

Idaho Alpine Club Bulletin

Volume 45 - Issue Number 3 - March 2005

NOTE NEW MAILING ADDRESS: P.O. BOX 2883, IDAHO FALLS, IDAHO 83403-2883

web site: www.idahoalpineclub.org

e-mail: info@idahoalpineclub.org

2005 Executive Council

President

Michelle Benson 525-3238

Vice-president

Tim Adkison 542-0786

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Jeff Coward 522-8135

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Kenneth Krivanek 528-8224

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Donna Whitham 520-1728

Bulletin Assistant

Mark Whitham 520-7232

Publicity & Community Liaison

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George Cole 522-4074

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Backpacking

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Bicycling

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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

March Council Meeting:

Vino Rosso
439 A Street, IF

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.

April Deadline is Midnight March 13

Idaho Alpine Club Meeting

"The Mountain, the Bird, the Wind,"

A Presentation by Dr. Tim Reynolds

Wednesday, March 2, 2005, 7:30 PM ~Idaho Falls Library

Cotterel Mountain is located on public land between Albion and Malta Idaho. Throughout the year the mountain is occupied by Greater Sage Grouse, a species which has experienced a range-wide decline of nearly 70% in the last 30 years. Cotterel Mountain is also considered an outstanding resource for wind power development, and the BLM has received an application for a permit to develop a utility-scale wind farm on the mountain. Subsequently a study was initiated to provide baseline information on Sage Grouse use of the mountain. Dr. Tim Reynolds, Senior Research Ecologist for TREC, Inc., will present the results of this ongoing research effort.

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

Hello, Idaho Alpine club members!
Now that we all have our 2005 calendars, now is the time to start thinking about all the fun things to do throughout the year. The Idaho Alpine Club has several club trips that are yearly traditions; we encourage everybody to get out and join us! Just to give you a taste:

Harriman to Ponds Ski Trip - February
Teton Park Bike Ride - April
Yellowstone Park Bike Ride - April
Yellowstone Wolf Watching - May
Memorial Day Raft Trip - May
Highway Cleanup - Spring & Fall
National Trails Day Trail Maintenance - June
Chick Trip Women Only Backpacking Trip - Summer
West Yellowstone-Warm River Mtn. Bike Ride- June
IAC Summer Party - August
Goldbug Hot Springs - Fall
Christmas Tree Cutting Trip - December

The coordinators publish the dates for these or similar trips in the bulletin and have sign up sheets at upcoming general meetings. Also, If you have a fun idea for a trip, please don't hesitate to call the coordinator and submit your trip requests. Even if you haven't been someplace before, no doubt somebody else in the club has!

We welcome your input. Enjoy the outdoors!

Now go take a hike!
Michelle

IAC Council Meeting Minutes

Meeting Date: 02/05/2005

Invitees: Tim Adkison, Betty Adkison, Michelle Benson, Jeff Coward, George Cole, Alan Crockett, Ken Krivanek, Gary Vecellio,
(attendees are underlined).

Note Taker: Jeff Coward

1. Meeting Called to order: 745pm.
2. Reading of previous month meeting minutes: previously approved via e-mail.
3. Treasurer's Report (1/1/05 through 1/ 31/05):

| | |
|-----------------------|------------|
| Income January: | \$740.21 |
| Expenses January: | \$351.15 |
| Rafting Fund Balance: | \$1,900.00 |
| Overall Balance: | \$5,729.89 |
| Checking Balance: | \$714.89 |

Members to Date: 69 as of February 9, 2005

Status of CD's: The CD's are now set so that one CD is up for renewal each month.
Treasurer's Report approved by vote.

4. President's Report:

Status of Idaho State Recreational Trail Program Grant Requests
Council-approved official letter delivered January 18, 2005 for submission by Dave Whitcock to the Forest Service. The club will be notified later this year as to the approval status for the grants.

5. Old Business:

IAC club window stickers (Jeff)
Stickers will be available at the General Meeting if received in time from supplier.
Preparation of old bulletins for CD scanning (Barbara/Jeff)
Second group of bulletins needs to be picked up for processing.
P.O. Box number change
All organizations that we send and receive mail from on a regular basis have been notified of the change. Other mail customers that need to be notified are being notified as mail arrives from them.

6. New Business:

Review/revision of by-laws
Garney, Barb, Michelle, & Tim to meet, date & time to be determined.

7. Administrative Business:

March General Meeting snacks: Michelle
March council meeting at: Vino Rosso
439 A Street

8. Meeting adjourned: 8:15 pm

Upcoming Programs and Events:

April: "Art Meets Adventure," Leland & Lynna Howard.

