

Idaho Alpine Club Bulletin

Volume 46 - Issue Number 10 - October 2006

COME

BACKPACK DAYHIKE BIKE CLIMB MOUNTAINEER XC-SKI SNOWSHOE AND RAFT
WITH US

web site: www.idahoalpineclub.org

e-mail: info@idahoalpineclub.org

2006 Council

President	Bob Tyler	523-5560
Vice-president	Alan Crockett	529-5188
Secretary	Jeff Coward	522-8135
Treasurer	Ken Krivanek	528-8224

Members-at-Large

George Cole	522-4084
Sandra Pew	524-6442
Judy Williams	523-3814

Council Meetings:

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

October 24 Council Meeting Will Be At:

Judy Williams' home at 2344 St. Clair Rd.

Activity Coordinators:

Backpacking	Mark Whitham	520-7232
Bicycling	Jeff Coward	522-8135
Climbing/Mountaineering	Kevin Coble	529-8142
	Eric Larsen	522-9354
Conservation	Tim Adkison	542-0786
Cross-Country Skiing / Snowshoeing	Whithams	520-1728
Day Hiking	Whithams	520-1728
Rafting	Greg Hulet	523-6199
Trail Maintenance	Alan Crockett	529-5188
Bulletin Editor	Donna Whitham	520-1728
Bulletin Assistant	Mark Whitham	520-7232
Publicity	Donna Whitham	520-1728
Historian/Librarian	Barbara Brown	522-8977
WebMaster	George Cole	522-4064
Program	Donna Whitham	520-1728

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.

OCTOBER Bulletin Deadline is:

Midnight September 15

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.

Phosphate Mining and Selenium Contamination in Southeast Idaho

Idaho Alpine Club General Meeting

Wednesday, October 4, 2006

7:30 PM at the Idaho Falls Library

Phosphate mining in southeast Idaho has been on-going for a century yet few Idahoans know about it, nor do they know about the effects phosphate mining has had on fish, wildlife, wildlands and human health. The Greater Yellowstone Coalition first began to pay attention to phosphate mining in early 1996 when five horses grazing in a pasture adjacent to one mine became so sick from selenium poisoning that they had to be destroyed. Since then we have learned that hundreds of sheep have died from selenium poisoning and untold numbers of wildlife. Of the thirty or so phosphate mines that have operated or are currently operating in Idaho, fifteen have been designated as Superfund sites due to selenium contamination. You can learn more about the affects of phosphate mining on southeast Idaho's wildlands, what is being done to clean up these sites, to prevent future poisoning of our waters, fish, and wildlife, and to safeguard human health in a slide show presented by Marv Hoyt at the IAC October meeting.

Marv is a long-time conservationist. He has worked for the Greater Yellowstone Coalition for the past 11 years and is currently the Idaho Director in the Idaho Falls office. Prior to joining GYC in a staff position, Marv served for six years on the Coalition's board of directors. He has also served on the boards of several other conservation organizations, including the Idaho Conservation League and TU.

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

My wife is an attorney and I'm always impressed with her reverence for the law and how, as an officer of the court, she vows to uphold the law and our system of justice. Recently, as various Club members have stepped forward and volunteered to run for positions on next year's council, it occurred to me that, just like attorneys and the law, the Alpine Club is also an institution of sorts that commands a great deal of respect and loyalty from its members. The Club has endured for close to 50 years now and it has been able to do so because it has members who selflessly serve as activity coordinators, put out the newsletter, arrange for programs and serve as council members. Of course, we've all joined the Club to have fun, meet new friends and get some exercise in the outdoors; but it's also reassuring to know that, in addition to these things, members love the Club enough to want to see it continue to thrive as an organization and better serve the needs of its members. If the Alpine Club is still around 50 years from now, and I hope it is, it will be largely due to the efforts of our volunteers today. Bob Tyler

2007-2008 Idaho Alpine Club Council Nominees:

Six club members have volunteered to run for the 2007-2008 Alpine Club Council. They are: Jeff Coward, Teak Cummings, Ken Krivanek, Jerry Painter, Jo Ann Sherwin and Gary Vecellio. We have five slots to fill this year instead of the usual four because Leon Wolfram resigned from the council and we have to fill his unexpired term which runs through 2007. We will hold the election of new council members at our general meeting on November 1. We welcome other members who would like to run for the council and, if you are interested, please contact Bob Tyler.

