



Mountain West Outdoor Club Newsletter

July, 2022

"I lie back and laugh, and let the green-white water, the sun-flawed beryl water, flow over me. The day is almost too bright to bear, the green water covers me from the too bright day. I will lie here awhile and play with the water and the sun spots. The sky is blue and high. A crow flaps by the window, and there is a whiff of tulips and narcissus in the air."

"Bath" by Amy Lowell

PHOTO CAPTION: Overview of Silver City ID



MWOC Potluck Meeting, Monday, June 6

Our second post-Covid outdoor potluck was much better than the May event in that it was warm and pleasant. Good food and good conversation were enjoyed. Take-home information:

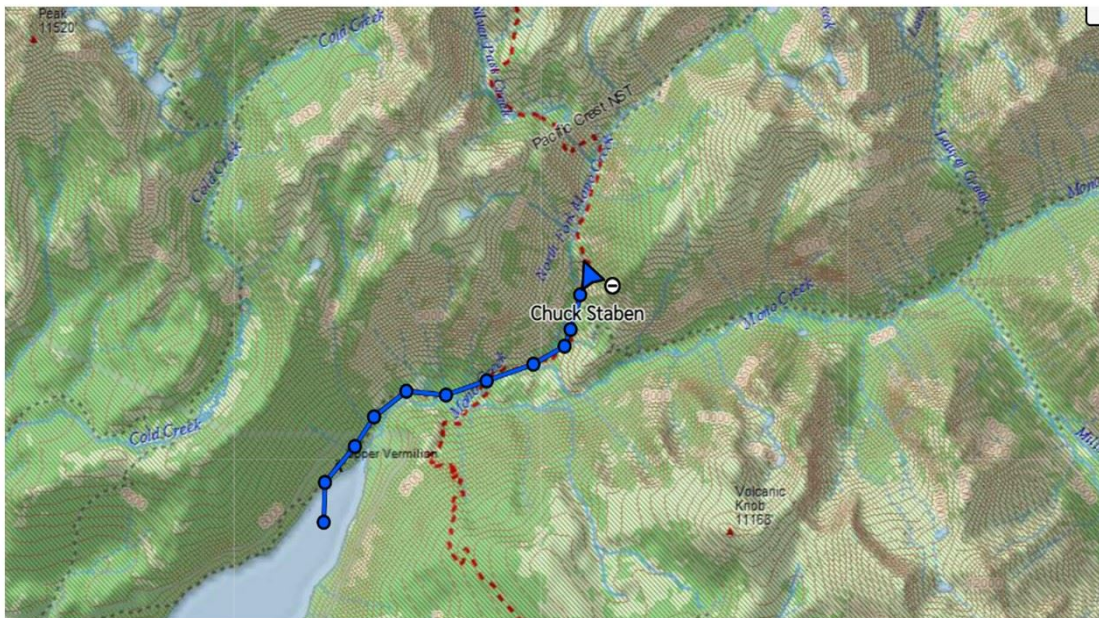
- Reminder: all of this year's outdoor potluck meetings will take place under the pavilion at Municipal Park, rather than at the nearby unroofed Willow area.
- We voted to move the July potluck meeting to Monday, July 11 (the SECOND Monday this month) because so many people will be out of town on Independence Day.
- Judy Farnsworth had a few words to say about the upcoming backpack adventure with Mary Brown, starting on July 12. It sounds fairly demanding but will be an epic trip for the right folks. I think they are still open for companions if you're interested.
- The annual picnic in August will be catered by Kanak Attack. They did a great job last year!
- Volunteers and raffle prizes are needed for the picnic.

UPCOMING MWOC POTLUCK MEETING, MONDAY, JULY 11, 6:00 PM

Note the change in date to July 11, not July 4

Meet under the pavilion at Kristin Armstrong Municipal Park in Boise. Bring food, just like in the old days, as well as your own beverage and place-setting. Alcohol is not allowed in the park. You may wish to bring an outdoors chair so we can spread out if it's not raining. There will be a brief Administrative meeting beforehand at 5:30 PM; interested parties are welcome to attend. There is no speaker at outdoor events. Hope to see you there!

