



**Mountain West Outdoor Club Newsletter**  
**March, 2022**

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"Winter is on my head, but eternal spring is in my heart." *Victor Hugo*

Salutations to our MWOC brethren and sisters (sistren?). Winter continues to be darn cold on the outside and darn busy on the inside. Pandemics, wars, climate collapse.... Space Aliens will land at any minute. It would all be intolerable if not balanced by the promise of Spring!

I hope you enjoy this month's newsletter. There's plenty of activity to go around! Pay special attention to the change of venue for the monthly meeting.

The photo (above) shows sleeping boat docks on the beach at Payette Lake. "Honey, it's too soon for the ski boat...."

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**MONTHLY MEETING, Monday, March 7**

**Idaho Fish & Game Headquarters, 600 S Walnut St, Boise**

**NOTE CHANGE OF VENUE.**

**USE SOUTH ENTRANCE.**

**THERE WILL BE NO POTLUCK DINNER.**

**Admin meeting at 6:00 PM, Presentation at 7:00 PM**

We'll be glad to get back to our old meeting location in a brand new building. Some adaptation will be required. Everything will start a bit later with the administrative meeting at 6:00 PM (interested parties welcome) and the main meeting at 7:00 PM. There will be no food allowed this month as they're worried we'll stain their new carpets. Negotiations are in process for subsequent months. Please access the building via the "South Entrance", said not to be the main entrance. I drove by the place today and couldn't tell for certain. Let's just park in the lot and walk around the building. We aren't allowed to prop the door open so there'll be a MWOC Greeter to let us in. Late arrivals (after 7:15 PM?) may be unable to enter.

Judy Farnsworth has arranged a very interesting speaker as always, although I can't imagine what "old people" she refers to.

"Hiking! Biking! Kayaking! Backpacking! Fencing! Activities that bring great pleasure! What can you do to safeguard your ability to move easily until you are very old?"

Our March program speaker, Greg Farmer, will give you insights into safeguarding your abilities. Greg's 23-year practice as a physical therapist gives him special insight into movement, mobility, and function. His favorite clients were individuals who had sustained a stroke. As he worked with them to rehabilitate their bodies, he constantly observed their abilities, developed therapies specific to their impairments, and

encouraged them to reach for the sky. As a result of his experience he is a keen observer of bodies in motion. If he detects a problem, he first looks for its cause and then outlines therapy.

From Greg's years of experience he has discerned pitfalls that often occur in individuals as they gain years. In his presentation he will address those pitfalls and suggest how to avoid them and move into sprightly old age."

We will continue Covid precautions at the March meeting. Please wear a mask. Don't attend if you are unwell, unvaccinated, or unboosted. Thank you for looking out for yourself and others.



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**POTLUCK DINNER MEETINGS WILL RESUME OUTDOORS ON MONDAY,  
MAY 2, IN MUNICIPAL PARK.**

Stay tuned for more information on the April meeting.

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## **SPRING ADOPT-A-TRAIL PROGRAM**

### **VOLUNTEERS NEEDED**

MWOC has a long tradition of annual trail maintenance. We'd like to keep it going! To start, we need a volunteer to spearhead the project this year. Reservations are accepted for desired dates, first come first served, so we need to make our reservation very soon. Trail maintenance dates extend from March 21 through May 8. Weekdays are mostly available with Tuesdays and Thursdays preferred, 3:00 PM to 5:00 PM. There is a waiting list of groups who want to participate so, if we don't respond soon, we'll lose our place.

Please also submit your names to Wendell Martin or Steve Schaps if you'd like to participate but not necessarily lead. Maybe we could have co-leaders? It's a great opportunity to enjoy the outdoors, share fellowship, and give back to the community!

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### **CAMPING TRIP TO HELPER UTAH, June 7-11**

HELPER, UTAH. Never heard of it? It is a fun little town in the middle of Utah that has several things going for it that got my attention. Mainly, there is a lot to do! Hiking, fishing and biking plus several interesting museums. Also, there is a 45-mile drive through the "Nine Mile Canyon" that we could spend a day exploring. 3 days should cover the highlights then we can all take off in different directions on other adventures.

"The trip is still open to all. We have over 20 people signed up for hiking, biking, a day trip in "Nine Mile Canyon", museums, happy hours and lots of socializing. I'm working with Castle Gate RV Park for tent and RV sites and one remaining cabin.

Check it out and if you are interested give Bonnie Perri a call or text at 208-571-9885 or email her at [BP.56@hotmail.com](mailto:BP.56@hotmail.com)."



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## **CLUB EVENTS SINCE LAST NEWSLETTER**

(Hike leaders, please keep sending new photos!)

Tuesday hikers...





Wednesday hikers...

Thursday hikers...



Thursday skiers enjoyed their last organized outing on February 17. Many thanks to Ruth Garcia for organizing the group. Skiing will remain available, of course, for smaller groups until Bogus closes.

A few hearty outdoorsmen continued biking during the winter. (And a likely bunch of pirates they were!) There will be more biking to come when the weather improves.



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## MISCELLANEOUS NEWS

Laura Jenski, our amazing computer guru, gives step-by-step instructions for members to change their Wild Apricot profile, update email, add an emergency contact, etc. Find the instructions at this link:

<https://drive.google.com/file/d/1J0TJ94MhgZCZr35X6zC-D866o8sHempo/view?usp=sharing>

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. Jitterbug anyone?
- Several of us wear personal identification in the form of RoadID ([www.roadid.com](http://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.

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## CLUB ACTIVITIES

**MONTHLY MEETINGS** are held on the first Monday of the month at the Idaho Fish & Game Headquarters. We will return to outdoor meetings in May, 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. Thank you, Ruth!

**KAYAK GROUPS** and **BIKING GROUPS** will pick up soon when the weather improves. If you are interested in kayaking, please contact Francesco Satta ([capitanosatta@yahoo.com](mailto:capitanosatta@yahoo.com)). If you are interested in biking, please contact Jim Wolf ([jawolf05@msn.com](mailto:jawolf05@msn.com)). If we have enough bikers, we may be able to split into groups for shorter and longer rides.

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## 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](mailto: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 this monthly newsletter send details to [jawolf05@msn.com](mailto:jawolf05@msn.com).

## MWOC officers

**Wendell Martin,**  
President [wendellmartin2@aol.com](mailto:wendellmartin2@aol.com) 208-888-2858

**Judy Farnsworth,** Vice  
President [jfarnsw@me.com](mailto:jfarnsw@me.com) 208-344-7973

**Ruth Garcia,** Treasurer [ruthg1617@gmail.com](mailto:ruthg1617@gmail.com)

**Jim**  
**Wolf,** Communications [jawolf05@msn.com](mailto:jawolf05@msn.com) 208-860-2193

**Claire**  
**Veseth,** Membership [cbveseth@gmail.com](mailto: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](mailto:laura.jenski@gmail.com).

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