

Mountain West Outdoor Club Newsletter

August, 2022

Sign at a country church: "Services are cancelled this week due to summer vacation. The Devil went home to cool off."

PHOTO CAPTION: Basic sailing information.

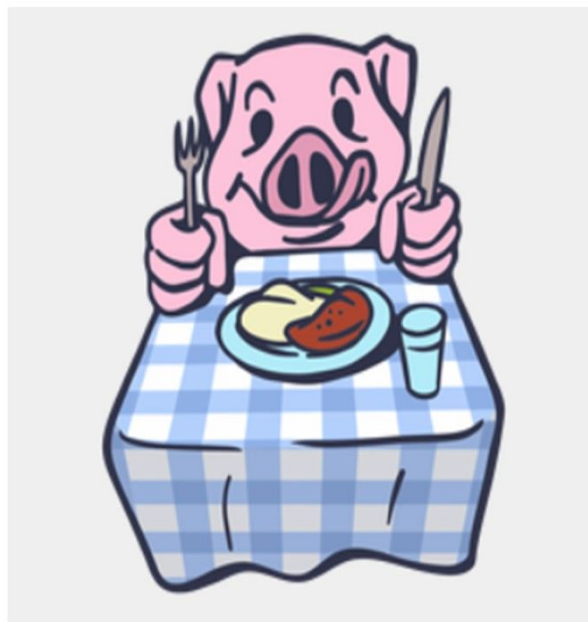


MWOC Potluck Meeting, Monday, July 11

Our July outdoor potluck was well-attended including several new members. Numerous regulars were absent on travels near and far. As always, good food and good conversation were enjoyed. Minutes were taken by yours truly and

later deleted in a fitful fat-fingered fiasco. Take-home information (that I remember):

- Outdoor potluck meetings will continue at the Municipal Park pavilion.
- Judy Farnsworth announced that the July backpacking adventure would be re-scheduled in August. (More info on that below.) I think they are still open for companions if you're interested.
- The annual picnic in August will be catered by Kanak Attack. Better come hungry! Volunteer servers were solicited and are probably still needed.



UPCOMING MWOC ANNUAL PICNIC, MONDAY, AUGUST 1, 6:00 PM

The theme is Hawaiian, so don your flowered shirt, put on your lei, and come to the Kristin Armstrong Municipal Park Shelter. Games start at 6:00 pm, followed by dinner at 6:30, raffle at 7:30, and more games and music until 9:30 p.m. Bring your favorite yard games (cornhole toss, bocce ball, etc.) and musical instruments and have a blast.

- You should have already registered for the picnic. If you forgot, you may be able to attend but should inquire immediately to make sure there is enough food (Janette Young 208-631-9192 janettey99@gmail.com). The picnic is FREE for MWOC members, and guest fee \$20 on-site. Again, please check that there will be enough food ordered.
- We ask everyone to bring their own plates, tableware, napkins, and beverages (no alcohol, no glass). Dinner will be catered by Kanack Attack.

- There will be a raffle for lots of fun prizes and games for you to compete in. Also, we hope to see some of our recent winter speakers in attendance. Fencing anyone?
- We recommend that you bring your own chair, especially if you want to practice social distancing, since bench seating will be limited,
- *If* there is food left over, and you wish to take some home, please bring your own container(s) for the food.
- Please be aware that if you forget items at the picnic site, they will be discarded.

The picnic will proceed in accordance with Boise City COVID-19 regulations regarding masks, social distancing, etc., in place at the time. All attendees at the picnic must be respectful of these procedures and the comfort and safety of others. Thank you in advance for adhering to these requirements.

Don't attend if you are unwell, unvaccinated, or unboosted. Thank you for looking out for yourself and others.



SEVEN DEVILS BACKPACKING EXPEDITION, AUGUST 2-6

We're looking for some stalwart individuals to join us on the **Seven Devils Loop in Hells Canyon Wilderness, August 2nd through 6th**. This is a backpack for those who can easily keep pace on the Wednesday hikes (with your gear on your back). The backpack will be a 45 mile thru-hike. We'll be packing up and moving our camp every day. Our longest hikes will be 10-13 miles, depending on water sources and where we camp. A portion of the trail has been recently cleared but most likely we will scramble over/under fallen logs on the remainder. There will be beautiful vistas of the Snake River from the Dry Diggins Lookout and, of course, the Seven Devils mountains themselves.

If you are interested, please contact either Mary Brown (208-340- 3301) or Judy Farnsworth (208-334-7973). (I borrowed this priceless photo of Ruth Garcia on More's Mountain. I don't know if Ruth is going backpacking.)



