

Idaho Alpine Club Bulletin

Volume 44 - Issue Number 11 - November 2004

P.O. Box 2885, Idaho Falls, Idaho 83403-2885

web site: www.idahoalpineclub.org

e-mail: info@idahoalpineclub.org

2004 Executive Council

President

Garney Hardy 522-6128

Vice-president

Michelle Fox Benson 525-3238

Secretary

Jeff Coward 522-8135

Treasurer

Barbara Brown 522-8977

Members-at-Large

Betsy Adkison 542-0786

Tim Adkison 542-0786

George Cole 522-4074

Gary Vecellio 535-2930

Bulletin Editor

Donna Whitham 520-1728

Bulletin Assistant

Rene Miller 542-5126

Publicity & Community Liaison

Donna Whitham 520-1728

Historian/Librarian

Barbara Brown 522-8977

WebMaster

George Cole 522-4074

Coordinators

Backpacking

George Cole 522-4084

Mark Whitham 520-1728

Bicycling

Michelle Fox 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

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

November Council Meeting: Garney Hardy's home.

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.

December Deadline is Midnight November 14

Alaska: Rafting the Tatshenshini and Alsek Rivers

Wednesday, November 3, 2004 - 7:30 PM at the Idaho Falls Library

The Tatshenshini River is often called North America's wildest river. It flows from the Yukon Territory, through British Columbia and into Alaska, carving through the St. Elias Mountain Range along the way. It then joins the Alsek river to flow down to the Pacific Ocean. In July, 2004, Idaho Alpine Club member Eric Larsen joined the Juneau Alpine Club in a 12 day, 160 mile river expedition. Eric will be presenting a slide show from this trip, featuring some of the most spectacular river scenery in the world.

The presentation is open to the public and all outdoor enthusiasts are invited to attend. For more information contact programs@idahoalpineclub.org or check out the club website at www.idahoalpineclub.org or call D. Whitham at 520.1728.

President Speaks

Hi Everyone -

While I am goofing off on a houseboat on Lake Powell, Michelle is standing in for me and has a special message for everyone. It's that time of year again for nominations to the IAC council for elections at the November meeting.

Additionally, it is renewal time. Renew your membership now or even consider giving a club membership to a friend for a Christmas gift they can enjoy all year.

Garney

An Autumn Hello to my fellow Idaho Alpine Club members!

I'm Michelle Benson, the Vice-President. It is my pleasure to write the "President Speaks" column in Garney's place this month. As we come to a time of transition from fall to winter, take some time to consider the outdoor activities you have enjoyed the past several months, and anticipate the upcoming fun in winter. I enjoyed biking, backpacking, hiking, climbing and rafting - all with other generous, knowledgeable Idaho Alpine Club members. I am really looking forward to skiing and snowshoeing! We are blessed to have a club in which we can gather with others who have similar interests, or try new things. This is not a huge money-seeking political club; it is an outdoor activity club for the members, run by the members. So it is not a difficult club to run, but we do need some members to take care of the basics. We have 8 members total on the council, 4 of which are member-at-large positions. We hold monthly 1-hour meetings to discuss issues pertaining to the club, and need at least a quorum to conduct those meetings. This is my second term on the council, and the meetings are enjoyable ones with great people. I have found the commitment very do-able, and the council members very flexible and helpful. On Wednesday, November 3rd, we will be voting to fill some of the positions that are being vacated this term. Please consider joining us in taking good care of our historic club; it really is worth it.

Please contact me on or before the November 3rd meeting at: VicePres@idahoalpineclub.org if you would like to be on the ballot. This is a neat club with special people. Let's preserve it's future!

Sincerely, Michelle Benson, Vice President

IAC Council Meeting Minutes

October 19, 2004

Attendees: Michelle Fox Benson (presiding), George Cole, Gary Vecellio, Barb Brown, Jeff Coward, Tim Adkison

The meeting was called to order at 7:40 PM

The minutes of the September council meeting were read and approved.

Treasurer's Report:

- General Fund: \$2264.87
- Rafting Fund: \$1700.00
- Total membership: 96 (includes 13 members paid through 2005)
- There is a \$52 discrepancy between the account balance and total income received. The treasurer is investigating.
-

Old business

- Additional T-shirts have been ordered. Delivery is due November 2.
- Club window stickers have been printed and are ready for pick-up.

Motion by George Cole (second by Tim Adkison): A free window sticker will be given away with all 2005 memberships. Motion passed unanimously. Additional stickers will be available for purchase at cost.