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



CHUCK STABEN IS STILL HIKING THE PACIFIC CREST TRAIL
(and will be for some time yet)

MWOC's own Chuck Staben is hiking the PCT NOBO (north bound) at present, having started on May 11. He appears to have recovered from his twisted ankle and is making steady progress. Before starting, he estimated it would take 5-6 months to complete the hike, suggesting that he may or may not finish before the snow flies. Best wishes for continued good health and happy adventures!

Chuck invites you to become a "dot watcher" and follow his daily progress. The screen grab shows where he is right now. Use a magnifying glass and you can see him standing there, waving. (not really)

"I carry a satellite communicator that reports my position every 10 minutes while it is on (usually I turn it off at night to conserve battery). This information is posted on my Facebook/Hiking page. It is also available on a Garmin password-protected site <https://share.garmin.com/share/ChuckStaben> with the password PCT2022\$taben. I am also currently planning to post to a blog with the URL: [1xt33{ { 2wmsyvrep2sg 3wefir3](https://www.syrup2sg3wefir3)."



MICKEY MYHRE IS TREKKING TO EVEREST BASECAMP IN NEPAL

This photo was actually sent from the trail. Looks awesome! Mickey and family trained hard for this trek, and there are Sherpas, so they're probably doing just fine. In addition to walking a lot, they're accompanied by a scientific contingent looking for new mushroom species. At that altitude, the prime

mushroom habitat is yak dung. Good luck, Mickey, and return safely! Wash your hands before dinner!!

June 23 – August 4
Gates open at 5:00 p.m. Shows begin at 6:00 p.m.

August 11– August 25
Gates open at 4:30 p.m. Shows begin at 5:30 p.m.

June Dates:	August Dates:
23 Amuma Says No	4 Garcia Peoples
30 Orchestra Gold	11 Lounge on Fire
	18 Afrosonics
July Dates:	25 Boise Straight Ahead
7 Hillfolk Noir	
14 Smokey Brights	
21 Scott Pemberton O Theory	
28 Jackie Venson	



IDAHO BOTANICAL GARDEN SUMMER CONCERT SERIES

I hope you'll forgive me for including a semi-commercial venture, the popular Thursday concert series at IBG. It seems a quintessential way to pass a summer evening, listening and dancing to nice music while sipping your favorite glass. The August 25 performance group often features our own Wendell Martin blowing those tunes. The photo is a screenshot from an AARP postcard. Contact IBG directly for tickets.



BACKPACKING EXTRAVAGANZA, JULY 12-17

"Looking for an adventure? One that stretches you?"

We're looking for three stalwart individuals to join us (Mary Brown and Judy Farnsworth) on a backpack on the South Fork of the Payette River into the Tenlake Basin.

Some caveats: At this point our itinerary is fluid. What we do know is that the itinerary is dependent on water crossings; there will be some cross-country trekking, in other words, bushwhacking, climbing over fallen trees, multiple stream and river crossings; we'll be breaking camp each morning in order to visit a variety of lakes, our backpack mileage will vary but will likely be 6-12 miles per day with additional day hiking/exploring; there may be bears, and as always, beautiful scenery.

If you are interested, please contact either Mary Brown (208-340-3301) or Judy Farnsworth (208-334-7973)."

I think recruitment is still open for this adventure but, at this point, you should already be in good physical condition.

BOISE TRAILS CHALLENGE FILM AT THE EGYPTIAN THEATER

MONDAY, JULY 25

On a related note, Mary Brown signed up for the Boise Trails Challenge this year because, well, of course she did. The BTC is an annual event to complete as many of Boise's trails as possible during a single month. It is held in honor of Jason Delgadillo, a popular mountain biker and family man who died unexpectedly a few years ago. This year's event is well underway with some finishers already posted. My daughter tells me that, if you're really serious about it, you have to be ready at the start and bike the whole thing in about 48 hours. Hikers and more sedate athletes take longer, up to the whole month. The goal for most people is just to finish.

There's an eponymous film about the race to be screened at the Egyptian Theater a week after the challenge ends. Find tickets online or at the door. Perhaps I'll see you there!



