



Mountain West Outdoor Club Newsletter

May, 2021

MWOC monthly meetings resume!

Monday, May 3

5:00 PM Planning meeting
6:00 PM Eating and socializing
KA Municipal Park, Willow/3 site

Bring your own picnic for this one.
We hope to return to the potluck format in near future.

And speaking of picnics...

To join the fun of helping with our annual catered picnic, August 3, 2021, click [here](#).

I'd like to volunteer!



Fred Alleman's Legacy

The Stack Rock geology article by Steve Schaps in the February MWOC newsletter prompted memories for veteran club members and interest among newer members regarding the club's special connection to this Boise foothills landmark.

Thank you, **Scott Stolhand**, for sharing this 2010 Idaho Statesman article and the photos.



Thank you, Fred. We miss you.

July 04, 2010

Stack Rock: the legacy of a lifetime for benefactor Fred Alleman

BY BILL MANNY - bmanny@idahostatesman.com

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A couple of miles up the Spring Valley Creek Trail, Jack Daly stops and points through the cottonwoods with his hiking pole. "There it is."

Stack Rock, a haystack-shaped pile of granite, looms large above the pine-lined ridge.

The Mountain West Outdoor Club is spending a gorgeous June morning on the west flanks of the Boise Foothills. It's the regular Wednesday outing - 6.58 miles today, according to Clarene Daly's GPS readout. Members of the group hike, bike, paddle, snowshoe or ski somewhere almost every day of the week, and they potluck together once a month.

This Wednesday's hike, by chance, gives them nice views of Stack Rock, which will remain in public ownership in perpetuity thanks to one of their no-longer-anonymous members.

Hike leader Brad Bruggeman takes the group of about 20 along the cool, winding creek, then up a long, hot pitch on the Burnt Car trail to a plateau above Avimor, where we all enjoy wide-angle views of the Boise mountains and close-ups of delicate sego lilies and wild onions.

Near the back of the pack strides Stack Rock benefactor Fred Alleman, handing out his trademark chocolate truffles, Lemonheads and Fireballs. Just one of the guys, the way he likes it.

WHAT'S STACK ROCK?

More about Fred Alleman in a minute. But first, a little about Stack Rock.

There's something special about rocky peaks. For years, Stack Rock has hovered out of reach, surrounded by private land and accessible only to people willing to commit trespass. It's a temptation to hikers, climbers and mountain bikers. It's easily seen from Hidden Springs or Idaho 55. From Bogus Basin Road, the rock feels maddeningly close - yet frustratingly off-limits.

At 5,895 feet, its rocky knob is more distinctive but considerably shorter than Shafer Butte (the high point at Bogus Basin, at 7,582.) Writer Margaret Fuller removed the 5-mile hike across private land from the last edition of "Trails of Western Idaho." But in her 1992 book, she described the 100 feet of solid granite as good for "practice climbing, but only with ropes and instruction."

HOW DO YOU GET THERE?

There's no easy way. Even now that the city of Boise owns the land, it's a destination strictly for people willing to work at it. The one official Ridge to Rivers trail to Stack Rock starts near the Bogus Basin Nordic lodge and requires a one-way, 6-mile-plus walk through some pretty rugged terrain. The Ridge to Rivers map for Shafer Butte details the trailhead and routes, but dead-ends before Stack Rock, which was private land when the maps were printed.

Julia Grant, Foothills and open space manager for Boise, says the city is in talks with the owners of the smaller private parcels around Stack Rock in hopes of creating a shorter, more direct route from Bogus Basin Road. Earlier efforts to use a grant to build a trail across Forest Service land from near the 5,000-foot elevation point on Bogus Basin Road ended when the Forest Service decided to keep that land for its scenic - rather than trail - values.

Meantime, Ridge to Rivers trails coordinator David Gordon and crews this summer are hauling trail-building equipment into Stack Rock on mountain bikes with mini-trailers, to mark and groom what they're calling Freddy's Stack Rock Trail.

SO WHO IS FREDDY?

When the city first announced acquisition of the 1,320 acres around Stack Rock, it said the \$1 million came from an anonymous donor. When Fred hinted to friends in the Mountain West club that he might be the mystery man, they said yeah, sure, Fred.

When they saw the story in the newspaper, though, they were surprised and impressed.

"I was amazed," said Bruggeman. "And very appreciative."

Fred is a simple, plain-spoken guy. All the fuss makes him uncomfortable. He agreed to let the city make his name public in hopes of inspiring other regular folks to think about doing the same. And he reluctantly talked with the Statesman for the same reason. But he doesn't have to like it.

