

Idaho Alpine Club Bulletin

Volume 44 - Issue Number 10 - October 2004

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

web site: www.idahoalpineclub.org

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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

September Council Meeting: Location TBD

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.

November Deadline is Midnight October 17

Rio Plantano International Biosphere Reserve

Wednesday, October 6, 2004 - 7:30 PM at the Idaho Falls Library

Tim Reynolds and his wife Patty, Ted Chu and other friends went on an eco-adventure in Honduras this spring. After flying to Honduras, they rode a bus to a trail head, and then walked ten miles to the river while their guides hauled the gear on horseback. Once they reached the river, the real adventure began: a twelve day raft trip through the Rio Plantano International Biosphere Reserve in the La Moskita area of northeastern Honduras. The Rio Platano area is the largest, most intact, tropical rainforest outside of South America. They rafted the Rio Platano through the center of the reserve from near its headwaters to the Caribbean coast, camping and birding along the way. Come join Tim and Ted on the river and learn about the habitats and wildlife of Honduras!

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 -

It's that time of year again for nominations to the IAC council for elections in November, and again we will be contacting you to ask you to volunteer to run. The Alpine Club, like all volunteer organizations, relies on its members to keep things going. Being on the council is not a huge commitment for anyone (except for our esteemed treasurer), and it's a way to contribute to continued functioning of the club. And you don't have to wait for the phone call, just contact me or any council member.

Our program this month shows some interesting country. I saw the presentation at the Audubon Club recently and it was really good. I'm looking forward to seeing it again, especially some of the rafting pictures!

Lastly, get out and enjoy Idaho's Indian summer.
Garney

IAC Council Meeting Minutes

September 21, 2004

Attendees: Garney Hardy, George Cole, Michelle Benson, Tim Adkison

1) Reading of August minutes: no minutes from August. Quorum not achieved.

2) Treasurer's report (prepared report given to attendees; Treasurer on vacation)

As of 9/15/2004,

Total balance = \$ 3,815.81

Income for month = \$ 67.09

Expenses for month = \$ 148.12

Total membership = 96

3) President's report: no report given

4) Administrative business

General meeting snacks for October: Michelle Benson

October 19th council meeting : Barbara Brown

November 16th council meeting: to be decided

5) Old business

Cave, canoe, and kayak coordinators contacted and agreed to have their names removed from future newsletters – Garney

Bulletin costs – Jeff (not in attendance)

IAC logo stickers – Jeff (not in attendance)

Old bulletin scanning – Jeff/Barbara (not in attendance)

T-shirt orders – shirts to be ordered once bitmap image of IAC logo acquired and to embroiderer - Tim

6) New business

Reminder to the council that the general elections will be coming up in November.

Request from Marty Huebner to Tim Adkison to discuss possibility of IAC membership in the Federation of Western Outdoor Clubs (FWOC). Reference made to similar request in 2003 and the Council's reply noted in the June 2003 Council minutes, Volume 43, Issue 6, declining the invitation for membership.

Meeting adjourned: 8:30pm

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 picnic. For more details and to sign up contact the Whithams at programs@idahoalpineclub.org or 524.6119.

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. Contact Mark or Donna Whitham to sign up and for the meeting place and time at dayhike@dahoalpineclub.org or 524.6119.

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).

Backpacking

For fall trip information and to sign up, contact Mark or Donna Whitham, 520.1728, or George Cole, 522.4074, or backpack@idahoalpineclub.org.

Climbing / Mountaineering

Contact Eric Peterson, 529.9538 or Dennis Dunn, 523.8524, or climbing@idahoalpineclub.org.

Bicycling

Note: If anyone has any rides that they would like to do that are not listed, or any other information of interest, please contact the Idaho Alpine Club bicycling coordinators, 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 Your ideas and input are always welcome.

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. Mark and I's copy of Lipsmackin' Backpackin' is rather dog-eared and we have enjoyed every recipe we have tried thus far. We have just started looking at the recipes in Lipsmackin' Vegetarian Backpackin' and expect to enjoy that book as well. By the way, Christine says the Fry Brownies are to die for. This month's recipe is for breakfast or can eaten any time of the day:

Appalachian Apple Bannock

2 cups Bisquick

1/4 - 1/2 cup dehydrated apple cut into small pieces

1 T Margarine or butter per serving

Jam (optional)

At Home:

Mix together Bisquick and dehydrated apple. To make separate servings, place 1/2 cup of mix into each of four sandwich-size resealable plastic bags. Carry margarine or butter separately.

On the trail:

Add 2 T of water to one serving (one bag) then mix and knead with hands until dough is slightly thinner than normal

biscuit dough. Melt 1 T margarine or butter in frying pan. Drop biscuit-size blobs into pan. Flatten slightly with spatula. Cook on low heat, turning once. Eat as is or with jam.

Weight per serving is 3.5 ounces.

Tip: Buy Ghee at a health food store. It is clarified butter and does not require refrigeration.

Gear review sites:

www.backpacker.com

www.gearreview.com

Yurt Rentals for Fall and Winter:

The Harriman Yurts are each equipped with two futon style bunk beds, woodstove, table and chairs, and propane appliances for light and cooking. The Harriman yurts rent for \$35 per night for a maximum of six people. A reservation fee of \$6.00 is required. The yurts adjoin Harriman's extensive cross-country trail system and are only a short distance from the world famous Henry's Fork of the Snake River.

Reservations for the yurts can be made up to 90 days in advance online or by telephone:

www.idahoparks.org/parks/yurts.html#Harriman, or call the park at 208-558-7368. For information, E-mail the Park har@idpr.state.id.us.

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. For more information go to www.geocaching.com or www.letterboxing.org.

IAC on Local News 8:

In case you missed us on television, you can still watch the clips on-line:

IAC Thursday Night Climbing:

<http://www.localnews8.com/video/900037.html>

Wild Files:

<http://www.localnews8.com/whatsnew/890626.html>

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.

Web Site News

If you haven't noticed, the IAC web site (www.IdahoAlpineClub.org) has recently been redesigned. For your convenience, the most recent club bulletins are included 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
- Read the club By-Laws
- Search the club classified ads or post you own ad
- View pictures from recent club activities
- Find out what the 10 E's are anyway?
- 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

Club Member Benefits

10 % discount on (non sale) outdoor equipment at the following stores:

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

K & R Adventure Gear - 522-5279
or 877-369-7407 www.knradventuregear.com

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

Stone Walls Rock Gym - 528.8610
Call to check Summer Operating Hours
The gym offers a \$1 daily pass discount to Alpine Club members.

Alpine Club Rental Gear is available to paid-up members. Call the appropriate coordinator for more information.

North Face VE-24 tent--George Cole
Climbing helmets & Ice axes--Gary Vecellio
Caving helmets, Carbide lamps, Clinometer & compass for cave mapping--Dean K.
Rafting equipment --Greg 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.