MWOC ANNUAL PICNIC, MONDAY, AUGUST 1, MUNICIPAL PARK

Monday, August 1, is our annual picnic! 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 p.m.**, 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 must register for the picnic, but it is **FREE** for MWOC members and only \$19 per person for guests *if* you pay in advance online. If you mail

a check or pay on site, the guest fee is \$20. **Please register by July 18.**

- For safety and the environment, we are asking everyone to bring their own plates, tableware, napkins, and beverages (no alcohol, no glass).
- The dinner will be catered by Kanack Attack.
- There will be a raffle for fun prizes, and games for you to compete in.
- 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.

Arrangements are being made by the Picnic Committee. Please contact them if you have ideas or want to participate. Donations of goods or services are welcome in support of the raffle; examples might include hiking/camping gear, a weekend at your cabin, etc. Committee members are:

- Janette Young (Chairperson) 208-631-9192 janettey99@gmail.com
- Laura Jensi laura.jenski@gmail.com
- Jean and Tom Weingartner 907-388-2144 wein330@gmail.com
- Clarene and Jack Daly 208-447-9165 jacl Daly@hotmail.com
- Pat Dailey 208-272-0639 daileyg@ymail.com
- Gary and Shari Wright rejuvdesign@hotmail.com
- Arlene Haywood 208-957-5519 ahayboise@gmail.com

Artist, Andrea Kowch. Any resemblance to actual persons or goats is purely coincidental. At the picnic, we'll nominate someone for the MWOC 2022 Old Goat Award.



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.)



CAMPING EXCURSION TO HELPER UTAH, JUNE 7-11

The trip to Helper, Utah was a huge success. Sixteen hardy souls braved the heat and hiked, biked, and learned more about paleontology, archaeology and petroglyphs than they dreamed possible. The town of Helper is a hidden gem! I'm sure we would all recommend a visit to anyone passing through.



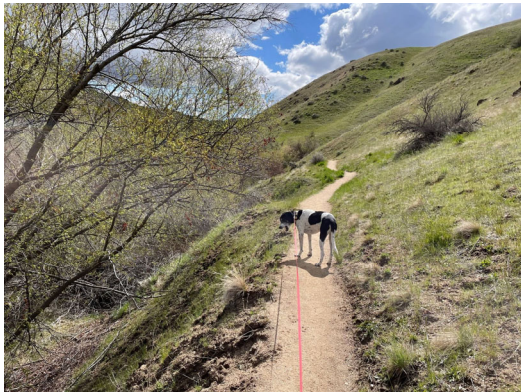


BIKE TOUR: JORDAN VALLEY OR TO SILVER CITY ID

JUNE 18-20

Three intrepid bikepackers took a three-day tour from Jordan Valley OR to Silver City ID, then back to Boise on a long weekend in June. Our long-suffering families gave us a shuttle ride to Jordan Valley because Hwy 95 isn't entirely safe for bikes. The ride from JV to Silver City was excellent with good surface, scenic views, and not too steep or hot. Highly recommended but do it in cool temps. We spent a night in the Silver City Hotel which is somewhat ramshackle but adequate (photos). The second day led from Silver City to Givens Hot Springs by way of Reynolds Creek Road. The plan was sound but marred by a private landowner who has taken over a perfectly good Forest Service road. The journey was hot and laborious, marked by much pushing and swearing, as we tried unsuccessfully to avoid crossing private land. Once clear of that, it was smooth sailing to the hot springs. A peaceful night of tent camping readied us for the third day, a straightforward pedal on pavement back to Boise. Overall, a great adventure that included Types 1, 2, and 3 fun!

Tuesday hikers visited Highlands Trail, Hulls Gulch (twice), and Sweet Connie Trail.



Wednesday hikers visited Highland Trail and Hammer Flat, Alvina's trail, Stack Rock, and Chukar Butte. (please send photos)

Thursday hikers visited Bethine Church Trail, Merrill Park, Glenwood/Greenbelt, and Marianne Williams Park. (please send photos)



Liz McWhorter led a casual bike ride in Lake Harbor. We need more people to step up and lead some rides. In any case, business may pick up when the weather cools again.

The kayak group continues weekly paddle excursions under the direction of Capitano Francesco Satta and Liz McWhorter. (please send photos)



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.

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

MWOC officers

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Ruth Garcia, Treasurer ruthg1617@gmail.com

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this monthly newsletter send details to jawolf05@msn.com.

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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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