Dubois Grouse Days: April 8 & 9

Friday: Tour of CAMAS National Wildlife Refuge, Banquet, auction, raffle and speakers (including Dr. Jack Connelly, internationally recognized Sage Grouse expert with Idaho Fish and Game). Saturday morning: Bus tour to watch sage and sharp-tailed grouse dance on their leks; hearty brunch; tours of CAMAS National Wildlife Refuge and Market Lake and Mud Lake Wildlife Management Areas. More information to follow next month.

Cross Country Skiing / Snowshoeing

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

March 5 - 6 - Goldbug Hotsprings:

This is a moderate 2 mile snowshoe or ski in or possibly a hike in to where steamy hot springs and cascades await. This is planned as an overnite winter backpack. Dayhikers will be welcome. In addition to the 10 essentials and your winter camping gear, be sure to bring a towel, swimsuit, water shoes, and a sit pad. Note: The springs are clothing optional.

March 12 - Snowshoe Bradley & Taggart Lakes:

Snowshoe into Bradley and Taggart Lakes over gently rolling moraine, open meadows, and winding stream drainages. The two lakes are situated at the very edge of the valley floor with the Tetons rising immediately to the west. This is a really fun trip and is great for getting in shape for the trails this summer. Round trip is around 6 miles.

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.

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 at the same web site.

X-C SKI Deal

Xanterra Parks and Resorts, the operating contractor and provider of the only in-park lodging in Yellowstone NP, is promoting Nordic skiing at Old Faithful by developing some special opportunities for Nordic Ski club members. They have offered to the Idaho Alpine Club a certificate which provides special deals on their new Ski Clubbers' Package, or a 50% discount on round-trip snowcoach transportation to Old Faithful Snow Lodge. The Ski Clubber's discount starts at \$199.00 per person and discounts transportation to Old Faithful with a minimum 2 night stay, free breakfasts, free skier drops, discount card, etc. These specials are offered only to members of designated Nordic ski clubs or related organizations.

So, if you are interested: Contact the Whithams 520.1728 or Alan Crockett to get a copy of the certificate. Reservations for the Ski Clubber's package or the discounted snowcoach transportation to Old Faithful can be booked by calling 307-344-7311. ***Callers must mention the package or discount by name, or reference the Nordic Skier's appreciation certificate to receive the specials. Members should print off the certificate and bring it with them to the Snow Lodge in order to receive the free ski drops.*** These specials are intended for individual ski club members and their family and friends.

AVALANCHE INTERNET SITES

Cyberspace Snow and Avalanche Center

This one stop site provides links to just about everywhere, plus tons of information about avalanche safety in the back-country: <http://www.csac.org/>

North America: <http://www.avalanche.org/>

Jackson Area: <http://jhavalanche.org/>

Bozeman Area:

<http://www.mtavalanche.com/current/index.shtml>

Island Park Area: <http://islandparksnow.net/>

Avalanche Safety Instruction:

<http://www.avalanchecourse.com/>

Backpacking / Dayhiking

For trip information, unless otherwise listed, contact Mark or Donna Witham, 520.1728 or backpack@idahoalpineclub.org.

March 18-27, 2005 - Hiking – The Maze

We'll spend 7 nights and 8 days dayhiking from 3 different vehicle camps in the Maze District of Canyonlands NP, Utah. We'll explore the spectacular canyons of The Maze (proper), The Fins, and the Orange Cliffs. Average daytime high temps should be in the 60s. I've taken care of the permitting process. A \$40 nonrefundable (except in the very unlikely event of trip cancellation), nontransferable contribution to the trip expense fund will be required to join the group. The permit limits are 9 people/3 vehicles (4WD, high clearance). To sign up or for more info contact Mike Allen at madallen@ev1.net or 384-1545 (Boise).

Map and Compass Workshop To Be Scheduled Based on Response

Have you ever wanted to travel cross country or hike up to the top of the knoll above camp? Have you ever been on a trail that was supposed to be going downhill but seemed to go upward instead? Have you ever realized you were probably lost, and only then recognized that your compass doesn't have a "back to the truck" arrow?

We have all ended up in one or another of those situations. Here is your chance to find another use for your compass besides being a handy mirror for tick checks. Consider joining us for this beginner level workshop on map and compass use. Even if you have a GPS, you need to know how to read a map and use a compass.

Tim Adkison and Gary Vecellio have volunteered to instruct a 2-part class on understanding and integrating the map and compass. This will be the 3rd year IAC has offered this opportunity. Compasses with adjustable declination and a topographic map (to be named later) will be required. The class will only be offered if sufficient interest is shown. There may be a refundable deposit required. The class is 1 evening in the classroom, and 1 Saturday afield. Target dates are mid-April 2005 but are flexible based on participants. Phone or E-mail Tim (Ga2idaho22@msn.com) or Gary (Vecellio@vece.myrf.net) with questions or to express interest. Minimum enrollment of 8 required.