- IAC Bulletin Historical CD: Progress is slow but progressing. The poor print quality of the oldest issues do not scan well and considerable editing is required.
- Cost of printing and distributing hardcopy bulletins was discussed with possible alternatives. The consensus was that the current system is working well and is being done at a reasonable cost.

New Business

- Content of bulletin: Several suggestions were made by the council members to improve the club bulletin including subjects that may be added and items that can be deleted and/or be included less frequently. These suggestions will be communicated to the editor. However, it was recognized by the council that the final decision of what is published resides mainly with the editor. Any member may contribute articles to the

bulletin that would be of interest to the club. It is not necessary for "trip reports" to be about club events. Members should email their contributions to Editor@IdahoAlpineClub.org or otherwise get them to Donna Whitham prior to the third weekend of the month in order to be included in the following month's issue.

- Annual January Membership Party: The annual January Winter Party will be held at the Community Outreach Center on North Boulevard.
- Elections: There are five council positions open for elections at the December meeting. Anyone wishing to be nominated to the council should contact one of the existing council members as soon as possible.
- The next council meeting will be at Garney Hardy's home at 7:30 PM on November 16, 2004.

The meeting was adjourned at 8:55 PM

Editor's Note: Materials for inclusion in the bulletin are due by the weekend before the council meetings. The monthly due date is printed on the front of the monthly bulletin. Late material may or may not be included. Hand written or hard copy material will be included time permitting. Material that may be insulting to club members or to the coordinators or containing political statements will either be edited or not included. Non-club reports or announcements are welcome, however lengthy non-club material will be passed on to the web site with a reference in the bulletin.

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

Highway Clean-up October 30

It is once again that time to don the stylish bright orange vests that the Idaho highway department provides, to fill matching bright orange bags with all the trash accumulated over the winter on the IAC section of Highway 31 between mile posts 6 & 8. The highway department sent a note that the litter bags are now equipped with drawstrings instead of twist ties. Sturdy work boots and work gloves are required. Afterward, we are planning a potluck barbeque picnic. For more details and to sign up contact the Whithams at programs@idahoalpineclub.org or 520.1728.

Dayhiking

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

November 13- Goldbug Hot Springs

Annual hike to Goldbug Hot Springs 23 miles south of Salmon. Two mile hike to where steamy hot springs and cascades await. In addition to the 10 essentials, be sure to bring a towel, swimsuit, water shoes, and a sit pad. Warning Note: The springs are clothing optional.

December 4 - Christmas Tree Cutting Trip

Snowshoe or cross country ski to search out the perfect Christmas tree in Tie Canyon, which is in the Pine Creek Pass area. The location could change depending on where the Forest Service is allowing Christmas tree cutting this year. Forest service Christmas Tree permits required. They are available at the Eastern Idaho Visitors Center on Lindsay Blvd or the Forest Service Office on the Ririe Highway. (Permits were \$5 last year).

Kelly Canyon Snowshoe & XC-Ski Trails: Between now and Christmas, we will be hiking and snowshoeing in Kelly Canyon as time and weather permits to hang those cute little snowshoe signs that have been provided to us courtesy of Atlas Snowshoes. There are some new trails which need signing and old trails which need signs replaced or added. We could use help with nailing, ladder holding, and material hauling. The Idaho Falls Ski Club is also working on the trails and could use some help during the week. Weekday helpers contact Alan Crockett 529-5188, act@srv.net for dates and meeting places. Weekend helpers interested in helping on October 31, November 14, or other dates, contact Mark or Donna Whitham to sign up and for the meeting place and time at dayhike@dahoalpineclub.org or 520.1728.

Backpacking

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

Climbing / Mountaineering

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

Bicycling

Note: If anyone has any winter rides that they would like to do that are not listed, or any other information of interest, contact Jeff Coward, at 522-8135 (home) or 529-0775 (work) or jdc1100@srv.net or Michelle Benson at 525-3228. Both can be contacted at bicycling@idahoalpineclub.org

IT IS TIME TO RENEW YOUR IAC MEMBERSHIP FOR 2005

GET A FREE IAC WINDOW STICKER WITH YOUR 2005 RENEWAL. MAIL YOUR RENEWAL IN TODAY AND BEAT THE RUSH.

Trip Reports

Yellowstone Fall Cycle Tour trip report

Several of the club members, including Donna & Mark Whitham, Michelle Benson, Jeff Coward, Bob Tyler, and Ken Katsma (and anybody else who passed us up!! hehe) participated in the annual Yellowstone Fall Cycle tour. The route goes from West Yellowstone to Old Faithful and back.