Fall Highway Clean-up

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 summer on the IAC section of Highway 31 between mile posts 6 & 8. Sturdy work boots and work gloves are required. For more details and to sign up contact the Whithams at 208.520.1728 208.520.7232 or programs@idahoalpineclub.org.

Day Hiking / Backpacking

For information on fall and winter trips or to sign up to go, contact Mark or Donna Whitham, 520.1728 or dayhikes@idahoalpineclub.org, unless otherwise indicated in the trip descriptions.

Climbing

For information on fall and winter climbing contact Kevin Coble at 529-8142 or Eric Larsen 522-9354.

Bicycling

For biking information, contact Jeff Coward at 522-8135 or e-mail to bicycling@idahoalpineclub.org Fast training rides during Daylight Saving Time start from Alpine Cyclery.

Coed: Every Monday & Wednesday at 6 PM.

Women: Every Thursday at 6 PM.

October 7 - Old Faithful Supported Ride www.cycleyellowstone.com/

Harriman Happenings:

Harriman State Park's 5th Annual "Haunts of Harriman" is scheduled for Saturday, October 28th.

Park staff has started the process of developing and assembling the scenes and seeking volunteers for help the day before and the day of the event for setup and presentation. Our theme, "All Things Outer Space", allows for a great deal of creativity in costumes and scenes. If you are interested in assisting the park put on it's biggest event of the year, please give the park a call and ask for Keith or Theresa. Help is needed in scene setup the day before and volunteers are needed the day of to assist at various locations.

If you have never attended a "Haunts of Harriman", you are missing one of the most unique family Halloween events around. The Island Park Chamber of Commerce has developed the following website to promote the event. Make sure you have your speakers on:

www.islandparkchamber.org/hh.html

Chocks and Nuts:

For Sale: Sears propane 2 burner camp stove, never used, \$25. Two pairs metal snowshoes (pointy backs) without straps \$15, one pair Cabela wood snowshoes with straps \$30. Call Rik Thomas 745-5001 or Garney Hardy 522-6128.

Support merchants who support the IAC

- ★ Idaho Mountain Trading
523-6679
Shoup & B, Idaho Falls
- ★ Canyon Whitewater Supply
522-3932
450 S Yellowstone,
Idaho Falls
- ★ Stone Walls Rock Gym fall & winter hours: 4-9PM
Monday - Thursday, 4 - 10 PM
Friday, 12-9 PM
Saturday, and Closed
Sunday. Call 528.8610 for information.
- ★ Discounts on Jerry Painter's
Hiking & Biking guide books

Free Maps:

New color topographic maps are available for download from the Palisades Ranger District web site: www.fs.fed.us/r4/caribou-targhee/caribou-targhee/palisades/maps. On this page there is an index map showing an 8 page map that covers the entire ranger district and connecting areas at a scale of 1:112,500. Each map must be downloaded separately and they can be pasted together to form one large map. Hard copies of these maps are not available from the FS.

There are also 12 more detailed "Specialty" maps

covering specific trails. These maps are at a scale of 1:50,000 with shaded relief and are detailed enough to replace USGS topographic maps in most cases. Coordinates of trailheads and key intersections are provided. Since the files are large, a high speed internet connection is needed. The Palisades Ranger District Office has a limited number of hard copies of the detailed maps.

Hiking 101 – Waste Disposal

Few issues provoke as much needless discomfort as the topic of relieving oneself in the woods. It's too bad, because confusion about this topic can cause people to hesitate to get outside and miss out on the many benefits of the hiking experience. As John Muir said of hiking, "Nature's peace will flow into you as sunshine flows into trees." Who wants to miss out on that because of a lack of porcelain? Maintaining a healthy diet is extremely important on even short hikes. A diet rich in fiber from whole grains, fruits and vegetables and adequate hydration will ensure that your gastrointestinal system operates healthfully on the trail. When the urge strikes, select your location with care, at least 200 feet from trails and water. Deposit solid human waste in a "cathole," dug 6-8 inches deep in the soil.

The fact is that using a cathole can be more sanitary than using the outhouse at the trailhead because you don't have to come into contact with any unhygienic surfaces at all! When you're finished, just fill the cathole back in and try to leave the area as natural in appearance as when you arrived there.