PADDLE THE PAYETTE RIVER MEANDERS IN McCALL

THURSDAY, AUGUST 11

Meet at 10:00 AM promptly at North Beach in McCall. Rentals available (need cash) at Backwoods Adventures Canoe & Kayak Rental on Warren Wagon Road at North Beach. We will stop for lunch about noon midway on the river and return mid-afternoon. Possible stop at Charlie's Gardens on Warren Wagon Road (just beyond the Spud Inn sign) if interested. You will need help to find the Gardens. Bring lunch, sunscreen, hat, water, appropriate lightweight clothing (no jeans), etc.

Travel time from Boise at State St and Hwy 55 is 2 hrs 30 min without stops. Please plan extra time before 10:00 AM to gear up or rent. We need to leave promptly to avoid other groups. I will already be in McCall. Please RSVP to Liz McWhorter at email lizabeth83703@yahoo.com or text 208-891-0426 Cellphone coverage in McCall could be intermittent.

A stop at Ice Cream Alley on the way home is mandatory unless you have a lactose problem!

CLUB EVENTS SINCE LAST NEWSLETTER

Thanks to everyone for sending current photos. There's a LOT that goes on between newsletters, especially in summer. Keep those emails and photos coming! (Email addresses at end of newsletter.)



MICKEY MYHRE RETURNS FROM NEPAL TREK

Mickey and family returned this month from three weeks' trekking in Nepal. Adventures were had, both Type 2 and Type 3. New species of mushrooms were discovered. A blinding blizzard. A helicopter escape. Mickey shared lots of stories and photos at a (sweltering) patio dinner recently. But do not despair! He is already on tap to present his escapades at one of our winter meetings.



CHUCK STABEN RETURNS FROM PCT HIKE

Our own intrepid backpacker, Chuck Staben, returned from the Pacific Crest Trail after hiking more than 1000 miles and wearing out three pairs of shoes. He lost 25 pounds on the way. He returns now to recuperate, having gotten lots of good memories and new friends. He is also on tap to regale us with his adventures at a winter meeting.

Tuesday hikers visited Alvena's Trail, More's Mountain Trail, Avimor, and Hull's Gulch.





Wednesday hikers visited Bonneville Point, Avimor, Dry Creek Headwaters Trail, and the Greenbelt.

Thursday hikers took a hiatus because of the hot weather.



Bikers mostly went on hiatus as well, except for those who sought altitude. This sign is a familiar landmark on the backside of Brundage Mountain.

Kayakers and SUP'ers visited Lucky Peak reservoir, Anderson Reservoir, and the Payette River.



MISCELLANEOUS NEWS

Pat Alexander is posting rides on her eBike MeetUp group if you're interested.

MWOC hikers should carry emergency ID. The concern is that someone could have a medical issue while hiking such that we would need to call for help or notify a relative. Options include:

- Carry your wallet. Put a card in your wallet that states any medical issues and person to notify (include phone number).
- Claire Veseth has found a way to include emergency information on your iPhone. Go to <https://support.apple.com/en-us/HT207021> for instructions. We assume that Android phones have something similar.
- Several of us wear personal identification in the form of RoadID (www.roadid.com). These are sturdy, stylish items that come in the form of bracelets, necklaces, or anklets. Each item bears a link and password so that First Responders can look up your medical problems, medications, next of kin, health insurance, etc. I wear mine even for local rides and trips to the gym. I may keel over but First Responders will know who I am! (Disclaimer: MWOC has no relationship with RoadID. There are probably other similar products that are just as good, cheaper, and so forth.)
- We invite other ideas to keep everyone safe. We have to look out for each other.

CLUB ACTIVITIES

MONTHLY MEETINGS are held on the first Monday of the month at the pavillion in Kristin Armstrong Municipal Park in Boise. We will return to indoor meetings in October, 2022.

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 email announcements are sent each week with location and time. 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. If you have questions, contact Scott Stolhand, 208-891-2214.

THURSDAY CASUAL HIKES email announcements are sent each week with location and time. Hikes are slower-paced, less than two hours, and involve minimal elevation gain/loss. If you have questions contact Liz McWhorter, 208-891-0426.

THURSDAY SKI GROUP has finished until next Winter.

KAYAK GROUPS and **BIKING GROUPS** occur (mostly) weekly. If you are interested in kayaking, please contact Francesco Satta (capitanosatta@yahoo.com). If you are interested in biking, please contact Jim Wolf (jawolf05@msn.com).

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 Jim Wolf at jawolf05@msn.com.

MWOC officers

Wendell Martin,
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Planning or thinking of an excursion where you would like to invite like-minded souls? Any officer will help you post an email. For inclusion in this monthly newsletter send details to jawolf05@msn.com.

Claire
Veseth, Membership cbveseth@gmail.com 208-301-3841

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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