There was an option of riding the shuttle either way and riding the bike the other way, so this ride can be done by anybody on a bike! A lot of families participate, as well as serious cyclists. There was a lot of different kinds of bikes too - from road bikes to mtn. bikes and everything in between, bikes for 1 or for 2. The sun was shining the whole day, and the wind was blowing also - so that took care of a few extra calories on the ride, which is quite OK. Some of the participants actually timed it as to have a head wind both ways! We were in shirt sleeves all day enjoying Yellowstone scenery and wildlife. The tour includes a yummy, very welcome spaghetti dinner at the end of the day and drawings for cool prizes. For more info on the 2005 Spring and Fall Cycle tours, log on to the West Yellowstone Chamber of Commerce website; they are the ones with the tireless volunteers who put this on. -Michelle Benson

Italian Peaks Trip Report:

Garney Hardy joined the Whithams, including Tyler and Heyburn on a gorgeous fall weekend to camp by Birch Creek and day hike. Saturday morning we met at the BLM Kaufman campground and set up our campers before piling our gear into the backpack mobile to head to the Willow Creek trail head up behind the Nicholia Ranch. Our plan was that Garney would drop the us off at the trail head. While we hiked up over a saddle to drop down into Italian Canyon, she would drive to the Italian Canyon trail head and hike up the canyon to meet us. The road to the trail head is steep. Huge boulders in the road and drop-offs gave us an "E" ticket ride. It was decided that Heyburn and I would hike from Willow Creek and Mark would drive with Garney and Tyler to the other trail head. Carefully setting up the GPS to track my movements I began hiking up the trail with Heyburn. Two miles up the

trail I came to a side hill that had some trail machine damage. Seeing no indication of a trail and no sign, I way pointed the spot. Checking the compass I continued on up the canyon in the direction indicated on the GPS. Further up the canyon I came across a mining claim that looked as if it had been recently worked but still no turnoff for Italian Canyon. Finally the trail turned to the right and began climbing toward the ridge above me. About 2/3 the way up a now very steep gully, the trail completely disappeared. With elk bugling in the trees on both sides of me I checked the compass again. It showed I was going the correct direction, then I noted that it was indicating North towards me, no matter what direction I faced. The radio I had on my pack strap was interfering with the compass even though it was off. After putting the radio in my pack and calibrating the compass on the GPS, I discovered I was about 2 miles east of the saddle I needed. Consulting the map and not really wanting to hike all the way back down to the canyon, I decided to continue up to the ridge above me. The map showed the gully led to the ridge above Italian Canyon. I hoped to contact Mark and Garney and at least let them know where Heyburn and I were. Side hilling through snow to climb up the final 300 feet to the ridge, I noted one patch with bear prints and scat in it. Listening to the elk bugling nearby, I had the thought that there was a remote possibility of being stuck out all night. Reaching the ridge at 10100 feet I could see Italian Canyon below me. I radioed to Mark and Garney that I had gone up the wrong canyon, was on the ridge, and looking for the trail. They heard me but I could not hear them answer me. The terrain on the south side of the ridge was extremely steep and covered with small scree. I followed the ridge 1-1/2 miles and up over 4 peaks, to the saddle I needed to be on, based on the way points I had loaded on the GPS at home off of an old topo map and began to drop down into the canyon. Finally I made contact with Mark on the radio and 1/4 mile later we met him on the trail. Heyburn and I had hiked 12 miles instead of 8. We arrived back at the truck before dark.

Other than sort of being lost, the hike is in really scenic terrain, the ridge and peaks on it are along an awesome ridge that leads to the shoulder of Italian Peak. The rugged rocky peaks above Willow Creek follow the Continental Divide with views down into Montana. Across the valley is a dramatic view of the Lemhis, including Saddle, Diamond, and Bell Mts. There is a lot of elk in that canyon too. It was so cool hearing them bugle so close by. While it would have really sucked to have gotten stuck out all night I was prepared. After realizing the problem I was able to figure out where I was and how to get to where I needed to be. Also with the tracking function on the GPS I had the option of just following my path back down the canyon, However, Garney and Mark would not have known where I was at all. If using a radio, even if it is off, it will interfere with a magnetic compass (electronic or standard) if it is too close to the compass. The electronic compass can be recalibrated before depending on it. Also I should have trusted the route I had

loaded the way points for on the map page of the GPS. If I had, I would have realized that I was where I was supposed to turn. The way point I marked on the hike, downloaded into my computer right at the point for the turn.

