

Idaho Alpine Club Bulletin

Volume 44 - Issue Number 11 - November 2004

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

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<u>2004 Executive Council</u>		<u>Coordinators</u>		<u>General Club Meeting</u>
President		Backpacking		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.
Garney Hardy	522-6128	George Cole	522-4084	NO GENERAL MEETING IN JULY.
		Mark Whitham	520-1728	
Vice-president		Bicycling		<u>Membership Fees</u>
Michelle Fox Benson	525-3238	Michelle Fox Benson	525-3238	Full Year July 1 - October 1
Secretary		Jeff Coward	522-8135	Individuals: \$20 \$15
Jeff Coward	522-8135			Family: \$25 \$20
Treasurer		Climbing/Mountaineering		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.
Barbara Brown	522-8977	Eric Peterson	529-9538	
		Dennis Dunn	523-8524	
Members-at-Large		Conservation		<u>Council Meetings and Bulletin Deadline</u>
Betsy Adkison	542-0786	Tim Adkison	542-0786	Council Meetings held on the third Tuesday of each month at 7:30 PM
Tim Adkison	542-0786	Cross-Country Skiing / Snowshoeing		
George Cole	522-4074	Mark/Donna Whitham	520-1728	<u>December Council Meeting:</u> Barbara Brown's home, 201 West Commons Road
Gary Vecellio	535-2930			<u>Materials for inclusion in the next bulletin are due by the weekend before the council meetings.</u>
Bulletin Editor		Day Hiking		Please send electronically to the bulletin editor at editor@idahoalpineclub.org
Donna Whitham	520-1728	Mark/Donna Whitham	520-1728	Note: Hand written or hard copy material will be included in the bulletin time permitting.
Bulletin Assistant		Program		<u>January Deadline is Midnight December 14</u>
Rene Miller	542-5126	Donna Whitham	520-1728	
Publicity & Community Liaison		Rafting		
Donna Whitham	520-1728	Greg Hulet	523-6199	
Historian/Librarian		Trail Maintenance		
Barbara Brown	522-8977	Open		
WebMaster				
George Cole	522-4074	Please mail completed common adventure forms to the secretary.		

Rescued in Cascade Canyon

Wednesday, December 1, 2004 - 7:30 PM at the Idaho Falls Library

Hiking the Tetons in the early summer while the previous winter's accumulation of snow continues to melt can be treacherous. Over this past Fourth of July, David Behrens, from Idaho Falls, his son, and his father, all experienced outdoors men, backpacked on the Teton Crest Trail. David will give a brief summary of their three person hike and ensuing accident in Cascade Canyon on July 4th. Discussion will cover the accident, post accident actions, and rescue. All three hikers slipped on the last stretch of steep snow. The result was one hiker losing teeth and another suffering a shattered knee cap. Due to the late hour and the serious injuries a helicopter rescue was required. The final result could have been very different - luck and training all played a part to bring all home alive and safe. Come hear an interesting real life story.

This could happen to you. Are you prepared?

The presentation is open to the public and 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

Hi Everyone -

First of all, many thanks to everyone who volunteered to run for a position on the IAC council. The new council will take over at the December council meeting.

At the December meeting we will be hearing from Dave Witlock from the Palisades Ranger District, who will present two grant proposals that he would like the IAC to help with by providing a couple days of labor. My experience with trail maintenance is that it really is kind of fun, you get to be outside and do something useful, and the results are immediately visible. The council will discuss this at the next meeting, so if you have any comments let one of us know.

Now that the winter season is approaching (think snow), remember to check the schedule of ski/snowshoe trips and perhaps even volunteer to lead a trip somewhere. It's a good chance to go out with friends and see some new places.

See you at the next meeting. Garney

IAC Council Meeting Minutes

Meeting Date: 11/17/2004

Invitees: Tim Adkison, Betsy Adkison, Michelle Benson, Jeff Coward, Barbara Brown, George Cole, Gary Vecillio, Garney Hardy. (Attendees are underlined.)

Note Taker: Jeff Coward

Meeting call to order: 7:40 pm

1. Reading of previous month meeting minutes

Minutes approved

2. Treasurer's Report:

Income: \$129.17

Expenses: \$737.54 - includes T-Shirt order

Members to Date: 96

Barbara presented the treasurer's report.

The discrepancy from the previous month has been found and corrected.

