramount	???*
August 17	Ross Park Pocatello	Peterson
August 24	Blackfoot	Peterson

** Eric Peterson will not be available for Wednesday Night Climb, leaders sought.

The Wednesday evening climbing will take place for 12 weeks this summer. The group meets at the McDonalds next to Fred Myers and departs at 6:00 sharp (according to the leader's watch – so be early). Climbers may meet at Fred Meyers for car-pooling or drive to the individual climbing sights on their own. If it is raining, the evening climbing is cancelled. Waivers will be available for signature.

Climbers will need to bring their own harness, belay device, and rock shoes. The club does not supply these items.

Backpacking / Dayhiking

For trip information and to sign up, unless otherwise listed in the trip description, contact Mark or Donna Whitham, 520.1728 or backpack@idahoalpineclub.org.

July 15 - 17: Dayhike / Car Camp West Camas Area

The plan is to leave town on Friday evening after work to set up camp at Stoddard Creek. We are planning to explore several trails in the West Camas creek drainage on Saturday and Sunday. Most of the trails in this area have marginal water sources, or unknown water sources. Be prepared to carry an adequate amount of water.

July 22 -24: Annual "Chick Trip"

We plan to leave town on Friday afternoon to travel to the trail head for scenic Washington Lake in the Boulder White Clouds. There will be possibly a side trip to the pass over looking Chamberlain Basin and Castle Peak, or exploring around the lake, definitely a stop at Russian John hot spring on the way home, plenty of time for bird watching, flower identification, talking, swimming (the lake is cold), yummy food, and relaxing.

Rafting

July 9, Hatchery Ford (Henry's Fork class III). Contact Greg Hulet, 208 523-6199.

July 16, Beartrap (Madison class III-IV) Contact Greg Hulet, 208 523-6199

July 20-24, South Fork Boise river (class III-IV). Camp near Danskin bridge. Contact Jim Lee, 208 524-5836.

August 13, Alpine Canyon, (class III+). Contact Greg Hulet, 208 523-6199

August 6: Big Springs Float

Ken Krivanek (528-8224) is planning a canoe trip on August 6th in Island Park on the Henry's Fork River. The trip is a 5-mile long trip that will take 3-4 hours to float at a leisurely pace. Touring or sea kayaks can paddle upstream and back in the same amount of time. We will meet at the Mack's Inn Raft rental outlet at 3 PM on August 6th. Mack's Inn does not take reservations for the canoes so we need to show up early to get the canoes before they run out. Anyone interested should be there at 3 PM. Canoes rent for \$27.50 and come with paddles and life vests. Each canoe holds 2 to 3 people or dogs. There are also 8 man rafts available for \$60. Mack's Inn does not have kayaks. If you are a paid up club member that has captained one of the club rafts before, you can rent a club raft if you want by contacting Greg Hulet in advance of the trip date. Mack's Inn will shuttle everyone to the Big Spring boat ramp where we will put in. We will have until 9PM to return our canoes to Mack's Inn rentals. If you are interested, please call me to confirm your interest and attendance. Be sure to bring a cooler with beverages and food as you desire, sun screen, and bug repellent.

Bicycling Schedule

For any questions about these or other rides, contact Jeff Coward at 522-8135 or send an e-mail to bicycling@idahoalpineclub.org

Note: Always check with the trip coordinator on any Idaho Alpine Club trip, especially the spring trips, since weather conditions or other factors may require changes of plans or cancellations.

Dates for IAC rides are bolded.

July 9-17, 2005 - North Idaho rail trail rides.

NOTE: Contact Jeff regarding options for a shortened trip. There are several excellent rail trail rides in Northern Idaho. One is a mountain bike ride that follows the Route of the Hiawatha through several tunnels including an 8,700 foot long one and across several trestles. The ride is about 13 miles one way, at which point you can either ride or shuttle back. You can also ride another 8 miles to Avery, Idaho, with more tunnels and trestles along the way. Lights are required on this ride, and there is a trail use fee of \$8 per adult. There is also a \$9 per adult fee for the shuttle if you decide not to ride back to the start. There are numerous informational displays along the trail as well as plenty of scenic views. This is an easy ride suitable for anyone.

The second trail in the area is the Trail of the Coeur d'Alenes. This is a 72 mile long paved trail that runs from Mullan to Chatcolet on Lake Coeur d'Alene. The trail parallels Interstate 90 from Mullan to Cataldo, but even that section has some excellent scenery as you ride along the Coeur d'Alene River. From Cataldo to Harrison the trail leaves the interstate and we should have little traffic of any kind. The lake is crossed on a causeway and bridge.

There is also the Centennial Trail that goes from Coeur d'Alene to Spokane. We should have time to check out this trail as well. There are many other things to do in the area. There are museums and the Cataldo Mission to visit, and there is boating on Lake Coeur d'Alene. Links:

http://www.skilookout.com/bike_home_page.html

<http://wallace-id.com/skilookout/taft.html>

http://wallace-id.com/CdA_trail/index.html

<http://wallace-id.com/bestwest.html>

http://friendsofcdatrails.org/photo_trail.html

<http://www.harrisonidaho.com/Maps/TrailMaps.html#Overview>

http://friendsofcdatrails.org/links.html#ride_the_wall

<http://www.northidahotrails.net>

<http://silver-valley.com/bike.html>

July and/or August - Rigby Lake ride(s)

Date(s) for the summer rides to Rigby Lake have not yet been determined. This ride can really be done anytime, even during the week after work, since it is only about a 45 mile round trip.