"I'm not special. I'm an ordinary guy," he says. "Telling my story might trigger some other people. I think it's a great way to leave a legacy."

That old-fashioned ordinariness has its root in the Depression, when Fred was born. Hard work is in his DNA. So is pinching pennies. Treating people the way you want to be treated.

Fred grew up in Spearfish, S.D., in a two-room house. He got his first paying job in third grade. He milked cows for a dairy through high school, 25 cows before school, the same 25 cows at night, no days off, for three years. He joined the Air Force in 1955 and spent the next 20 years flying or fixing planes.

He spent five years at Mountain Home Air Force Base and a year in Vietnam. When he got ready to retire in 1975, he realized Idaho had been his favorite place. So that's where he went.

He went to work for Ore-Ida. Before long he was buying houses and fixing them up, and that became a career. But not before he made two lifelong friends, Scott Stolhand and Thor Rostock. They still meet Wednesdays at 6:30 p.m. and Sundays at 9:30 a.m. to hike or bike. If the weather is bad, they climb stairs at Saint Al's.

They've been doing that for 28 years, often joined by friends and Fred's daughter, Cynthia Alleman.

Fred's secret? No secret, really. "Exercise. Eat right. Don't smoke. Socialize."

His guide is "Younger Next Year," a book about a guy in his 60s whose doctor tells him he's at a fork in life's road: He could be a couch potato or he could engage life. He engages - socializing, making friends, staying active in body, mind and spirit.

"That's kinda my bible," Fred says.

WHY BUY STACK ROCK?

A few years ago, when Fred realized that he'd saved enough money to do something, he looked for a cause a lot like him: simple, straightforward, no-frills.

He liked the Foothills Conservation Advisory Committee, headed by no-nonsense former Supreme Court Justice Chuck McDevitt. Since before Boise voters passed a \$10 million open space levy in 2001, the committee had been meeting monthly, working hard, without compensation. In the nine years since, the committee has turned that \$10 million of taxpayer money into \$34 million worth of open space, more than 10,000 acres and 135 miles of trail.

Fred wanted his money to do something concrete, not go to overhead, bureaucrats or middlemen who take a chunk of what they raise.

"I decided I'd like to have something I could point to," he said. "I'm 76. I'm not a spring chicken anymore."

He wrote McDevitt a letter. McDevitt responded: "We've got this Stack Rock deal coming together," he told him. "That might be it."

Fred and his family liked the idea of sharing some "wholesome recreation" and beauty with the community. Fred has two children, two grandkids, three great-grandkids; his "best friend," Darlene Stattner, brings seven more grandkids to the clan. Stack Rock would be something all those future generations could remember him by.

That's what he told his family at the dedication ceremony June 12: "This is about you and your children. In 50 years, 75 years, I'll be long gone but I would like you to hike up there and think about it. I won't be there, but my spirit will be."

CLUB ACTIVITIES

MONTHLY SUMMER PICNICS will resume on the first Monday of the month, May through September, starting on **May 3**. Our annual catered picnic is scheduled for **August 2, 2021**.

TUESDAY HIKES Email announcements are sent each week with 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. 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 of meeting place and hike description. If you have questions, contact Scott Stolhand, 208-891-2214.

THURSDAY HIKES and other miscellaneous activities will be posted via email. If you have questions contact Liz McWhorter, 208-891-0426



Thanks to **Mary Brown** for organizing this hike to Cervidae Peak last month. Photos courtesy of Kay Stoll.

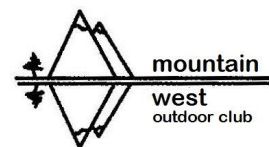


Rediscovered Books Interview with MWOC Member and Author Laura Jenski

Our multi-talented member and behind the scenes Wild Apricot website guru, **Laura Jenski**, is again in the community spotlight. Join [Rediscovered Books](#) bookseller Dany as she [interviews mystery and humor writer Laura Jenski](#) on Instagram LIVE, Tuesday, May 18 at 7 PM. Laura will talk about her first Motorhome Murder Mystery book, *Cooked Goose*, and the soon-to-be-published second in the series, *Spacemen Don't Camp*.

GENERAL ANNOUNCEMENTS

EMAILS Local mid-week activities (hikes, paddles, bike-rides, etc.) are announced through Wild Apricot emails. If you have questions about sending or receiving e-mails, please contact Kay Stoll at 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 officers

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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.

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.

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