THIS IS YOUR LAST ISSUE IF YOU HAVE NOT RENEWED YOUR MEMBERSHIP YET...

RENEW NOW, DON'T MISS OUT ☺

WMI of NOLS (<http://wmi.nols.edu>) Wilderness First Aid course in Bozeman April 30 - May 1, 2005

This is a Wilderness First Aid course for everyone and anyone and at the same time a Wilderness First Responder recertification course for those with a current WFR card.

Price: \$150.00 per person
Location: Lindley Park center, Bozeman
Course start: Saturday April 30th at 07:45 am

Reservations can be made through Crossing Latitudes offices. Master Card and VISA cards are welcome. Please call or email for more information:

Lena Conlan
Owner of Crossing Latitudes & instructor for WMI of NOLS
info@crossinglatitudes.com
<http://www.crossinglatitudes.com/>
USA: 1-800-572-8747 / Fax: +1-406-585-5356

Wilderness First Aid is different from the Red Cross or urban first aid. Focus is on initial and prolonged care for a patient in the backcountry. Participants will receive a two year certification with the Wilderness Medicine Institute of NOLS (<http://wmi.nols.edu>).

WMI of NOLS courses are for folks who recognizes the importance of having first aid skills if you spend time in the outdoors. We have climbers, trekkers, paddlers, blueberry-pickers, parents, teachers, trail machine riders, outdoor guides, scout leaders, fishermen and hunters - all learning about how to care for an injured or sick friend.

Trip Reports

January 29 - Craters of the Moon:

Driving through a foggy, icy mist to the Craters of the Moon, Sandy Pew, Ken Krivanek, & the Withams had no expectations of the awesome day we would enjoy. The Lost River & the Lemhi mountains remained shrouded by clouds for the most part of the day. At Craters a light skiff of snow had kissed the track with a velvety surface. Hardly a breeze and sunshine made it quite comfortable to ski dressed lightly. We spoke briefly with the park rangers who were waiting for a few stragglers before embarking upon the ranger led winter ecology walk. After turning down an invite to join the ecology walk we began skiing the loop trail. The 4 of us skied past the Devil's Orchard, then up around the Infernal Cone to an overlook with a wonderful view of the weird winter landscape to enjoy while eating lunch. After lunch we coasted downward to the end of the loop to make our way back to park headquarters. Nourishment at Pickle's completed an excellent day of skiing with fun companions.

February 19 - Harriman to Ponds

Due to lack of sign-ups for the trip, the Whithams skate skied at Harriman then met up at Ponds Lodge with the Katsmas, who were leading a ski club trip from Harriman to Ponds the same day. Being members of the ski club, we enjoyed an after ski feed and drink, while trading tales of the trail conditions for the day. With 2-3" of snowfall during the day, F4 was once again the magic sauce of the day, for those 8 ski club members who made the trip. Skate ski conditions were great till the snow got deep enough to make pushing off a lot of work. The cabin hot tub took care of tired muscles and a fantastic dinner at Philips Lodge completed the day.

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' makes a yummy breakfast bar. It can be made ahead and frozen. The recommendation is to cut bars for 32 servings but the bars can be cut to any size for bigger appetites:

Niagara Bars

At Home:

2-2/3 cups Quaker Old Fashioned Oats
1/2 cup plus 1 tablespoon whole wheat flour
6 tablespoons all purpose bleached wheat flour
1/2 cup sesame seeds
1/2 cup brown sugar
1/4 teaspoon cinnamon
1-1/2 teaspoons salt
1/3 cup powdered milk
1/2 cup vegetable oil
3/4 cup honey
2 teaspoons vanilla extract

Preheat oven to 325 degrees. In a bowl mix all dry ingredients. Heat oil, honey, and vanilla in a pan, then add to the dry ingredients in the bowl. Stir well. Pat batter into a 9x13-inch parchment lined pan. Bars should be about 1/2-inch thick. Cook for 30 minutes. Cool, then slice into 32 bars. Place in plastic food wrap for the trail.

Note: Multi grain cereal in the bulk foods at WINCO is a yummy substitute for the oats.

Commercialization of Public Lands

In case you haven't noticed, our public lands are becoming increasingly commercialized. Activities we have enjoyed on our public lands are increasing in cost, requiring reservations through a private company, and ReserveAmerica www.reserveamerica.com is a private company that now provides the gateway to your public lands. If you want to reserve a campsite, buy a National Parks Pass, get on a interpretive tour or buy a ticket to a National Park Service event, ReserveAmerica is the place to go. It is, in fact, the ONLY place to go because ReserveAmerica has the federal monopoly. Check them out!