Trip Reports

National Trails Day Project - June 11

Club members, Sandy Pew, Mel Edmondson, Mel Nichols, met the Whithams at the Teton Basin Ranger District (TBRD) to participate in this years NTD project, along with members of the Teton Valley Trails Association, NOLS students, Peaked Sports employees, TBRD trail crew, and other TBRD Adopt-A-Trail Volunteers. Before starting work on our project, we each received a cool TBRD Trail Crew Volunteer shirt, participated in a raffle with some great prizes, we got to watch an informative and interesting trail maintenance video after the district ranger, Mike McFadden gave us a safety talk and presentation on rehabing trails. The hands on practice involved moving the Mill Creek trail head 1/3 mile east to a safer location and rehabing the old trail. Mel, Sandy, and Mel Nichols had a great time filling backpacks with dirt and plants for the NOLS students to haul to be reused for trail rehab efforts. By noon the work was done and everyone was jumping in their vehicles to get out of the rain. The 5 of us ate lunch in the princessmobile then headed over to the Darby Canyon Wind Cave trail, located on the west slope of the Teton Mountain range. The rain ended and we had gloriously cool weather for doing trail maintenance to clear the trail of winter debris and open up the water bars to drain off standing water. Delicate pink fairy slippers and little fairy bells were blooming and provided a bit of distraction as we worked our way up the trail. The final section of trail just before the cave was still snowbound so we headed back into Victor for a yummy volunteer appreciation barbeque provided by the TBRD and Habitats. Thank-you to all who took the effort to participate in this years NTD project.

Rocky Canyon - June 17-18 Dayhiking/Car Camping

The Whithams headed out of town after work on Friday to camp near Lone Pine at the Kaufman Fish and Game camp area. Saturday morning as we cleaned up from breakfast, Garney Hardy arrived to join us in our hike up Rocky Canyon and camp with us on Saturday night. Rocky Canyon is gorgeous this time of year. It narrows and widens into flower filled meadows for 8 miles before ending below an unnamed 10,900 foot peak on the shoulder of Diamond Peak. The foot path actually begins to peter out at about 5.5 miles. The first water in the canyon comes from a small spring over 4 miles up the canyon. Sunday we decided to explore 8 Mile Canyon and hiked to Pass Creek Lake. The three of us had explored Indianhead Canyon last fall. The trail to Pass Creek Lake is steep but the magnificent views from the high points are worth the effort. It was a real treat spotting a young bull moose grazing on the Birch Creek levee, during our drive into the trail head.

Chocks and Nuts:

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

Editor Note: 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, ramen noodles, or power bars etc. In camp the recipes are easy to prepare. This month's recipe is from Lipsmackin' Vegetarian Backpackin':

Basic Backpacker's Sushi

At Home:

2 cups sushi rice

1/4 cup sugar

1/4 cup rice vinegar

1/2 teaspoon salt

1/4 cup sesame seeds

8 sheets Nori dried seaweed

Optional: Cucumber, pickled burdock, pickled radish, dried carrots, pickled ginger, pickled mango, powdered wasabi, miso soup powder, soy sauce, avocado, and well insulated frozen imitation crab meat.

Prepare sushi rice according to the directions on the package. In a large bowl, combine the sugar, rice, vinegar, salt, and sesame seeds. Once rice is ready, add it to the liquid and stir until the rice is evenly coated by the seasoning. If you'd like to include optional ingredients, process those that are vegetable, fruit, or roots in a food grinder, then add t the rice mixture at this time. Place mixture on parchment lined dehydrator trays and dry. Next, break apart the clumps and place about 1 cup of the dried mixture into each of 4 separate ziplock quart size freezer bags.

Carry sheets of seaweed separately. Optional soy sauce and powdered condiments should be packaged separately for the trail.

Optional fresh ingredients should also be packaged separately for the trail to keep them cold and or from being smashed in your pack.

(Sushi Cont.)

On the Trail:

1 cup water per serving.

To make 1 serving, bring 1 cup of water to a boil early in the day. Pour it into 1 bag of sushi rice mixture. Carefully knead the bag to further break apart remaining clumps of rice mix. Insulate the bag to retain heat as long as possible, and place it in your pack. By midday the rice should be fully rehydrated. At lunchtime, lay 1 sheet of nori flat with the shiny side down and the perforations running perpendicular to you. Moisten lightly with your fingers. Scoop half of the rice from your bag and place on the sheet of nori. Form a band of rice side to side across the length of the sheet about 1 inch from the end closest to you. Cucumber, avocado, and the imitation crab meat sticks can be added at this time if desired. Carefully roll the nori away from you as you might a fat cigar. The roll can be cut into traditional sushi slices or served like a burrito.

East Idaho Maps

Available on the Idaho Falls Ski Club

Website:

<http://ifskiclub.com>

Brimstone-Buffalo River Guide Map

Fall River Ridge Guide Map

Harriman State Park Guide Map

Kelly Canyon Area Guide Map

www.Delorme.com kindly allows the ski club to use these maps.

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.

IAC Stickers

Two styles: 4.25" high x 3.5" wide with the IAC logo, web address, and list of club activities. 1.5" high x 11" wide "Idaho Alpine Club" sticker. The stickers are white graphics on a transparent background with adhesive on the face so they can be applied to the inside of a window on a vehicle. 50 cents per sticker or \$1 if you want one mailed to you. Contact the club Treasurer to obtain stickers.

Climb Indoors at:

Stone Walls Rock Gym - 528.8610

Summer Hours: 4 PM - 9 PM Monday - Thursday

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 & Biking guide books

Bulletin 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.

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:

Look up contact information for club officers and activity coordinators.

Download membership applications and Common Adventure Release forms in PDF format.

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 your 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