Sundays hike up Scott Canyon was much less eventful. The hike is about 1-1/2 miles to a saddle that is on the shoulder of Scott Peak. A trail at the top of the saddle drops into Crooked Creek. Garney had scouted the trail heads during the week with Ricko Thomas and found the road to Crooked Creek gated off with a sign on the gate that read "Private." The Forest Service has since assured us that it is okay to go thru the gate and that there are 2 more gates too. All in all we had a great weekend with great company.

Chocks and Nuts:

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

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', was tried on the car camping weekend trip to hike the Italian Peaks. Mark thought they were a tad burnt, but Garney and I think it was just the melted chocolate on the bottoms. After the adventure we had these were divine:

Fabulous Fry Brownies

At Home:

- 1 cup all purpose bleached wheat flour
- 1/4 cup unsweetened baking cocoa
- 3/4 cup sugar
- 1 tsp baking powder
- 1/4 tsp salt
- 2 tablespoons nonfat powdered milk
- 1/2 cup mini chocolate chips
- 1/4 cup chopped walnuts

Thoroughly mix first 6 ingredients together. Add chips and nuts and mix again. To make separate servings, place 1/2 cup of mix into each of six quart-size resealable plastic freezer bags.

On the Trail:

Add 1 teaspoon of oil and 2 tablespoons of water to one serving (one bag) then mix and knead the mixture. Heat 1 teaspoon of oil in frying pan on low heat. Drop spoon-size blobs into pan. Flatten slightly with spatula. Cook on low heat, until the bottoms are browned and the tops are no longer shiny. Flip, flatten, and brown the other sides.

Weight per serving is 3 ounces.

IAC Logo T-Shirts!!

Short sleeves or long sleeves, crew neck, heather grey Dri Release material with embroidered 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 to get yours sooner

Geocaching and Letter Boxing:

These are fun things to do if you want to practice with your GPS or just get out for something to do especially this time of year. For more information go to www.geocaching.com or www.letterboxing.org.

Gear review sites:

Research gear before buying:

www.backpacker.com

www.gearreview.com

PARK 'N' SKI INFORMATION

While we all would prefer to ski free, Park N' Ski permits have financed much of the cross-country skiing development in Idaho during the past several years. Purchasing a pass provides a funding source for ski clubs and agencies interested in maintaining and developing cross-country skiing facilities. Services offered to skiers vary from year to year depending on volunteer support, donations and revenue generated through the sale of Park N' Ski permits. Poor snow years and no support of the program often translate into low income, thus reduced services.

When you purchase a \$20 annual permit, or a 3-day temporary permit for \$7.50, the money is dedicated by law to be used exclusively for improving cross-country skiing opportunities. As such, the program has been widely supported by Nordic skiers statewide. When skiers purchase a permit, they are asked to designate a specific Park N' Ski area they would like to see improved. This gives skiers greater control over how and where the funds are spent.

For more information about the Park 'N' Ski Pick up a guide at one of the permit sellers in Idaho Falls, Pocatello, or Island Park. Two of the permit sellers in Idaho Falls are:

Idaho Mountain Trading 474 Shoup Ave Idaho Falls
523.6679

Eastern Idaho Visitor Info 505 Lindsay Blvd Idaho Falls
523.1012

Of Note: Harriman State Park is no longer part of the Park and Ski Program requires either daily permits or annual passes much like the Rendezvous Ski trails in West Yellowstone. Parking can be paid for daily or a State Parks pass can be purchased.

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 also available at the same web site.

Grant Applications

Recreational Trails Program Project Funding to be Accepted Until January 28, 2005:

The Idaho Department of Parks and Recreation provides a variety of grants to government and private entities in Idaho for the creation and renovation of outdoor recreational facilities.

Governmental entities and private organizations can apply for grant funding. All projects are reviewed by the Recreational Trails Program Advisory Committee, which makes recommendations to the Idaho Park and Recreation Board for final approval.

Grant Forms are available at www.idahoparks.org/about/grants_trails.html & in Word (and WordPerfect) format from Donna Whitham (the IDPR ORMV Southeast Idaho Non-Motorized Representative).

Contacts:

Dan Haws 208-525-7121

East Region Grant Specialist

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

DON' MISS THE FUN: REMEMBER TO RENEW YOUR IAC MEMBERSHIP NOW

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

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