To find out more about this, check out a website devoted to informing the public about the corporate take over of nature: <http://www.wildwilderness.org/>

You can read a draft copy of upcoming legislation to be introduced by the American Recreation Coalition as the Federal Recreation Policy Act of 2005 at www.fsee.org/fsnews/nat.rec.policy.act.draft.pdf.

American Recreation Coalition (ARC) is readying a massive Public Relations blitz in preparation of introducing the legislation. The ARC has already launched a new website www.greatoutdoorsmonth.org called "Great Outdoors Month." A related website www.recreationagency.com has been created by ReserveAmerica and will be fully operational within days. That site is called "The Recreation Agency" and its slogan is "The Official Agency of the Great Outdoors." Note that the ARC's slogan which adorns every page of their website www.funoutdoors.com is, "Outdoor Recreation in America, Brought to you by the American Recreation Coalition."

NEWS RELEASE USDA Forest Service

Caribou-Targhee National Forest

1405 Hollipark Drive, Idaho Falls, Idaho 83401

FOR IMMEDIATE RELEASE Contact: Robin Jenkins/Racye Angell

DATE: January 19, 2005 Phone: 208-652-7442

Ashton/Island Park Ranger District Applies for Recreational Grants

Ashton/Island Park, ID: The Ashton/Island Park Ranger District of the Caribou-Targhee National Forest has made four grant applications to the Idaho Department of Parks and Recreation (IDPR). If approved these grants will help maintain, construct and improve ski and multipurpose trails on the Ranger District.

The grant requests include funding for:

1. Part the cost for a new grooming snowmobile for maintaining the Buffalo and Brimstone cross country ski trails in Island Park. The Forest Service and the Park N' Ski Program would cover approximately half the cost and the grant request from the IDPR Recreational Trails Program would cover the other half.
2. Graveling one mile of the Railroad Right of Way multipurpose trail. The grant is requested from the IDPR Off Road Motor Vehicle Fund.

3. Grading 34 miles of the Railroad Right of Way multipurpose trail. The grant is requested from the IDPR Off Road Vehicle Fund.

4. One mile of new construction, 14 miles of tread work on existing two track roads and 15 miles of brushing and signing on the Big Bend Ridge multipurpose trail. The grant is requested from the IDPR Off road Vehicle Fund.

Additionally, the Dubois Ranger District Ranger District of the Caribou-Targhee National Forest has made a grant application to the Idaho Department of Parks and Recreation (IDPR) requesting funding through the IDPR Recreational Trails Program to repair the Weber Creek Trail in the Italian Peaks. This trail is in much need of repair particularly just before the Weber Lakes trail junction to the Continental Divide. Garney Hardy, Paul Worth, and the Whithams hiked it over Labor Day weekend. Currently it is a steep, badly eroded section of trail. The tread is non-existent. Seeps make matters even worse. Please call Troy Elmore who is the East Idaho IDPR contact and tell him this grant really needs to be highly promoted at the IDPR RTP meeting on March 14 and 15. His number is 208.525.7121.

Finally, Teton Basin Ranger District Ranger District of the Caribou-Targhee National Forest has made a grant application to the Idaho Department of Parks and Recreation (IDPR) requesting funding through the IDPR Off Road Motor Vehicle Fund Program for much needed repairs to the Big Hole Crest Trail. Two separate grants have been requested. This trail is enjoyed by not only motorized trail users but also by hikers, mountain bikers, and horse back riders. The requests have the matching volunteer labor support of the Backcountry Horsemen, the Idaho Falls Trail Machine Association, the Teton Valley Trails and Pathways, Adopt-A-Trail volunteers, and local businesses in Teton Valley. Please call Troy Elmore who is the East Idaho IDPR contact and tell him these grants also need to be highly promoted at the IDPR ORMV meetings on March 16 and 17. His number is 208.525.7121.

I am one of the ORMV Committee members for Eastern Idaho and have copies of the ORMV grant requests. Additionally, after our Italian Canyon adventure in October Garney and I had both called the district ranger in Dubois regarding trail signage and user damage there. In the course of things the sad state of the Weber Creek trail was discussed. The ranger did not realize he could apply for funding to repair Weber Creek under the RTP program. After checking into it, he called back to let me know he not only applied but had driven to Boise to hand deliver the grant request at the very last date. Next summer he will be installing signs up at the junctions on the Willow Creek to Crooked Creek trail. Particularly at the junction to Italian Canyon. ~ Donna W.

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.

Discounts on Jerry Painter's Hiking & Biking guide books

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

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.

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