3. Old Business:

IAC club window stickers (Jeff)

Stickers to be picked available at the next meeting.

Preparation of old bulletins for CD scanning (Barbara/Jeff)

OCR cleanup in progress for the first batch of scanned pages. Second batch of pages for scanning to be picked up.

T-Shirts

Most of the t-shirts have been picked up, except for a few of the odd sized ones.

Michelle will send out the one that was previously ordered and paid for.

4. New Business:

Election Results

The newly elected Council members are:

Alan Crockett

Jeff Coward

George Cole

Ken Krivanek

New officers will be decided on at the December Council meeting.

Idaho Annual Report form

This needs to be filled out and sent back after the December Council meeting, when the new officers have been selected.

Grant Proposals

Dave Witlock from the Palisades Ranger District wants to re-submit the grant proposals that he tried for last year. He is planning on bringing information on these to the December General meeting.

Climbing Night Change

Eric has notified us that the climbing night has been changed to Wednesdays.

December General Meeting snacks: Barb.

December 14th council meeting at: Barb Brown's

201 West Commons Road

Meeting adjourned: 8:30 pm

Dayhiking

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

December 4 - Christmas Tree Cutting Trip

Snowshoe or cross country ski to search out the perfect Christmas tree in the forest above west side of Teton Valley. Afterwards, to celebrate the beginning of the holiday season, a potluck style finger food party will be held at the Tyler's home in Victor. Forest service Christmas Tree permits are 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). For more information and to sign up, contact the Whithams at 520.1728 or at dayhike@idahoalpineclub.org.

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, contact Mark or Donna Whitham to sign up and for the meeting place and time at dayhike@idahoalpineclub.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 & BEAT THE RUSH.

Trip Reports

Fall Highway Clean-up

Club members, including Donna & Mark Whitham, Michelle Benson, Jeff Coward, Bob and Marie Tyler, Garney Hardy, Paul Worth, Marv Lambrecht, and Ken Krivanek braved a wintery day to participate in the Fall Highway Clean-up and a barbeque hosted at the Tyler's home afterwards. Several inches of snow covered the road side making it a bit of a challenge to find the 6 bags of trash that we managed to pick up. Although the skies threatened more snow all morning, it didn't snow until after we were done with the clean-up and were busy snacking on yummy burgers that Bob grilled, homemade chili that Ken brought, and the great munchies the rest of us contributed. The local highway office seems to have a lifetime supply of the twist tie type litter bags. We didn't get to try out the new drawstring bags, which would have been nice with the cold weather making gloves a must. We have drawstring bags now though. After mentioning it in the pickup report, the volunteer services coordinator in Boise mailed us a couple rolls to try in the spring.

It was a fun morning and afternoon for all who participated in this opportunity to give back to the state we live in with a bit of community service. Thank-you to everyone who volunteered to help. A special thank-you to the Tylers for hosting the barbeque in their lovely home.

Goldbug Hot Springs Trip Report:

Garney Hardy, Paul Worth, Bruce Wickham, and Jeff Coward, joined the Whithams on a crisp clear blue sky fall day, to day hike into Goldbug Hot Springs near Salmon. The trail was covered with hoar frost in the shade and the steeper

sections were rather treacherous hiking out in the afternoon. Overnite campers were leaving as we hiked in and a few other hikers came up to soak in some of the pools. ISU had a trip planned to Goldbug the same weekend, but apparently it had not materialized. The pool we claimed for the day is perched at the top of a short cliff with a view of the Lost River Mts to the south. We enjoyed a wondrous soak and massage under the warm water cascading into the pool while Jeff hiked high above on Goldbug Ridge. We did miss Steve from Challis joining us this year. Hope to see him out there again next year. On the way home, dinner at the Rams Horn was scrumptious as usual. We even got to contribute names for a new dessert.

Chocks and Nuts:

Lipsmackin' Backpackin' and

Lipsmackin' Vegetarian Backpackin', by

Christine and Tim Connors

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' Backpackin', has been one of our favorite since we first tried it while hiking from the north rim to the south rim of the Grand Canyon:

Quick and Not So Dirty Bean Soup and Rice

1 (1.9 oz) package of Knorr Bean Soup Mix (Black, Navy, or Italian)

1 cup instant brown rice

salt to taste

1 cup water

At Home:

Place the first 3 ingredients together into a quart-size resealable plastic freezer bag. If you wish to use the cup the soup mix came in, put the bagged contents back in the cup. Otherwise use a small pan with a tight fitting lid.

