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# Mountain West Outdoor Club Newsletter

June, 2020

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**Join us on Monday, June 1 for a socially distanced picnic!**

We will meet at 6 PM at the Willow area (#3) of Kristin Armstrong Municipal Park on Monday, June 1. For the health and safety of all, some changes have been made to our usual potluck routines.

Please bring your own cooler or picnic basket with food and drink for yourself or party, a folding chair and, if desired, portable table for your own use. As usual, bring your own table service.

The club has paid to reserve the Willow area, but not to reserve any of the park tables. Some may be available, but please do not push together. It is preferred that they not be used, but if you do, maintain distance at and between tables.

The plan is to do some appropriate-distance socializing and then eat at spread out individual and family chair/table areas. We will enjoy seeing each other and being/eating together without sharing close space or shared food or serving utensils.

We encourage wearing a mask during the socializing time and bringing hand sanitizer.



### **Tuesday and Wednesday hikes update**

We are cautiously beginning weekly hikes starting Tuesday June 2 assuming Idaho will have entered "Phase 3" by that time.

Awareness of social distancing and group size will enhance safety and comfort for all. If the group is larger than 10, it is suggested that a 2nd leader be appointed and asked to begin the second group 10-15 minutes later. Face masks while gathering for the hike and walking at least 6 feet apart are also encouraged. Jim Wolf, MWOC vice president, observed that 6 feet is a hiking pole plus arm's length.

For now, hikes will be loops and "out and backs" to avoid the need for shuttles.

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**MONDAY, JUNE 1 ~ MONTHLY MEETING** - See details above

**SATURDAY, JUNE 6 ~ CRATER RING DAY HIKE** Let's meet at the Park & Ride lot by St Luke's Hospital on Eagle Road at 9:30 AM. Bring a lunch to eat on the hike. We will drive to Mtn. Home, explore the Crater Rings, and drive home. Limited to 8 people. No dogs, please. This trip is WEATHER dependent! Call Alvena at 208-658-9081 if interested.

**MONDAY, JUNE 22** ~ Deadline for submissions for July newsletter. Send to Chris at [clg83706@yahoo.com](mailto:clg83706@yahoo.com)

### **AUGUST 3 ~ MOUNTAIN WEST ANNUAL PICNIC** -postponed

This catered annual event is now postponed until October 5 and will be held indoors. Stay tuned for details this fall.

**OCTOBER 27- NOVEMBER 12 ~ EVEREST BASE CAMP TREK** Join Wendell, Janette and "Hike With Sherpa" on a 12-day trek to Everest Base Camp. Group size is a maximum of 10. Fly from Kathmandu to Lukla to begin the hike. The medium-slow pace and 6 or so miles per day with plenty of time to acclimatize are promised as we approach Base Camp at 17,598 ft. All food, lodging, porters, guides and flight from Kathmandu to Lukla is included in the \$2500 price. Tips are extra. Round trip airfare from Boise to Kathmandu is not included. Please contact Wendell or Janette at [janettey99@gmail.com](mailto:janettey99@gmail.com). Hike With Sherpa website: <https://hikewithsherpa.com>

## **MID-WEEK ACTIVITIES**

**COVID 19 UPDATE** Organized hikes will resume this month. Watch for emails regarding schedule and review new hiking protocols above.

**TUESDAY HIKES** Email announcements are sent each week for location and time. Hikes are of moderate difficulty, 4 to 6 miles, lasting approximately 2 to 2.5 hours. Starting time varies with time of year and weather conditions. Lunch after the hike for those interested. If you have questions contact Pat Dailey, 208-272-0639.

**WEDNESDAY HIKES** begin at 10 AM winter, earlier in the summer. Hikes are fast-paced, of challenging difficulty, 5 or more miles and lasting 3 or more hours, depending on trail and weather conditions. Challenging difficulty means that you'll need to be in good hiking condition because of significant elevation gain and/or increased mileage. Watch for an email announcement for meeting place and hike description. If you have questions, contact Scott Stolhand, 208-891-2214.

**THURSDAY KAYAKING** Watch for paddle plans by email. Information about location, weather and paddle distance will be included in the notice. Thursday kayak trips are planned with club members in mind. For more information call Winnie, 208-631-4065.

**THURSDAY HIKES** and other miscellaneous activities will be posted via email. If you have questions contact Liz McWhorter, 208-385-0100

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## **GENERAL ANNOUNCEMENTS**

**EMAILS** Local mid-week activities (hikes, paddles, bike-rides, etc.) are announced through email. If you have questions about sending or receiving e-mails, please contact Kay Stoll at [teksas2steppe@gmail.com](mailto:teksas2steppe@gmail.com)

Group emailing is not to be used to advocate for any political issue, whether national or local. Messages that provide only factual



information, such as the time and place of a meeting, or an issue of likely interest to members are welcome.

**MWOC ACTIVITIES** Planning a MWOC excursion? Or thinking of an excursion where you would like to invite like-minded souls? For publication in the newsletter send details to [clg83706@yahoo.com](mailto:clg83706@yahoo.com).

**MWOC WEBSITE** You don't have to login to visit most of the MWOC pages, including the calendar of events, news, and resources. The pages that require login are your own profile, membership directory, and Gallery. If you haven't already created a password for the website, click on Login at the top of the page, enter your email address, and click "Forgot password." You will receive an email message with instructions. Please address questions to [laura.jenski@gmail.com](mailto:laura.jenski@gmail.com).

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