Be sure to disinfect your hands with soap and water or antibacterial hand gel after making a pit stop, because you can unwittingly transmit diseases to

your fellow hikers with a careless handshake or by sharing a helping of trail mix.

Printed with permission from American Hiking Society's Paperless Trail - August 2006 issue. To learn more about the American Hiking Society: www.AmericanHiking.org

Super Foods!

By Abby Larson

Subaru Factory Team

Who needs expensive supplements and recovery agents when the most potent nutritional ergogenic aids can be found at the grocery store?! There are a host of natural and palatable foods that pack an impressive nutritional punch which rival any laboratory concocted mixture. Plus these foods have the added bonus of being less expensive and more easily obtained.

Some "Super Foods" and their nutritional bonuses include the following:

- Skim milk: This power food has 8 grams of protein, no fat and only 90kcal per cup. It also contains 30% of the DRI for Calcium, 10% Vitamin A, and 25% Vitamin D.

- Soy milk: This is a great milk-alternative. Depending on the variety, soy milk has up to 8 grams of soy protein per cup with only 100kcal. Go for the Calcium fortified version and get 30% of the DRI of this bone-building nutrient.

- Blueberries: The antioxidant and phytochemical food of the summer! Only 80kcal per cup, 3 grams of fiber and over 25% of daily Vitamin C; versatile too, blueberries freeze well and can be used in cereal and baking as well as being a sweet topping for ice cream and yogurt.

- Strawberries: Fiber galore, Vitamin C and Potassium through the roof. One cup gives you more than your daily dose of C at only 50kcal.

- Spinach: Only 7 kcal per cup and 55% of daily A, 14% of daily C, a good source of Iron, Calcium, Zinc, fiber, and protein. This one really has it all!

- Oatmeal: Race-day standard; with lots of complex carbohydrates, 5 grams of protein per ½ cup (dry)

serving and 4 grams of soluble fiber; this super food has been clinically proven to reduce blood cholesterol.

- Bananas: Potassium, fiber, Vitamin C and B6 inside a convenient package that fits in a glove box. Enjoy this 100 kcal super food before or after a workout/race.

- Almond butter: Lots of energy with 100 kcal per tablespoon. It also contains Vitamin E, zinc, and magnesium. Try it in place of PB for a change.

- Flax: Under-appreciated but nutritionally phenomenal, flax is a good source of omega 3 fatty acids, fiber, and Folate. Add it to breakfast cereal or baked goods.

- Soy nuts: A tasty alternative to standard mixed nuts. Soy nuts contain more protein and fiber, less fat, lots of Iron and Calcium, and important phytochemicals.

- Dried fruit: Iron, Calcium, Vitamin A and C, fiber, and carbohydrates in a convenient, travel friendly form. Use it to replenish glycogen after long workouts.

- Mixed nuts: Protein and unsaturated fat to get you through the last 5k, mix with dried fruit for an ideal macronutrient combination.

- Baby carrots: Crunchy goodness with 30kcal per serving and 234% of your Vitamin A, you'll never need a headlamp again! Also a good source of Vitamin C, fiber, Vitamin K, Folate, and Potassium.

- Beef jerky: Pick the low-fat variety and get 18 grams of protein per 100 kcal serving! Also contains iron, zinc, and phosphorus.

These foods are just a few of the nutritionally superior choices that you can make on a daily basis. Many foods offer a superb combination of nutrients that the body utilizes more effectively than those found in vitamins or fortified foods (such as many breakfast cereals and energy bars) and there is never any worry about adverse side-effects, contaminants, or illegal substances from the vitamins, minerals, and phytochemicals obtained from food.

--Reprinted by permission of Ski Post "Your Source for Cross-Country Skiing Knowledge"

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.

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

Membership Fees

Full Year 7/1 to 10/1

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.

IAC Logo T-Shirts!!

Short sleeves or long sleeves, crew neck, heather grey Dri Release material with embroidered club logo! Short sleeve \$14 each. Long sleeve \$21 each, while they last. When the ones we have are gone, they are gone. 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 the club Treasurer to get yours sooner.

IAC Council Meeting Minutes

NOTE: Monthly minutes are available at www.idahoalpineclub.org

*Idaho Alpine Club
P.O. Box 2883
Idaho Falls, Idaho 83403-2883*