On the Trail:

Empty the contents of the bag into a small pan or the paper cup, add 1 cup of boiling water, stir well, cover and let stand for 6 minutes. If using a pan the food can be warmed back up if it is cold out. If using the soup cup, use the plastic bag for a trash container.

Weight is 4 ounces per serving. Note: The recipe states this is one serving. It is a large serving. After our first experience with this recipe, we add another package of

soup and increase the rice and water by 1/2 cup to make a meal for two.

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.

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.

Trail Etiquette & Safety

- Be considerate of other traffic on all trails.
- Yield to skiers on a downhill run.
- Make every effort to clear the trail if you stop or fall.
- Do not walk or snowshoe on either skier set or machine set ski tracks on marked ski trails. Note: Skiers may choose to skin up or run down a snowshoe track that is marked or may even parallel a ski trail to avoid breaking trail but that is their choice.
- Ski under control always; avoid trails that are beyond your ability.
- Register your trip at the trail sign-in locations; use trail maps and signs to plan your trip.
- Let someone know where you will be and when you expect to return before leaving town.
- Ski with a partner, especially on the ungroomed trails and back country ski runs.
- Make it a habit to carry the 10 "E's"; extra gear, water, snacks, flashlight, a compass or a GPS, trail or area maps, a cell phone (very poor reception if any except for on the ridge tops in most areas), and fire starting tools, even on short trips.
- Be aware that trail conditions can change greatly with changing snow, trail and weather conditions.
- Watch for and yield to trail grooming equipment.
- Keep your dogs under control (leash or in your immediate line of sight) and off of groomed tracks, and clean their refuse from the trail. Remember even other dog lovers do not care for someone else's dog showing up unsupervised, ill mannered, and leaving refuse in the trail.

Upper Snake River Valley Dog Training Club Invites You to

Train Your Dog to be a Canine Good Citizen

Registration: Friday January 7, 2005 - 7 PM

Price: \$50

City Recreation Center, 520 Memorial Drive, Idaho Falls

Do not bring dogs to registration. Do bring proof of immunizations (rabies and parvo). Classes begin the following Friday, January 14, 2005. Minimum age for dog is 6 months. Senior Citizen discounts available for 55 and older. Call 523.3374 or 523.2590 for more information.

Comment on a Proposed Project:

Continental Divide Trail Cabin

The Bureau of Land Management (BLM), Salmon Field Office, invites you to comment on a proposed project near the Continental Divide National Scenic Trail (CDT) in the vicinity of the Lemhi Pass National Historic Monument.

Summary of the Proposed Project: The BLM proposes to construct a small, handicap accessible cabin that would accommodate five to six people. The proposal also includes the installation of an accessible self-composting toilet, a parking area, and possibly a horse corral. The cabin would be available for public and administrative use year long. Stay limits would be imposed through a permit process, and rental fees would be commensurate with fees charged for similar facilities in the region.

More detailed descriptions of the two sites being considered are posted at the following web site: <http://www.id.blm.gov/offices/salmon/trailcabin/>

Purpose, Need, and Opportunity: The cabin would provide for a balance of administrative and public use.

Administrative Use: A cabin would eliminate hours of daily travel time to and from the Lemhi Pass area, improving worker efficiency by providing overnight accommodations for interpretive rangers, volunteers, BLM crews managing resources in the area (e.g., wildlife habitat), and similar kinds of administrative use.

Public Use: The cabin would also provide hikers, back country skiers, horseback riders, motorists, snowmobilers, and others with an opportunity for an overnight recreation experience.

The BLM would appreciate receiving your comments on this proposal by December 31, 2004. You can contact Evalyn by calling (208) 756-5441, writing to Bureau of Land Management, Salmon Field Office, 50 Highway 93 South, Salmon, Idaho 83467, or sending an e-mail to Evalyn_Bennett@blm.gov.

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.

Gear review sites:

Research gear before buying:

www.backpacker.com

www.gearreview.com

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

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.

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

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.

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

**REMEMBER TO RENEW YOUR
IAC MEMBERSHIP NOW
DON'T MISS THE FUN:**

**ACTIVITIES WITH OTHER
OUTDOOR ENTHUSIASTS**

MONTHLY PROGRAMS

MONTHLY BULLETIN

DISCOUNTS

PARTIES